E-News  Cornell Cooperative Extension of Steuben County

Join us March 21 for the Locally Grown Food Fest

Cornell Cooperative Extension will be hosting their annual **Locally Grown Food Festival** Friday, March 21st in Corning! This event features dozens of Finger Lakes farms and their products. Sample locally produced meats, vegetables, fruits, cheese, wines and much more! There is no admission charge so bring your family and friends for a fun evening out!

The goal of this event is to highlight the diverse agricultural products that are available in our region.

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year-round. Even though most farmers' markets are closed for the season you can still find plenty of locally grown products for your family to enjoy! And for those of you looking forward to spring & summer produce, you can visit with area CSA's, (Community Supported Agriculture who offer shares of produce throughout the growing season) and purchase your share!

The Locally-Grown Foods Festival takes place from 5:00 to 8:00 pm at Union Hall, 100 Civic Center Plaza, Corning. Admission is free. For more information Contact Cornell Cooperative Extension of Steuben County at 607-664-2300 or visit our website at www.putknowledgetowork.com.

March is National Nutrition Month!

"Enjoy the Taste of Eating Right" is the theme of this year’s National Nutrition Month
Are you tired of winter? Are you tired of the eating the same foods? Since March is National Nutrition Month why not explore new foods and flavors and Enjoy the Taste of Eating Right!

There is a whole world of tasty and nutritious foods available today that are just waiting to be discovered. Here are some easy steps to keeping those taste buds excited and still add nutrition and flavor to your meals.

http://campaign.r20.constantcontact.com/.../f5e-5575-4b6a-a1fd-364c489084f7&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-11e3-834e-d4ae526edc76[2/27/2014 2:44:56 PM]
• **At the grocery store:** When shopping, make it a point to try one new fruit, vegetable or whole grain every week. You can start small by picking a different type of apple, a different color potato or a new flavor of whole-grain rice until you are comfortable picking entirely new things that you’ve never tried or heard of before.

• **Eating at restaurants:** The next time you and your family head out to eat, choose a restaurant that features ethnic foods from Asia, Europe or Africa. These restaurants often feature menus filled with healthy options that will be new to you. You can also find a local restaurant that specializes in using seasonal ingredients. Frequently you will be able to order your favorite dish but with a new and exciting flavor twist.

• **Cooking at home:** Add variety to your staple dishes by varying the ways you cook them. Grill or broil the chicken you typically bake. Mash the potatoes you typically roast. Steam the vegetables you typically sauté. And get to know your spice cabinet. A pinch of this and a dash of that can add a fresh zest to an old favorite.

Remember, you have about 10,000 taste buds. So don't be afraid to experiment with new flavors and foods. Visit the Academy of Nutrition and Dietetics website to [view a library of recipes](http://www.eatright.org) designed to help you "Enjoy the Taste of Eating Right." Visit the Academy of Nutrition and Dietetics for more information at [www.eatright.org](http://www.eatright.org).

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**Join us for our 2014 Gala program on April 4!**
Come join Cornell Cooperative Extension of Steuben County at their annual program, **A Taste of Finger Lakes History**, on **April 4, 2014** from 6:00-9:00 p.m. at Pleasant Valley Wine Company in Hammondsport. Besides the fun of dining on some diverse local foods and tasting some amazing Pleasant Valley wines, you can check out the winery museum at the oldest winery in the Finger Lakes Region where eight of its remarkable stone buildings are listed on the National Register of Historic Places.

The program we have in store for our guests will be a visit inside the Finger Lakes Museum's Vine-To-Wine project. **John Adamski**, President of the Finger Lakes Museum, proposed the creation of a world-class museum to showcase the cultural and natural histories of the 9,000 square-mile Finger Lakes Region of New York State. He is currently guiding the birth of this museum into becoming a major New York State visitor attraction.

