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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

June 2014- Vol 6, Issue 6

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June is National Dairy Month!

Celebrate **National Dairy Month** by choosing foods from USDA's MyPlate Dairy Group. Foods included in this group are milk, flavored milk, calcium-fortified soy milk, pudding made with milk, frozen yogurt, ice cream, yogurt, hard cheese like cheddar and Swiss, soft cheeses like ricotta and cottage cheese and processed cheese like American. Each of these foods is a good source of calcium.

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group. Everyone aged 9 and older needs 3 cups from the Dairy Group each day. Children aged 4-8 need 2 ½ cups and children aged 2-3 need 2 cups each day.

Try these ideas to get your three Dairy Group servings each

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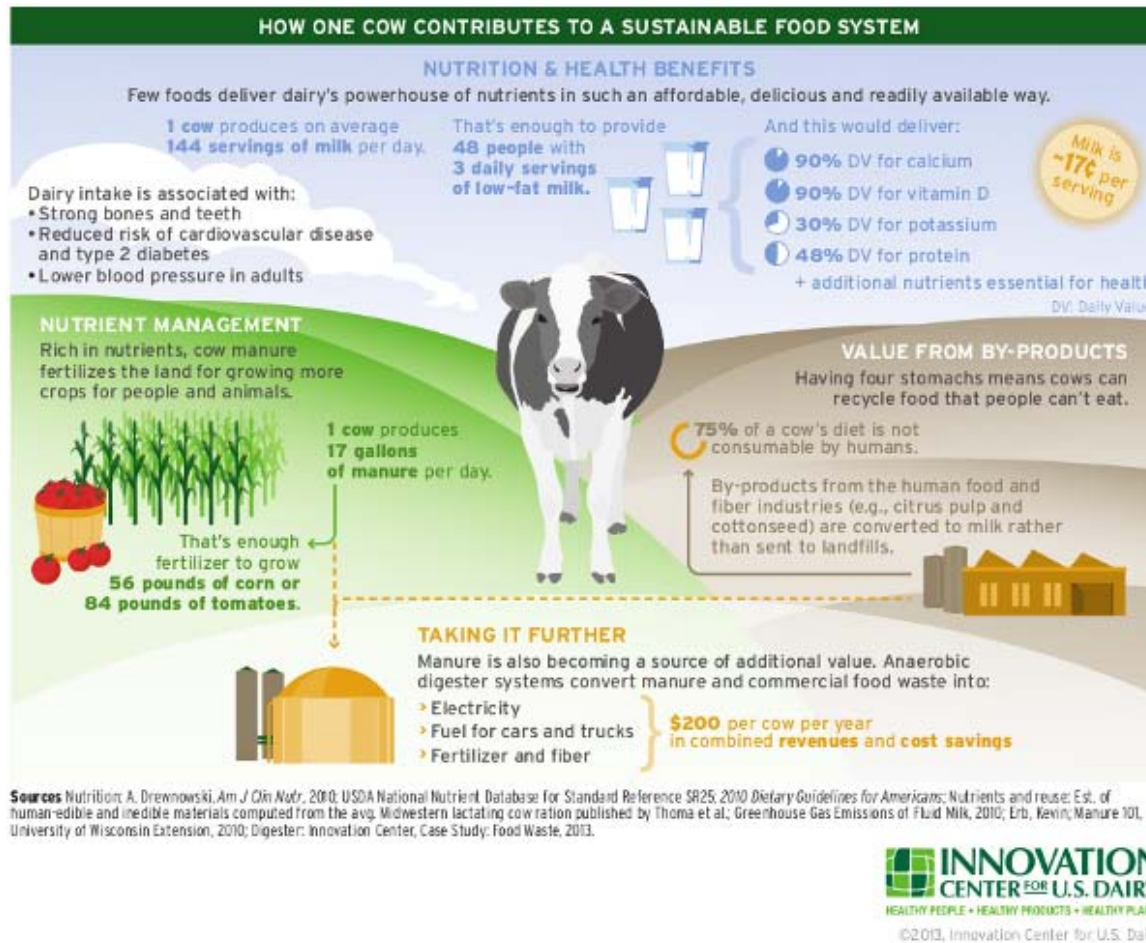
day:

- Serve low fat or fat free milk at each meal;
- ask for low fat or fat free milk in your coffee;
- add low fat or fat free milk to hot cereals and cream soups in place of water;
- enjoy a low fat or fat free yogurt for a snack or use plain yogurt to make a dip for vegetables or fruit.

JUNE is National
Dairy Month



How one cow contributes to a sustainable food system...



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 **Tuesday, June 3 from 6:00 - 8:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning, NY.

