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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

November 2014- Vol 6, Issue 11

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Free budget coach training series starts today!

You can make a difference by becoming a Volunteer Family Budget Coach. Help someone learn how to change their life for the better. Teach them financial strategies to create balance and gain control.

Cornell Cooperative Extension of Steuben County will offer a FREE 9-hour training series on October 30, November 6 and 13, 2014 from 1:00-4:00

p.m. at the Steuben County Office Building in Bath. Attendance is required at all three sessions. What will you



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learn?

- Cash tracking
- Understanding Credit
- Goal Setting
- Building a spending plan
- How to look at a family's unique situation

Financial volunteering is rewarding. With a little encouragement and planning you can help people get control of their finances. It's a great way to learn more yourself while helping others. We offer both free training and ongoing support. It requires no experience or special skills - just a sincere desire to help others.

For more information or to register call 607-664-2300.
For more information on our programs, visit
www.putknowledgetowork.org.

Find out what the Great Debate is all about - free workshop!!!!

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



**Tuesday, November 11, 2014
from 6:00 - 8:00 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.

Join us Nov 4 for Steuben County's Tillage Day...

Steuben County Tillage Field Day

Nov. 4, 2014

11:00am - 2:00pm

Bluegill Farm, Bath

Jonathan Barter, Steuben County SWCD and Derek Zerkowski, NRCS soil conservationist will discuss the impact of various types of tillage on soil compaction and overall soil health. Following the discussion there will be multiple field demonstrations.

Equipment demonstrations will include: a 10' Aerway Overseeder, Aerway CCT, JD 9410R with Chisel Plow and JD Auto Trac Guidance system, a New Holland T7270 4wd with Chisel Plow, Landoll VT, Zone Builder, 470 Quadtrac with Kuhn Dominator, and a Kuhn Excelerator.



Lunch will be provided. Presentations and field demonstration will take place at the farm shop located on Mitchellvilles Road (County Rd. 13), Bath. Watch for signs.

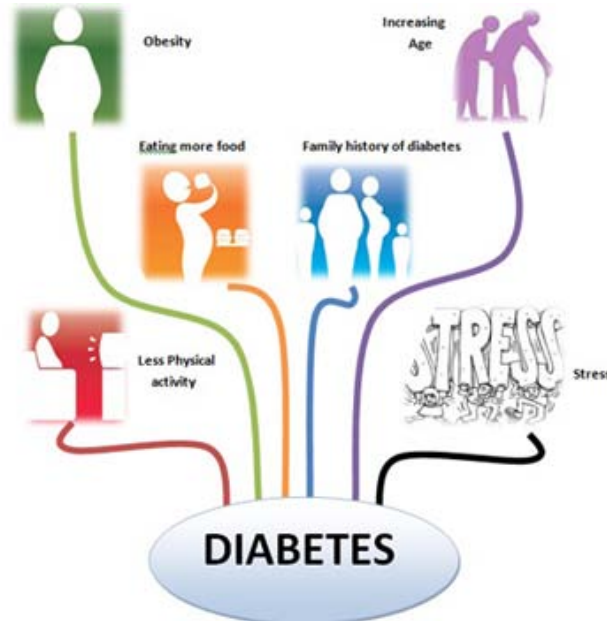
Contact CCE-Steuben at 607-664-2300 for more information.

Sponsored by Monroe Tractor, Lamb & Webster Equipment, Aerway, Lakeland Equipment, Empire Tractor of Atlanta, Larry Romance & Son, Steuben County Soil & Water Conservation District, and Cornell Cooperative Extension.

November is National Diabetes Month...

Do you know That...

- Nearly 30 million children and adults



in the United States have diabetes or 9 of every 100 people.

- Another 86 million Americans have prediabetes and are at risk for developing type 2 diabetes.
- It is the 7th leading cause of death.
- Recent estimates project that as many as one in three American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

What is the Toll on Health?

- People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.
- Diabetes causes nearly 50% of all cases of kidney failure.
- More than half of all amputations in adults occur in people with diabetes.
- More than half a million American adults have advanced diabetic retinopathy, greatly increasing their risk for severe vision loss.
 - About 60-70 percent of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems.

The Cost of Diabetes is...

- American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.
- Direct medical costs reach \$176 billion and the average medical expenditure among people with diabetes is 2.3 times higher than those without the disease.
- Indirect costs amount to \$69 billion (disability, work loss, premature mortality).
- One in 10 health care dollars is spent treating diabetes and its complications.
- One in five health care dollars is spent caring for people with diabetes.

Visit diabetesforecast.org/adm to learn more about American Diabetes Month. For more general information in English and Spanish, call 1-800-DIABETES or visit stopdiabetes.com.

Just four seats left in Logging Workshop on Nov. 5...