The Vine-To-Wine project is the production of the first documentary film series every produced on the history of grape-growing and winemaking in the Finger Lakes Region. Part One, completed in 2012, begins in Colonial times and chronicles the hardships that pioneer vintners faced including...
the devastating Prohibition period. Sample some antique photos and period authentic soundtracks and interviews from this period. The second part of the series is expected to be released this spring and shows how a handful of established wineries were able to survive and flourish. The completed series is being considered by PBS Television as a 90-minute public television documentary.

The director of the two films, Gary Cox, is a wine historian and SUNY Geneseo Professor Emeritus. He will be on hand to discuss the making of the documentary. And Cornell Cooperative Extension Viticulture Specialist Hans Walter-Peterson will bring us up to date on current wine growing practices.

Our event will include some wonderful silent auction items and recognition of the many volunteers who make our work in this community possible. Proceeds from the event help Cornell Cooperative Extension of Steuben County put on programming, often free to the public, in agriculture, horticulture, finance, energy, nutrition, and youth development education. Tickets are $20 in advance and $25 at the door. For reservations, call 607-664-2300, send registration fee to CCE-Steuben at 3 E Pulteney Square, Bath, NY 14810 or order tickets online at http://bit.ly/ccegala.

Now taking applications for new guide to local farms

Cornell Cooperative Extension of Steuben County will be publishing a guide to local farms in April 2014. They are seeking farms that wish to be included in the farm guide. The guide contains a listing of local farms with agricultural products for sale within Steuben County. The farm guide is distributed to wineries, restaurants, libraries, hotels, motels, and chamber of commerce offices throughout the county.

Who would qualify for inclusion? Applications will be accepted from u-pick farms, greenhouses, fruit & vegetable producers, meat and poultry producers, maple producers, honey producers, wineries, Christmas tree growers and other agricultural enterprises located within Steuben County. Applicants should be bona fide farmers.

Those wishing to obtain an application should contact Kerri Bartlett at 664-2300 or email
ksb29@cornell.edu by March 15! Applications can also be picked up at the CCE-Steuben office at 3 E. Pulteney Square, Bath; or on our website at [PutKnowledgeToWork.com](http://campaign.r20.constantcontact.com...f5e-5575-4b6a-a1fd-364c489084f7&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-11e3-834e-d4ae526edc76[2/27/2014 2:44:56 PM]).

### The Great Debate: Wills versus Trusts - Join us March 10

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 Lunch and Learn workshop called **Wills versus Trusts** on **Monday, March 10, 2014** from 12:00 - 1:00 p.m. in Room F-1 at the Steuben County Office Building, 3 East Pulteney Square, Bath. Participants are requested to bring their lunch.

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.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space. For more information on this and related topics, visit [www.putknowledgetowork.org](http://campaign.r20.constantcontact.com...f5e-5575-4b6a-a1fd-364c489084f7&c=d5ba6e50-1f70-11e3-82f6-d4ae526edc76&ch=d5e6d580-1f70-11e3-834e-d4ae526edc76[2/27/2014 2:44:56 PM]).

### Workshop offers financial planning tips for busy people

Financial Planning...now there's a scary thought! That's something wealthy people use, isn't it? The very thought of it makes you squirm. Well, guess what? No one is born knowing how to save or to invest. Every successful investor starts with the basics.

And the basics is what Cornell Cooperative Extension of Steuben County is offering...in a workshop on **Thursday, March 13, 2014** from 6:00-8:00 p.m. at the Dormann Library,
101 West Morris Street, Bath. The workshop, "Financial Planning for Busy People" will be led by Amy Irvine, CFP®. You do not have to be a genius to secure your financial well-being. You simply have to educate yourself about your choices. She will show you how to get started.

Come learn about

- the tools that will help you stay on budget including websites and apps,
- the plan types and basic rules for retirement plans,
- the types of investment basics and where to learn more,
- the types and uses of life insurance, long term care and disability,
- how to create a family financial plan, and
- what to ask when hiring a financial advisor.

The $10 fee per person (or $15 per couple) includes a planning notebook to keep. Seating is limited. Reserve your space now by calling 607-664-2300. For more information visit the Cornell Cooperative Extension website at www.putknowledge2work.com.