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 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.com.

June is the beginning of farmers market season!

June is the traditional start time for many local farmers' markets. There are lots of benefits to shopping at farmers' markets. The fresh produce is often picked within 12-24 hours of being sold at the market. By talking with the farmers, you can learn how they grow the food they sell, what their favorite varieties are and why. Never tasted a fruit or vegetable being sold? Ask the farmer for a taste. Farmers' markets are a great way for your family to 'go green'. Food at farmers' markets is grown locally so it helps the local economy to stay strong. Locally grown produce uses less fuel because it is not transported long distances on a truck. You can make your shopping trip more 'green' by bringing re-usable shopping bags with you when you shop.

Many farmers participate in both the Farmers' Market Nutrition Program and WIC. The Farmers' Market Nutrition Program is for WIC families and seniors. Coupons are provided by WIC and Office for the Aging to eligible adults. These coupons can be used to buy any fresh fruits and vegetables sold at the farmers' market. About \$20 in coupons are provided and can be used any time until the market closes for the season. The coupons are \$4 each, and the farmer will work with you to meet the \$4 amount. The monthly WIC fruit and vegetable

checks that come with your WIC package can be used at many farmers' markets as well.

Now you can use your EBT card at many markets. Each year more markets are able to accept EBT cards. Many markets give you tokens equal to the amount of money you want to use from your EBT card and then you give the tokens to the farmer to pay for your produce. Some markets participate in programs like Double Up Food Bucks that give you extra tokens (so extra money to spend!) when you use your EBT card. Check with your favorite farmer's market to see if it accepts EBT cards.



Looking for a farmers' market in your area? Call your local Cornell Cooperative Extension office at 607-664-2300 or visit [The Farmers' Market Federation of NY](http://www.farmersmarket.org).

Cornell Cooperative Extension of Steuben County will have a booth at the Bath Wednesday Farmers' Market from 10:30 a.m. to 1:00 p.m. on the following dates:



June 11-25
July 9-23
August 6-20
September 3-17

Come get a sample of a healthy recipe using local produce currently in season that week!

Perennial Biofeedstock Energy Tour and Presentations coming in July!

Perennial Biofeedstock Energy Tour and Presentations
USDA-NRCS Big Flats Plant Materials Center Wednesday,
July 23, 2014



9:30 am - 3:30 pm

[Download flyer here for full details!](#)

The Great Debate: Wills versus Trusts - Join us June 4 in Corning!

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 **Wednesday, June 4, 2014** 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 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.

Free workshop on Long Term Care Planning in Hornell...

It is an aging society, so there are some important facts everyone should know to begin planning for long term care for your loved ones. Cornell Cooperative Extension of Steuben County is offering a free workshop, **Long Term Care Planning**, to help sort

through the options from 2:00-4:00 p.m. on Tuesday, June 10, 2014 at the Hornell Senior Center, Broadway Mall, Hornell.

The workshop will be led by Patrick J. Roth, Elder Law Attorney, CPA from Corning. He will explain what Medicare covers, veteran options, Medicaid eligibility for a nursing home, long term care insurances, and planning options for you and your family. The session will include:



- Discover the four parts of Medicare and what is covered by each part.
- Learn about financial benefits that you may be eligible for if you (or your spouse) are a veteran.
- Discover the Medicaid eligibility rules surrounding long term care.
- Learn how to plan for your future long term care costs.

Registration is requested by calling 607-664-2300. For more information visit PutKnowledgeToWork.com.

Upcoming mushroom workshops...

Sunday, June 8: Camp Mushroom #2 (JUST FIVE SPOTS LEFT!!!!)

A class for farmers, woodlot owners, and hobby growers who want to cultivate their own



shiitake, oyster, lions mane, and stropharia mushrooms. For almost a decade, Professor Ken Mudge has been dedicating his time to researching the dos and don'ts of successful cultivation. This year we are excited to announce the release of a new shiitake growing guide, produced in conjunction with the University of Vermont and developed through a grower-based research project that was conducted over the last three years, which demonstrated that log-grown shiitake is a

viable commercial niche crop for the Northeast and beyond.

Saturday, June 28: Commercial Mushroom Production Field Day - Schuyler County, NY

Learn about the commercial cultivation of log-grown shiitake mushrooms during a field day with visits to area commercial farms and hands-on practice inoculating a mushroom log to take home.

[Visit our webpage for full details!](#)

Grasstravaganza coming July 17-19...

We are pleased to announce the comeback of Grasstravaganza on July 17-19 at Morrisville State College. The conference, Pasture Soil Health Creates Wealth, will feature a trade show, soil health stations and presentations by national and local grazing and soil health experts who will cover a range of topics.