Game of logging Level 1, sponsored by NYCAMH

November 5, 2014

8:00-4:00

Level 1 focuses on introducing the participant to open face felling and the development of techniques to safely use it. Topics covered include personal protective equipment, chainsaw safety features, chainsaw reactive forces, bore cutting, pre-planning the fell, and understanding hinge wood strength.



Fee \$25. Call NYCAMH for more information or to sign up: (800) 343-7527.

Stephanie's Picks...



1. Now that the weather is turning cold and the plants are going dormant it's time to look inside. Houseplants can help get you through the long winter months. For information about care and selection visit <http://www.extension.org/pages/10081/indoor-plants#.VFEHMtrD9y0>
2. It's also time for festive Holiday plants. Learn how to grow and maintain Amaryllis here: <http://www.clemson.edu/extension/hgic/plants/indoor/flowering/hgic1551.html>

Mini Grants available for Kids Growing Food...

The main goal of the Kids Growing Food program is to increase the appreciation and

understanding of agriculture, nutrition, and the food system by getting students involved in



food gardening at school. School gardens can create outdoor living classrooms that provide authentic experiences and help educators meet state and national learning standards.

Teachers are invited to submit garden mini-grant proposals for up to \$500. Schools receive a cash award to help them establish or maintain a food garden. Funds can be used for a variety of tools, materials, soil, seeds, etc. to make for a successful garden

program, however, funds are discouraged to be used for garden coordinator or teacher stipends and travel.

If you have received a Kids Growing Food grant three or more years ago, you are eligible to apply for a continuation grant.

Applications are due December 12, 2014.

[For more information or to apply, visit the website.](#)

Emerald Ash Borer has spread to new areas...

Crews are working to bring down thousands of dead trees around the Pittsburgh area before they become a much bigger problem. Channel 11's Jennifer Tomazic joined West Penn Power crews on Tuesday as they worked to bring down dead trees affected by the emerald ash borer.

"It's not like we're going to take down a tree that looks lively and in good shape. These trees, by the time we get to them, they may be completely dead," said Todd Meyers, with West Penn Power.

According to Meyers, dead trees are the No. 1 reason homeowners lose power.



"We're trying to take care of these trees to keep our customers' power on," said Meyers.

If you want to know if emerald ash borer has gotten to a tree in your yard, foresters said the adult insect will eat its way through and leave a D-shaped hole. Authorities said the emerald ash borer has been killing trees since 2012. West Penn Power said it anticipates cutting down 5,000 trees by the end of the year.

[For video on this story, follow this link.](#)

Risk Management on the farm...learn more on Nov 3...

Cornell Cooperative Extension

Southern Tier Agricultural Risk Management Conference Monday, November 3, 2014

Library and Liberal Arts Center, JCC Olean Campus

8:30 a.m. - 3:00 p.m.



"The Broken Windows Theory and Your Farm: How the "Little Things" with Risk Management Can Make the Big Difference" Cari Rincker, Esq. co-author of Field Manual: Legal Guide for New York Farmers and Food Entrepreneurs will be the Keynote. Cari will explain how to apply the "Broken Windows Theory" to your farm or business in terms of risk management. It's truly the little things that make the big difference.

Participants will be able to select topics of interest to attend for 3 additional sessions. Topics will include: Business Structure & Planning, Safety on the Farm, Good Agriculture, Farm Transfer Planning, Labor Regulations, Farm Leasing, and Understanding Farm Insurance Needs and Options. Speakers and exhibitors are from private and public sectors.

There is a fee to cover cost of proceedings, continental breakfast and lunch. For more information, contact Lynn Bliven at the Belmont office: 585-268-7644 ext. 18.

[For more information visit our website.](#)

Cover Crop and Soil Health Workshop and tour - Friday, Nov 14...

Cover Crop and Soil Health Workshop & Tour - Fri, Nov. 14, 2014
USDA-NRCS Big Flats Plant Materials Center (PMC)*
3266 Route 352, Big Flats, NY 14814

The workshop will feature:

- Rob Farnham (9:45 - 10:30) - Consultant, CCA- Agrinetix, and Eben Weil Manufacturer's Representative,; Discussion of benefits of zone-builder, adjustment and maintenance of no-till planters, demonstration of zone-builder.
- Matt Ryan (10:30 - 10:45) - Cornell University, Dept. of Crop and Soil Sciences, Assistant Professor; CIG grant 3-way no-till interseeder on site and demonstration results in corn.
- Paul Salon (10:45 - 11:45) - USDA-NRCS, Plant Materials Specialist; Tour of cover crop demonstration plots at Big Flats PMC, which includes a time of planting demo with over 350 plots (species, varieties or mixes); some seeded at several seeding dates and rates.
- Paul Cerasoletti, Dale Dewing (1:00 - 1:30) - Cornell Cooperative Extension of Delaware County, Senior Extension Educators; Jerry Cunningham - Farmer; seed dealer; custom no till operator; Hartley Russell- Dairy farmer Delaware co.; Delaware County custom no-till and cover crop programs, case studies and lessons learned.
- Farmer Panel- (1:30- 2:15) Derek Johnson dairy farmer Delaware Co., NY; Ron Kittle Dairy Farmer Bradford Co., Pa., use of no-till interseeder; Rick Pedersen, wholesale vegetable/fieldcrop/livestock farmer, Ontario Co. NY;
- Donn Branton field crop farmer, Genesee Co., NY innovative cover cropping with highboy seeder.
- Bill Curran (2:15 - 2:45) - Penn State University, Dept. of Crop and Soil Sciences, Associate Professor; The principles of herbicide management for cover crop establishment and termination.
- Daniel Moebius-Clune (2:45 - 3:15) - Cornell University, Dept. of Crop and Soil Sciences, Research Associate; The ecology and function of the soil biota for soil



Health.

- Thomas Bjorkman (3:15 - 3:30) - Cornell University, Dept. of Horticulture, Associate Professor; Cover Crop Calculator for the Northeast.

[For more details, visit our website.](#)

Establishing your own vineyard



Cornell University Cooperative Extension of Allegany County in conjunction with Cornell University Regional Grape Program staff is hosting an Introduction to IPM and Managing Vineyard Pests Workshop for existing and potential commercial grape growers. This half day program will be held Nov. 6th (Thursday) from 8:30-12:30. Luke Haggarty, Cornell Viticulture Extension Specialist and Tim Viegler, Cornell Statewide Grape IPM Specialist, will be presenting at the workshop. This is a regional workshop and interested parties from surrounding areas are encouraged to attend.

Topics will cover:

- how to select the best site for growing grapes,
- environmentally and economically sensible ways to protect crops from insects,
- selecting the grape varieties that will grow in your climate and,
- how to plant your grapes and establish the structure for their optimal growth.

Growers are encouraged to ask questions and actively participate in the course. NYSDEC pesticide credits have been applied for in categories 1a, 10, and 22.

Cost of the program is \$15.00 per person or \$25.00 for two people from the same farm/household. Pre-registration is required. If you are interested in signing up for this program, please contact Colleen Cavagna at 585-268-7644 ext. 12 or cc746@cornell.edu.

What: Introduction to IPM and Managing Vineyard Pests Workshop

When: Nov. 6th (Thursday), 2014

Where: Cornell Cooperative Extension Belmont Office (5435A County Road 48, Belmont NY) Time: 8:30 A.M. - 12:30 P.M. Cost: \$15.00 per person or \$25.00 for 2 people from the same farm/household. Pre-registration is required.

Contact: Colleen Cavagna at cc746@cornell.edu or 585-268-7644 ext. 12.

Save the date for these December workshops....

December 2 - Best Management Practices for New High Tunnel Growers

At the Civil Defense Center, 7220 State Route 54, Bath, NY

Topics Include:

- Site Selection & Structural Considerations
- Crop & Variety Selection
- Cultural Management
- Disease Management
- Experienced Grower Panel



This program is targeted for commercial growers new to high tunnels. NRCS cooperating farms are particularly encouraged to attend. All who are interested in improving their crop yield, quality, and profitability by using high tunnels are welcome.

Registration is due by November 25, 2014
Cost \$25/person includes lunch, refreshments and resource materials
To register online with a credit card visit
<http://cvp.cce.cornell.edu>

Or call Stephanie Mehlenbacher at 607-583-3240

Or mail the registration on the other side of this brochure.

Speakers:

- Experienced growers
- Judson Reid, Specialist with Cornell Vegetable Program
- Amy Ivy, Specialist with Eastern New York Horticulture Program
- Elizabeth Buck, Cornell Vegetable Program

No recertification credits. This program is sponsored by CCE Clinton County and CCE Steuben County in collaboration with the Cornell Vegetable Program and the Eastern New

York Commercial Horticulture Program and is funded in part by a Specialty Crops Research Initiative block grant through the NYS Dept. of Ag & Markets.

[For more information, visit our website.](#)

December 6 - Southern Tier Maple School

9 a.m. - noon at the Tyrone Fire Hall; SR 226; Tyrone, NY. Featuring Cornell Cooperative Extension's state maple specialist, Steve Childs, this annual refresher will help maple producers of all levels improve the productivity, efficiency and profitability of their operations. The first hour will provide information on getting started to those new to maple syrup production. Light refreshments provided. This event is free and open to the public. For general information on maple syrup production, please visit: www.cornellmaple.com For additional questions, contact Brett Chedzoy of Schuyler CCE: bjc226@cornell.edu (ph: 607-535-7161) or Kerri Bartlett ksb29@cornell.edu (607-583-3170).