Good Agricultural Practices (GAPS) workshop - March 6-7

In recent years, several food borne illness outbreaks in produce have made national news. Both the produce industry and the federal government have stepped up demands for fruit and vegetable farms to meet food safety practice standards. These standards are known as GAPS (Good Agricultural Practices).

A new program, Harmonized GAPS, has been developed to combine several food safety certifications into one program. New York's retail produce buyers, such as Wegmans, are asking growers to adopt Harmonized GAPS certification in many cases.

In response, Cornell National GAPS Program and Cornell Cooperative Extension have developed a multi-day workshop. It will take place March 6-7, 2014 from 9:00 a.m. to 4:00 p.m. at the NYS Agriculture Experiment Station, Food Research Lab, Room 251, 630 West North St.,
Geneva.

More information and registration form can be downloaded here.

Love Your Land? Make a plan at the Woodland Legacy Planning Workshop

Love Your Land? Make a Plan.
Woodland Legacy Planning Workshop
Yates County Building Auditorium
417 Liberty Street, Penn Yan
March 8, 2014
8:30 - Registration  9:00 - 1:00 - Program
$10.00 per family

Yates County Cornell Cooperative Extension and the Master Forest Owner Volunteers are hosting a workshop on March 8th with registration at 8:30 and the program from 9:00 - 1:00 at the Yates County Building Auditorium, 417 Liberty Street, Penn Yan, focused on succession planning. This interactive presentation will be facilitated by Dr. Shorna Broussard Allred, Cornell University Cooperative Extension, who will provide effective tools that families can use to decide the future of their land. This workshop will give you some good ideas on how to get the discussion started and provide a host of excellent resources to help make the process of ownership transfer focused and smooth. While the focus of this workshop will be on woodlands, the tools presented on are also applicable to farmland succession planning. So whether you've got woodland, farmland, or both, please join us for this workshop. Cost is $10.00 per family.

Pre-registration is required, please call Yates County Cornell Cooperative Extension at 315-536-5123.

Annual DEC Tree and Shrub Seedling Sale

Landowners Can Take Advantage of Low-Cost Native Plants; Available to Schools for Free. More than 40 species of trees and shrubs are now available to public and private landowners and schools at the New York State Department of Environmental Conservation's (DEC) Saratoga Tree Nursery, DEC Commissioner Joe Martens announced today. "The annual sale of trees and shrubs from our Saratoga Tree Nursery can provide homeowners and municipalities with
enormous environmental benefits," Commissioner Martens said. "In addition to the aesthetic beauty they add to local landscapes, planting trees and shrubs also improves air quality, provides wildlife with additional habitat, helps prevent soil erosion and supplies shade in the hot summer months."

Public and Private Landowners - The program provides low-cost, native planting materials from New York sources to encourage landowners to enhance the state's environment for future generations. The Saratoga Tree Nursery also offers a few non-native species which can enhance wildlife plantings and assist with stream bank stabilization. For instance, torico crabapple provides a winter food source for wild turkey, grouse and deer while streamco willow is used in many stabilization projects. The Saratoga Tree Nursery sells primarily bare-root stock for direct plantings, but a few species are available as containerized stock. Landowners can receive planting advice from their nearest DEC forestry office or private forestry consultant.

The 2014 Tree and Shrub brochure can be found on the DEC's website at www.dec.ny.gov/animals/9395.html or by calling the Saratoga Tree Nursery at (518) 581-1439. To order seedlings by phone, contact the nursery on weekdays between 8 a.m. and 4:30 p.m. at (518) 587-1120. Mail orders are also accepted and can be sent to the NYSDEC Saratoga Tree Nursery, 2369 Route 50, Saratoga Springs, NY 12866. Orders may be placed through mid-May. Seedlings are shipped from mid-April to mid-May.