Among those in the speaker lineup are; Ray Archuleta, the Natural Resources Conservation Service (NRCS) "Soil Guy" from North Carolina, who travels the country promoting soil health.

Archuleta has 25 years of experience with the NRCS and is a certified Professional Soil Scientist with Soil Science Society of America.

Welcome Graziers

Registration • Accommodations • Demonstration & Tour Information

Learn and grow during our three-day conference.

Filled with knowledgeable speakers, site tours and enthusiastic vendors, Grasstravaganza is specifically designed for farmers, consumers and agriculture professionals that would like to improve their bottom line through greater soil health.



Additional speakers include: Jerry Brunetti, founder of Agri-Dynamics, a company that provides holistic animal remedies for farm, livestock, and pets; and Jim Gerrish, former University of Missouri researcher, writer, who is currently a cattle rancher and co-owner of American GrazingLands Services LLC, a consulting business that helps farmers and ranchers more effectively manage their grazing lands for economic and environmental sustainability.

It's a trifecta of great grazing and soil health speakers! Participants will also have the chance to visit local farms. Mark your calendar now! For more details visit: <http://grasstravaganza.morrisville.edu/>

Join our team!!

Cornell Cooperative Extension of Steuben County has over 200 active volunteers serving in our programs. There is so much you can do! Turn your passion into action and impact our community!

You can make a real difference by
volunteering with CCE-Steuben. Our



opportunities include 4-H Leaders, judges, speakers, chaperones and coaches; Master Gardeners; Financial Budget Coaches, Nutrition Assistants, Administrative Assistants, serving as committee members on

our advisory and board of governors, and helping us put on public events such as Farm-City Day, the Southern Tier Outdoor Show, the Annual Gala, and the Locally Grown Food Fest. Whether it is behind the scenes, or direct services, you are bound to get a lot of satisfaction through this work. Training is provided!

For a full list of opportunities, visit our [Volunteer Webpage!](#)

Seven little known facts about Social Security benefits...

In the first season of "Friends," Rachel Green looks at her first paycheck as a waitress and asks, "Who's this FICA guy, and why is he getting all my money?"

That's one hard lesson about Social Security. Another is that when it's time to claim, you can't depend on the Social Security Administration to be your personal adviser. In an effort to save time and cut costs, Social Security employees generally don't give case-specific advice. So that means you are on your own to make the most important financial decision of a lifetime. You have to read the rules and do the research yourself.



William Meyer, whose website, Social Security Solutions, gives Social Security advice for a fee, says you also can't depend on Social Security to follow instructions you give them electronically. If you have a request that is not the most common choice, you'll need to go to the Social Security office and make the request in person, he says.

[Read on to brush up on Social Security benefits that are not commonly known...](#)

Sustainable landscape recordings are available...

If you missed the latest 2014 Sustainable Landscapes - Horticulture PWT webinar

recordings of each are available. [You can find them on our website.](#)



Free fishing Days - June 28-29

In an effort to connect more people to the sport of fishing, each year, the last full weekend in June is designated as Free Fishing Days in New York State. During those two days, anyone can fish New York State waters, and no fishing license is required (normally required for anyone 16 years and older). The general public can tap into the fun and relaxation of fishing, especially those who might not otherwise get the chance. All anglers are encouraged to take a friend fishing. With all that the sport has to offer, some are bound to get hooked. This event started in 1991 to allow all people the opportunity to sample the incredible fishing New York State has to offer. Since no license is required, it is the perfect time to take a friend or relative fishing. New York State's Free Fishing Days are the last full weekend in June which are Saturday and Sunday, June 28 & 29, 2014. So, first time anglers, as well as those who have drifted away from the sport, should take advantage of this opportunity to see how much fun fishing can be.



In addition to the June Free Fishing Days weekend, there are a number of "Free Fishing Events" held in various locations across the state. Free Fishing Events are DEC sponsored events (such as family fishing clinics) where participants can learn about fish identification, fishing equipment and techniques, fisheries management, angling ethics and aquatic ecology. Each of DEC's nine regions can sponsor up to four free fishing events per year. Most free fishing events occur during the period from April through October. For more information visit <http://www.dec.ny.gov/permits/6091.html#Days>

4-H News

Ownership Deadlines!

Animal Science 4-H members who plan to exhibit animals at the 2014 Steuben County Fair are reminded to plan ahead to satisfy ownership requirements. All animals must be owned or leased by the 4-H member.