December 12 - Wills vs 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 Friday, December 12, 2014 from 2:00 - 4:00 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. 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.

December 20 - Maple Confection Workshop

The Cornell Maple Program is featuring maple confections trainings conducted by Stephen Childs on Saturday, December 20th at the Arkport American Legion. The workshop will feature training and hands-on experience in making maple confections, in particular maple sugar, maple cream, molded maple sugar and crystal coating. The participants will be trained in using the diabetic glucose meter to measure invert sugar in maple syrup, how to properly blend syrups to a desired level of invert sugar and the factors that control crystal size in maple confections. The program will also focus on the machinery and techniques that can improve a producer's time efficiency when making these value added products.

These workshops will be suitable for very experienced as well as novice confection-

makers. Each participating maple farm will receive a New York State Maple Confections Notebook. Each participant will need to bring one quart of syrup to be used in the program.

Cost is \$10 per person. Contact: Stephanie Mehlenbacher, Cornell Cooperative Extension of Steuben County, 3 East Pulteney Square, Bath, NY 14810, 607-583-3240 or sms64@cornell.edu.

The Corning Winter Farmer's Market opens this Saturday!

The Corning Winter Farmer's Market will be open from 11:00 a.m. to 3:00 p.m. on the first and third Saturdays of the month beginning November 1, 2014. The market is located inside the Information Center of Corning at 1 West Market Street.

Come purchase local honey, vegetables, greens, homemade granola, wine, breads, jams, apples and much more!

The Corning Winter Farmers' Market is proud to announce we will have new vendors this year. Three that you will meet this week are Sugar Haven Farms, Stewart's Family Farm, and Little Lavender Lady. Sugar Haven Farms will have (delicious) beef and maple syrup. Stewart's Family Farm will have produce, maple syrup, and more. The Little Lavender Lady will have herbal oils, gluten free baked goods, and tea.

[Join them on Facebook!](#)



4-H News

4-H Annual Cheese Sale is Underway

The annual 4-H Cuba Cheese Sale and Henning's Trout Creek Farm Maple Products will be delivered on November 19th. For more information please contact the Cornell Cooperative Extension Office at 607-664-2300. Thank you for your support of the Steuben County 4-H Youth Program!!

4-H Awards Program is November 1

ALL 4-H members, leaders and parents are cordially invited to attend the 2014 4-H

Awards Program. Leaders will also be recognized for their volunteer support and dedication and County Fair premium money will be distributed.

WHEN: Saturday, November 1, 2014

Social Time Distribution of County Fair premium money
- 6:30 p.m. - 7:00 p.m.

Awards Ceremony - 7:00 p.m

WHERE: Avoca Central School Auditorium
23 Oliver Street, Avoca, NY 14809



For complete details, registration, and information on nominations for special awards, [visit our website.](#)

2015 4-H Tractor and Machinery Operation Certification Class

[Registration form for the next class is now available here.](#)

Online Fundraising Auction - Nov 9-20

The NYS 4-H Foundation is running an online fundraising auction again this year. Bidding opens on November 9 and closes on November 20. You can browse some of the great items already listed in our auction catalog here: [NYS 4-H Online Auction](#)

We are adding items daily, so keep checking to see what's new.

There is still time to donate if you have items that you think would be of interest to bidders. You can click on the "donate items" button available on the auction site through the link above, or contact me directly by phone or email: Elizabeth Searle, Director of Development, NYS 4-H Foundation, esearle@nys4hfoundation.org

There is also information about the auction on our website at www.nys4hfoundation.org

What's Going On Around the Community...

Business Planning Workshop

Wednesday November 5, 2014 8:30-10:00 a.m.

at Corning Community College's
Academic & Workforce
Development Center
318 Madison Avenue
Elmira, NY 14901

Presented by Corning Community College's Small Business Development Center

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.

Pre-registration is required by November 3. No Registration Fee. Contact the SBDC at:
607-937-6861, sbdc@corning-cc.edu.

Cornell Pie and Glove 5K and Hornell YMCA Turkey Trot

Give the turkey a reason to give you a thumbs up by participating in the Pie and Glove 5K in Corning or the Hornell YMCA Turkey Trot in Hornell on Thursday, November 27. For those 18 and under, we'll pay for the registration fee! Just visit our website for an application. Funding is limited, so scholarships will be awarded on a first come first served basis, so sign up quickly! Make this Thanksgiving a family one and wobble together before you gobble all the goodies!

[More information on the Pie and Glove 5K](#)

All participants receive free gloves

[More information on the Hornell Y Turkey Trot](#)

Participants who register by November 8 receive free tech shirts. The next 300 registered after the 8th receive a long sleeved race shirt. [Scholarship registration forms can be found at this link](#). For more information or questions call 607-664-2438 or email Health Educator at loreleiw@co.steuben.ny.us.

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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