Schools across New York are eligible to receive free seedlings for spring planting through the DEC School Seedling Program which provides 50 tree seedlings or a mixed packet of 30 wildlife shrubs to any public or private school that would like to participate. The seedlings can be planted on school grounds or other community spaces. Teachers and students are encouraged to plan the project ahead of time by discussing the value trees contribute to the environment and to determine the objectives of tree planting. To participate in DEC's School Seedling Program, schools can download an application at www.dec.ny.gov/animals/9393.html, contact the Saratoga Tree Nursery at (518) 581-1439 or contact the nearest DEC regional forestry office to request a "School Seedlings" brochure. The brochure contains all the information necessary to place an order.

Applications must be received at the nursery by March 31, 2014. For more information, visit the DEC's website at www.dec.ny.gov/animals/75090.html.
Fruit Tree Workshop - Saturday, March 15, 2014

Time: 8:30 a.m. - Noon (8:30 registration 9-12 class)
Location: Reisinger's Apple Country, 2750 Apple Lane, Watkins Glen.

Topics include:
- Grafting onto an older tree
- Pruning stone fruits, pears and apples
- Pruning younger trees up to mature trees
- Revisit an older rejuvenated apple tree, pruned 2 years ago
- General fruit tree care/wildlife control

Remember to dress for the weather! Light refreshments will be provided. No tools will be needed for this workshop.

Rick Reisinger owns and operates Reisinger's Apple Country, a 50-acre orchard and u-pick with over 12,000 apple trees. Rick and family began planting the orchards in 1994. The Reisingers grow apples, peaches, pears, plums, cherries, nuts and berries. John Reynolds, Guest Presenter, is the owner of Daring Drake Farms, a family owned orchard with a flock of free range ducks for egg production. Over 125 varieties of large & small fruits are grown on the farm.

This is a joint venture with the Cornell Cooperative Extension offices of Schuyler and Steuben Counties. There is a $20 fee this workshop. Pre-registration is required by March 12, 2014. Online registration at: http://reg.cce.cornell.edu/FruitTree2014_244. Limit 50. Payment must accompany your online registration - no payment at the door. For questions or more information, contact Roger Ort, CCE Schuyler County Horticulture Program Educator at rlo28@cornell.edu or call 607-535-7161.

Growing Hops and Barley for the Brewing Industry - March 19

Cornell Cooperative Extension of Steuben County will be hosting a workshop for farmers interested in diversifying to meet the needs of the growing brewing industry.

On Wednesday March 19, two of NY states leading experts will discuss growing barley for malting and hops production at the Civil Defense Center, 7220 State Rte 54, Bath NY from 10:00 a.m. - 2:00 p.m.
With the introduction of farm brewery regulations from NYS, the demand for locally grown hops and barley is outpacing production. This workshop is will explain how & why established farmers might consider diversifying their crop acres.

Bill Verbeten of the Northwest New York Dairy, Livestock, and Field Crop Team will discuss the essentials of producing a successful malting barley crop including timing of planting, suitable varieties, fertilization, disease control and timely harvest.

Steve Miller, NY State Hops Specialist, will discuss the basic growing practices of hops. Topics of discussion will include site selection, variety selection, planting and trellising, timely harvest, and preparation for market.

This workshop is geared toward beginner growers and producers looking to diversify. Cost of the workshop is $15 which includes lunch. Pre-registration required by March 17th. Contact Cornell Cooperative Extension of Steuben County to register by calling 607-664-2300 or email sms64@cornell.edu.

**March 27: Christmas Tree Growers Annual Meeting**

The Christmas Tree Growers Annual Meeting will be held March 27 at Club 57 Restaurant, 7465 Seneca Rd North, Hornell beginning at 5:30 p.m. with Registration and Dinner.

The program will include:

**6:30 - 7:30 Christmas Tree Pests - An Update And Review**

Dr. Elizabeth Lamb, NYS Integrated Pest Management Program, will discuss important pest problems plaguing Christmas Trees throughout New York State with a special emphasis on Phytophthora Root Rot. This disease can affect many conifer species. It has been particularly devastating in NY on Fraser firs planted on less than optimal sites. We will discuss the biology of the disease, some of the ongoing research and options for reducing losses in Christmas tree production.
7:30 - 8:00  David Weill of Empire Evergreens will discuss a project he is participating in about Turkish Fir in New York State. An update of the project will be provided as well as grower observations.