- **June 1 is the deadline for swine, sheep, market goat, and beef breeding.**
- **June 15 is the deadline for dairy goat, dairy cattle, rabbit and Breeding Meat goats.**
- **Forms for Grade Dairy Identification are due June 16. Market hog, market lamb, market goat, commercial beef breeding, commercial meat goat breeding, and grade ewe identification/ownership forms are due June 16, as well as leasing forms for livestock breeding animals.**



Roseland Waterpark Discount Days

June 28th - September 1st are our Discount Days at Roseland Waterpark in Canandaigua. [Visit this link for details.](#)

Dog Obedience begins June 2

It's not too late to sign up!! Classes are offered at various locations and times within Steuben County and youth can still participate in classes and graduation! [Visit this link for details.](#)

Empire Classic youth Sheep Show - July 12 and 13

[Check Forms page for details and registration](#)

The Empire Classic Youth Sheep Show will be held at the Cayuga County Fairgrounds on July 12 & 13th. Entry deadline is June 28. This is an open class event. In years past the show has averaged about 40-60 kids. They are looking to continue to grow the show so the more kids that they have the better the show will be. They have a lot of kids that compete on national levels that show at this junior show as well as kids who are just starting off. Attached are the entry forms as well as our rules and regulations. For any questions please contact Ashley M. Pinckney at 315-406-3963 or at pinckney.13@buckeyemail.osu.edu

Rabbit & Cavy Clinic and Poultry Clinic - July 2

[Visit the website for details.](#)

June 14 and July 19 Horse Shows

[Visit the forms page to review all the new paperwork.](#)

Fairbook Cover Contest Would you like to see your drawing featured on the cover the 2014 Steuben County Fairbook? We are asking any 4-Her's interested to submit their

drawing (one per member please) to the CCE Office by June 1st to be considered for the contest. We will need your name, age, and what club you are a member of or if you are an independent member. Stuck on what to draw? Some things to think about: What does 4-H mean to you? What are some of your favorite things about fair? Be sure to think of ALL that 4-H has to offer! The winner's drawing will be published on the 2014 Steuben County Fairbook and be congratulated in the next Steubenite!

2014 4-H Career Explorations at Cornell University July 1-3 the Registration is Open

UNIVERSITY U (8th and 9th grade as of fall of 2014)

FOCUS FOR TEENS (9th grade as of fall of 2014 if attended University U in 2013 or 10th - 12th grade as of fall of 2014)

Registrations are FIRST COME FIRST SERVE and spots fill up quickly, so please contact Kim at ksb3@cornell.edu or fax it to her at 607-664-2303 or call and leave a message 607-664-2306 if you will be attending and the information she needs to register you online. Please remember to indicate your adult t-shirt size. Go to <http://nys4h.cce.cornell.edu/events/Pages/CareerEx.aspx> for the registration form and workshop choices for Focus For Teens participants and for more information.

Junior Dairy Leader Program

This one-year program explores careers in the dairy industry along with hands-on experiential learning for a select group of youth ranging from 16-19 years old. The program presents youth with a realistic view and experience for the dairy industry as a viable, profitable and progressive business sector young people can look to for career opportunities while also building personal and professional skills. For more information and the application visit <http://www.ansci.cornell.edu/prodairy/jdl/index.html>. Applications are due June 30, 2014.

Equine& Dairy 101 at Morrisville State College - June 7 and 8

Equine & Dairy 101 at Morrisville State College. AWESOME Equine and Dairy 101 will provide 4-H youth ages 13-19 years an opportunity to learn about the science behind the animals they love so much. Youth from New York State will be exposed to hands-on "college classes" that will provide knowledge of equine and dairy nutrition, anatomy, physiology, and reproduction. Youth choose between the Equine tracts or the Dairy tracts. Participants spend the night on campus in the dorms, eat at the college cafeteria, enroll in classes, and spend two days as a college student! Cost is only \$100 for youth and \$75 for chaperones (chaperones not required). This program was developed to give youth an opportunity for hands-on learning of animal science while exploring a college campus atmosphere.

For more information contact Kristi Cranwell, CCE Oneida County:(315) 736-3394 ext.122 or kac292@cornell.edu. Registration ends May 30. [To register visit this link.](#)

2014 Dairy Festival and 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 theme is Dairyland Heroes. The parade will begin at the Steuben County Fairgrounds. It will start at 10:30 a.m. 4-H Clubs can receive 4-H on display credit if they have a club float. For more information about the parade rules for floats contact the CCE- Steuben office or Phil Warner Chairman at 607-776-4827 or Cheryl McGlynn Co Chairman.

Outdoor show lining up 2014 activities....



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.