Please make reservations by Thursday March 20, 2014 so we can make dinner arrangements by calling CCE Steuben at 607-664-2300. DEC pesticide credit(s) pending in categories: 1a, 2, 3a, 9, 10 and 25. Cost for the meeting will be $25 and will cover a buffet meal and printed materials.

Looking for two groups of fruit or vegetable growers for focus group...

We are looking for two groups of 10 fruit and/or vegetable growers to participate in two focus groups. The purpose is to ask for your opinions about new decision trees that are being developed to help growers assess food safety risks on the farm and decide which risks should be addressed first. These trees are designed primarily for small to medium sized farms, but should be useful to all fresh produce growers.

These focus groups will be held in two different locations. One will be on Thursday March 20, 2014 from 2-4 pm at the New York State Agricultural Experiment Station in Geneva, NY. The other focus group will be Thursday April 3, 2014 from 1-3 pm at the Best Western Albany Airport, Albany, NY. Participants will receive $40 to compensate for their time and travel expenses. Please call or email Betsy Bihn at 315.787.2625 or eab38@cornell.edu if you are interested in participating or if you have
Agricultural Assessment and how to receive it...

What is an agricultural assessment?

An agricultural assessment allows land utilized for agricultural purposes to be assessed based on its agricultural value as opposed to its commercial value. An agricultural assessment applies to school, country and town property taxes and is based on the soil types on the farm. The agricultural assessment rate can also be used for certain local taxes (such as a fire tax) if approved by the local government.

PEDv: What does it mean for New York's Swine Producers?

Porcine Epidemic Diarrhea virus (PEDv) has arrived in New York with a vengeance. I received first notice of an infected farrowing operation in early February. Soon after, I found out the outbreak was much more widespread. The virus was somehow introduced from Asia in multiple locations, was officially identified in the United States in May, 2013. It has killed an estimated 4 million pigs.

What can be done to decrease the chance of your herd becoming infected? The first step - a big one - review and tighten your biosecurity protocols, small and large herds alike. Pay attention to anything or anyone coming out of state or from another farm. Be especially diligent about employees, family and visitors but also consider supplies, feed ingredients, food items, etc. that might contaminate the herd.

To help with education regarding PEDv, the New York Pork Producers will be hosting their annual meeting March 22 at the Holiday Inn in Waterloo. Registration begins at 9 am. To register, contact Krista Jasker at 716.697.3031 or info@newyorkpork.org.

More details and resources are listed on our website.

Ithaca Meat Locker opens - aims to make buying meat in bulk easier!
The first of two planned Meat Lockers is now open! Meat lockers are communal freezers that provide storage space for people who want to buy meat in bulk can't afford a large chest freezer or don't have the space. The Ithaca Meat Locker opened for business in February, look for the second meat locker to open in Corning by summer 2014!

Find out more about the Finger Lakes Meat Project at this link.

View the ribbon cutting here.

**Grafting Workshop - April 15**

A Grafting Workshop will be held April 15, 2014 from 6:00 - 8:30 p.m. at the Human Services Complex, Room 120, 323 Owego St, Montour Falls.

Fruit trees cannot be reproduced "true" to the original cultivar from seed. They can only be reproduced by grafting. Grafting describes any of a number of techniques in which a section of a stem with leaf buds is inserted into the stock of a tree. Grafting is also used to repair injured fruit trees or for top working an established tree to one or more different cultivars.

John Reynolds, owner of Daring Drake Farms, will discuss the history of grafting, and will give a hands on demonstration on how to graft. You will take two grafted trees home! 15 -20 varieties to choose from - or - bring your own scion wood. Each class size limited to 12 - register early!

John Reynolds is the owner of Daring Drake Farms, a family owned orchard with a flock of free range ducks for egg production. Over 125 varieties of large & small fruits are grown on the farm.

Pre-registration (along with $20 payment) is required by April 12. Online registration here: https://reg.cce.cornell.edu/CCESCGrafting2014_244. Payment must accompany your online registration - no payment at the door.
For questions or more information, contact Roger Ort, CCE Schuyler County Horticulture Program Educator at rlo28@cornell.edu or call 607-535-7161.

4-H News

NY Ag Literacy Week - Volunteers, Donors and Classroom Requests Needed

New York Agriculture in the Classroom is pleased to announce Ag Literacy week March 17 - 21, 2014 in support of its mission of fostering awareness, understanding, and appreciation of agriculture and the food and fiber system. During that week, volunteers through the state will go into 1st - 3rd grade classrooms to read a book with an agricultural theme and talk to students about agriculture.

The signature book for 2014 is Who Grew My Soup? written by Tom Darbyshire and illustrated by C.F. Payne. In this delightful book, Phineas Quinn questions the vegetable soup his mom serves for lunch. He refuses to slurp a single spoonful until he knows who grew each of the vegetables. Much to his surprise, a man in a flying tomato balloon shows up to answer his questions. Phinneas joins the magical Mr. Mattoo as they fly from farm to farm, learning about the amazing vegetables, and meeting the farmers who grow them.

For more details on this event, please visit our website.

All 4-H members, leaders, and parents are invited to attend the annual 4-H Spring Garden Meeting.

Date: Tuesday, March 18th
Time: 6:30 p.m. Seed Distribution, 7:00 - 8:30 p.m. Program
Location: Steuben County Fairgrounds, Central Steuben Masonic Community Center, Bath

Please plan to attend the annual spring 4-H garden meeting. Tips will be presented on both flower and vegetable gardening and how to exhibit them at the Steuben County Fair. Tom Cortright will present information on exhibiting flowers, You will be able to ask questions. Door prizes will also be awarded to 4-H members. Free seeds will also be
given out to 4-H members. More details on the website.

To register for the 4-H Spring Garden Meeting download the registration form from our website or email Kim at ksb3@cornell.edu or call 607-664-2306 by Monday, March 10.

**Mark Your Calendars for the Animal Health Requirements for admission to NYS and County Fairs Meeting on March 5**
At least one representative per family for all 4-H exhibitors planning on showing Beef, Sheep, Swine, Meat Goat, Dairy Goat, and Dairy Cattle at the 2014 Steuben County Fair are highly encouraged to attend the meeting on Wednesday, March 5 at 6:30 at the Civil Defense Building, 7220 State Route 54 Bath. Dr. Pepi Leids will give a presentation on the Animal Health Requirements for admission to NYS and County Fairs. After her presentation those members will receive a presentation on completing the paperwork required to identify the market animals and commercial/grade animals and those showing market animals will receive a presentation on completing market animal records. If you have any questions contact Kim at ksb3@cornell.edu or 607-664-2306.

**Scholarships to attend the National Agriculture in the Classroom Conference**
Teachers from across the country will be converging on Hershey, PA from June 23-27, 2014 to take part in the National Agriculture in the Classroom Conference. If you would like to attend this conference, please take a few moments to complete a CHS Foundation Scholarship application. Entries are due March 15th. For more details visit our website.

**Schuyler County 4-H MAPLE SCHOOL**
Where learning is sweet!! A three part series - go to one or all!

Friday March 7  1:30-3:30 p.m. Backyard Maple Sugaring Workshop
Wellspring Forest Farm, Mecklenburg, NY  ($5 to bring a jar of syrup home)

Sunday March 23  10 a.m. - 1 p.m. Maple Weekend at Arnot Forest
(www.mapleweekend.com) Bring a lunch!

Space is limited so pre-register! Call Erin Nyquist, Youth Educator at 535-7161 or email ekn22@cornell.edu.