Our most recent exciting news is that CNY Custom Rods and Reels will be bringing Ben Blegan to the show! Ben Blegan is a current member of the



U.S.A. Ice Team which will compete in Finland in 2015. He is a Pro-Staff member of CNY Custom Rods and Reels, and will offer some ice fishing tips and techniques in his seminars at our show.

Also from the fishing world, we are delighted to have Chuck Booker, who



holds 58 world records, and is a Hall of Famer with several club affiliations. He will talk to us about fishing the tributaries of Lake Erie and Lake Ontario!



In addition, CNY Custom Rods and Reels will have a fishing tank on display at their booth near the stage. Don't

Stay in touch with the latest details about this fall's show at www.SouthernTierOutdoorShow.com and on Facebook at

www.facebook.com/SouthernTierOutdoorShow.

What's Going On Around the Community...

4th Annual CNY Fiber Festival

The CNY Fiber Artists and Producers present the 4th Annual CNY Fiber Festival on June 14 and 15 from 10:00 a.m. to 5:00 p.m. at Butternut Hill Campground, Route 20, Bouckville, NY.

Barbara Linsley will do book signings both days, and The Beekman Boys will perform on Sunday only from noon to 2:00 p.m. There will be over 100 booths under cover featuring handmade products from natural fibers. Admission is \$6 and children under 12 are free. Plenty of free parking! Rain or shine! For more information visit www.cnyfiber.org.

Understanding Incoterms Learn to decode the secret language of Incoterms 2010. Presented by Robert Stein, LCHB of Mohawk Global Trade Advisors.

- Choose the right rules for your international sales and purchasing contracts
- Select appropriate insurance requirements
- Apply the rules to domestic transactions.

This seminar will be held:

Wednesday, June 18, 2014

Time: 9:00 am - 11:30 am

Cost: \$20 and paid pre-registration is required by June 16

Location: CCC Academic and Workforce

318 Madison Ave., Room 004, Elmira, NY

For information, call (607) 937-6861 or e-mail SBDC@corning-cc.edu.

A Tax Guide For Small Business Owners

- Find out about the mandates regarding sales tax web filing and 5% vendor credit.
- Learn the difference between employees and independent contractors.
- Receive updates on recent law changes that affect small businesses.

This seminar will cover everything you wanted to know about NYS taxes.

Wednesday, June 25, 2014

Time: 9:00 am - 11:00 am

Cost: \$10 and pre-registration is required.

Location: CCC Business Development Center

24 Denison Parkway West, Room 104

Pre-registration is required June 23rd. Please complete the form and enclose it with payment in the amount of \$10 per person payable to Corning Community College SBDC and mail to: Corning Community College SBDC, 24 Denison Parkway West, Corning, New York 14830. For information, call (607) 937-6861 or e-mail SBDC@corning-cc.edu.

Dairy Festival is June 7

[Find out parade float information here.](#)

Want to volunteer for the Wineglass Marathon?

The Wineglass Marathon draws thousands of guests from outside the area to cheer their runner on as well as to run the race themselves. As the number of runners increases so does the need for volunteers. We are recruiting volunteers

in two specific areas, but we would appreciate your help any where and any time over the three days.

There is a new staging area in Bath from where all runners for the full marathon will be bussed to the start line. This is an early morning shift on Sunday, October 5th, which means you'll have a jumpstart on your day.

[Please click on this link to the volunteer registration form.](#) Please choose "Course Support" . You will be asked if you can stand for 2-3 hours and work outside in any weather. Once you check these boxes, your choices will appear. Please select Sunday 5:30 a.m. and add a note in the comment box that you are "helping Peggy with buses in Bath".

The second area is staffing a welcome desk at the Elmira/Corning Regional Airport. The shifts are only an hour or two at a time to coincide with flight arrivals. Volunteers are able to sit for this volunteer opportunity and you are indoors. We staff the Welcome Desk on Thursday, Oct 2, Friday, Oct 3, and Sat Oct 4. If you are interested in helping here, please choose "Pre-race" and then in the comment box add a note "airport welcome desk".

You will get a fantastic volunteer t-shirt and I promise to have caffeine available. It really is a lot of fun and the runners are so appreciative. Invite a friend to join you - the more the merrier!

Allegany Steuben Black and White Show 2014

The Allegany Steuben Black & White Show 2014 will be held July 11&12, 2014

Showmanship: Friday Evening July 11th

7:00 pm

Conformation Classes: Saturday July 12th

9:00 am

Conformation Judge: Adam Sonnen, PA

For more information or entry form information, please contact Bethany - 607-792-3334 or Darleen - 607-478-8858. Show is open to all registered Holsteins.

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Carla Dawejko

Public Affairs Coordinator

Cornell Cooperative Extension of Steuben County

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