**Register for 2014 4-H Career Explorations Soon!**
Follow this link for more details.
**Pheasant Chick Project**
The Department of Environmental Conservation (DEC) is once again distributing day-old pheasant chicks for rearing and release projects to qualified 4-H Youth. All state pheasants are hatched and delivered from the DEC Reynolds Game Farm, Ithaca. Parents, leaders, or other volunteers who are willing to oversee and assist youth with this project would be expected to first become familiar with the DEC's Pheasant Rearing Guide and video, How to Raise Ring-necked Pheasants. The video can be loaned from the CCE Office and the CCE office can provide you with a copy of the guide. If you are interested in this program you need to contact Kim at the CCE Office at 607-664-2306 and leave a message any time of day or by email at ksb3@cornell.edu by Monday, March 10 to request the quantity of chicks you would like.

**Maple Weekends Are This Month!**
For more information on Maple Weekend March 22-23 and March 29-30, visit this link.

**Professional Organization for Elementary Teachers**
There is a new professional organization specifically for elementary teachers, it is the New York State Elementary Classroom Teachers Association (NYSECTA).

On Friday, March 21, 2014 at Herkimer County Community College they will be hosting a day-long Spring Seminar with program topics to include: Mathematics, ELA, Common Core, APPR, Social Emotional Learning, Science, Cyber Safety and Technology, and Agriculture and Food in the Classroom.

New York Agriculture in the Classroom participated in their inaugural conference in August as a presenter, and will be participating in this excellent conference again this year. If you would like to join NYSECTA, the only professional association of its kind, or to register for the conference please follow this link: [https://www.signup4.net/Public/ap.aspx?EID=NYSE12E](https://www.signup4.net/Public/ap.aspx?EID=NYSE12E) or contact David Keyser, dkeyser@nysecta.org, 315-823-1022

**Animal Careers Website**
The Animal Careers website is a resource for students, teachers, parents and others who have an interest in learning about career opportunities related to animals.

- By visiting the careers tab on the home page, guests will see an alphabetical list of careers that real people hold across the country and throughout the world.
By searching key words such as "horse", "cattle" or "wildlife" students will see a short list of job titles along with skills or degrees required to enter each position.

Many more search options exist and often students are most curious about which positions have the highest paying salaries. Remember, job satisfaction is not always tied to a paycheck.

- For a glimpse of what real people have to say about their own jobs, visit the people tab.
- For secondary students, the experience tab offers students tips about how to gain experience.
- The Frequently Asked Questions (FAQs) link includes responses to student questions such as, where do I need to go to learn about advanced learning opportunities? Is college the right choice for me?

We welcome feedback from educators and students and have built in a "feedback" link at the bottom of the home page for just that purpose. We hope you will visit often and share your career exploration experiences with us. Explore more about animal careers here!

Outdoor show lining up 2014 sponsorships....

The **8th annual Southern Tier Outdoor Show** will be held **October 11-12, 2014** at Wilkins RV, Inc. in Bath, organized by Cornell Cooperative Extension of Steuben County.

We would like to welcome a brand new sponsor to the 2014 show - **Bowhook Slings**. Owner Randy McClure has been an exhibitor at the show for several years. You can find his product at [www.bowhookslings.com](http://www.bowhookslings.com).

And we welcome back our faithful sponsors,

- **Heartland RV**,
- **Wilkins RV, Inc.**,
- **Lamb & Webster**,
- **Hills, Valleys & Streams**.

Join our winning team! Find sponsor information online here. Or call Carla Dawejko for details at 607-664-2313.

Coming next month - a lineup of the new wildlife
attractions coming to the 2014 show!

**What's Going On Around the Community...**

**Corning Winter Farmer's Market continues!**
The next Winter Market will be open on March 1 from 11:00 a.m.-3:00 p.m.!! Find many of your favorite vendors inside the Information Center on Market Street! Keep up to date on their Facebook page.

**4th annual Hunting Heritage Banquet & Auction**
The Finger Lakes Bucks N' Beards Chapter of the National Wild Turkey Federation will hold their 4th Annual Hunting Heritage Banquet & Auction on Friday, March 21st, 6:00 pm at the Pulteney Firehouse; 8891 Brown Rd, Pulteney. Download flyer and ticket reservation form here.

**Business Planning Workshop**
Wednesday, March 5, 2014 8:30 -10:30 a.m.
This workshop is designed for the person who is thinking about starting their own small business or an existing business owner seeking financing. Topics discussed will be Federal and State legal requirements and how to write a business plan. There will be ample time for questions and answers.
There is no cost for the workshop but registration is required by March 3rd. For information or to register: call (607) 937-6861 or e-mail sbdc@corning-cc.edu

Business Development Center, 24 Denison Parkway West, Room 111, Corning, NY

**Living Healthy Southern Tier to Hold Interactive Weekly Workshops at the Southeast Steuben County Library**

Living Healthy Southern Tier, an initiative of the Steuben Rural Health Network at the Institute for Human Services, is presenting a 6-week workshop focusing on managing chronic conditions and taking control of your health. The interactive sessions, beginning on March 6 and concluding on April 10, will be held weekly on Thursdays, from 10 am - 11:30 am, at the Southeast Steuben County Library.

Some conditions are a part of our life - whether we like it or not! Join us and learn more about living life to the fullest by managing such conditions. Topics covered throughout the 6-week course will include managing fatigue, handling frustration and isolation, managing stress & pain, how to converse with your doctor about choosing treatment plans - and more!

Living Healthy Southern Tier is a free program offered to any adult living with a chronic health condition, or family members of such individuals. Space is limited and registration is required.
Call 607-776-9467 ext. 226 to sign up today!

**Mark your calendars now for Girls on the Run of the Southern Tier Spring 2014 Registration!**

Girls on the Run of the Southern Tier, a community collaboration led by the Steuben Rural Health Network at the Institute for Human Services, will open online registration for the Spring 2014 season on Monday, March 3rd. With sites throughout Steuben, Chemung, and Yates Counties, the teams of 3rd - 5th grade girls will fill up fast! The Spring 2014 season kicks off the week of March 24th and will run twice a week for 10 weeks, with a 5k Celebration on Sunday, June 8th, to commemorate the completion of the season - highlighting that the finish line is just the beginning!

Girls on the Run® is a life-changing, experiential learning program that combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of this youth development program are to encourage positive emotional, social, mental, spiritual and physical development. Through such goals, Girls on the Run works to educate and empower girls at an early age, in order to...
prevent the display of at-risk activities in the future, including substance/alcohol use, eating disorders, and sedentary lifestyles. The design of the program acts to do just that by first addressing numerous aspects of girls' development-physical, emotional, mental, and social well-being-in the three-part core curriculum. The lessons are taught by certified Girls on the Run® coaches and include understanding ourselves, valuing teamwork, and recognizing how we connect with and shape the world at large. Then, the girls have the opportunity to choose and conduct a community service project to further develop the vision of every girl knowing and activating her limitless potential. Finally, at the conclusion of the program, the girls complete a 5k Celebration as a team.

Once open, the online registration form, as well as sites and schedules, can be found at www.gotrst.com. Registration fees apply and space is very limited.

2014 Dairy Festival Photo Contest
The Steuben County Pomona Grange has hosted the annual Steuben County Dairy Festival and Parade to honor America's dairy industry since 1957. The 2014 Dairy Festival Parade will be held June 07, 2014 at the Steuben County Fairgrounds in Bath. The parade will begin at the Steuben County Fairgrounds. It will start at 10:30 a.m.
The subject of the 2014 Photo Contest is "Antique Farm Machinery and Tractors"

- Photo must be taken in Steuben County
- Photo must be "8x10"
- Photo must be labeled with the location on the Back of the Photo.
- Photos will not be returned but will be donated to the Steuben County Historical Society after the Dairy Festival.
- Photo must be post marked or received by: Thursday, May 22, 2014

Label Photo: DO NOT BEND Mail to: Photo Contest, P.O. Box 116, Kanona, N.Y. 14856-0116
Prizes: First Prize - $ 50.00 and a ribbon, Second Prize - $ 25.00 and a ribbon, Third Prize - $10.00 and a ribbon

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Carla Dawejko
Public Affairs Coordinator
Cornell Cooperative Extension of Steuben County
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