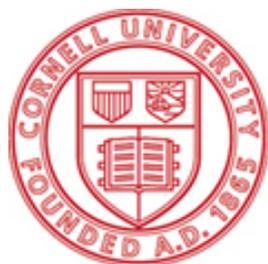


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

January 2013 - Vol 5, Issue 1

In This Issue

Save the Date for the Locally Grown Food Fest

Eat Better For Less series to begin

Get control of your money!

Indoor Farmers Market continues in January

Do you have an organized kitchen?

Stephanie's Picks

Small Steps to Health and Wealth

4-H Tack Auction

Are you Spending Tomorrow's Dollars Today?

NY Ag Literacy Week

Social Security tips

4-H News

Other agency events

[Join Our Mailing List!](#)

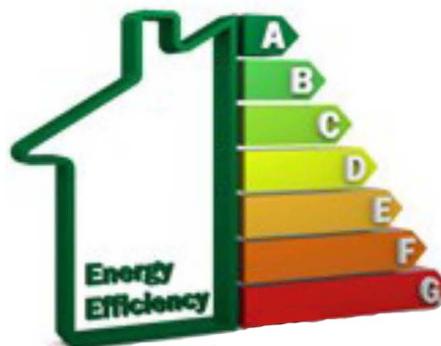
Save Energy...Save Dollars!!!!

Are rising costs surrounding you? Let Cornell Cooperative Extension of Steuben County teach you a few tips to lower your energy bills. Spend a couple hours with Energy Educator Nancy Reiglesperger in our **FREE Save Energy Save Dollars** class on **January 14, 2013** from 6:00-8:00 p.m. at the Dormann Library, 101 W Morris St., Bath.

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas.

Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out!

Each participant will receive a FREE energy saving item. Please register your space by January 11 by calling 607-664-2300.



Save February 8th for the Locally-Grown Food Festival in Corning!

Cornell Cooperative Extension will present their **4th Locally-Grown Food Festival** on Friday, **February 8, 2013** from 5:00-8:00 p.m. at Union Hall, 100 Civic Center Plaza, Corning.

The event features tasting of meats, vegetables, cheese, fruits, breads, preserves, wines and more! Come sample dishes



created with local products, meet dozens of local farmers, and purchase locally grown products ON SITE!

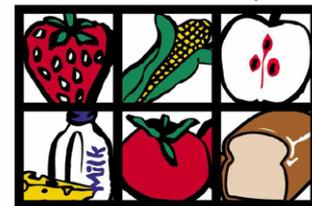
Growers interested in participating should call 607-664-2300 for more information! Visit our website at www.putknowledgetowork.com for the latest details.

Great opportunity in the Greenwood/Rexville/Canisteo area...

"Eat Better For Less" Eat Smart New York classes will start in January at Christ Fellowship Hall, Main St., Greenwood for families with children under 18 including grandparents raising grandchildren.

The series starts Wednesday, Jan 9th from 1:00-2:00 p.m. and continues for six weeks. Some topics include stretching your food dollars, healthy meals in a hurry including recipes, eating to keep healthier and feel better. Contact Pat L. at Cornell Cooperative Extension at 607-664-2300 for more information or to register for the class.

Eat Smart New York!



ESNY

Get control of your money in 2013!!!!

Are you finding it a tight squeeze between paychecks? Cornell Cooperative Extension of Steuben County can help you get control of your money with their fun and free workshop, **Managing Money in Tough Times**. Learn where your money goes on Tuesday, **January 22, 2013** from 6:00-7:30 p.m. at the Vernon E. Wightman Primary School. 216 Maple Heights, Bath.

Cornell Cooperative Extension Financial Educator Nancy Reigelsperger will touch on goal setting, budgeting tips and cash tracking so you can tell your money where to go instead of asking where it went! She will help you discover your financial personality and much more in this free workshop for the public.

Registration is requested. To register, please contact 607-664-2300. For more information, visit www.putknowledgetowork.com.



Beat the cold at the Indoor Farmers Market returns in Corning...

Corning's only Indoor Winter Farmers' Market offers a wide variety of locally grown produce, locally raised meats and eggs, baked goods, honey, maple syrup, wine, Alpaca products and locally made crafts.

The Market will be open Saturdays, **January 12 and 26**, from 11:00 a.m. to 3:00 p.m. They are conveniently located inside the Information Center at 1 West Market Street; next to the Centerway Square and the Old World Café.



Parking is free on Saturday downtown and in the Centerway Parking Garage right next to the Information Center. [For regular updates visit their facebook page.](#)

Get organized in 2013 and save money!

Does an [organized kitchen](#) save money? Here are some reasons why.

- If you are organized, you won't buy duplicates of things you already have. Can you see in your cupboards? How many jars of cumin and cans of cream of celery soup do you really need?
- If you are organized, you will throw away less food like leftovers hidden at the back of the refrigerator or frozen meat left so long it has freezer burn.
- If you are organized, your kitchen will be more enjoyable to work in and it will take less time to make a meal and clean up.
- If you are organized and know what you will make for dinner, you will be less inclined to buy fast food or rush through the deli section of the grocery store.
- If you are organized, you will know where the coupons are that you cut out and you will use them before they expire.



During January, Iowa State University's [Spend Smart Eat Smart blog](#) will feature tips for getting organized in the kitchen.

Please start them out by sharing some of your tips or thoughts about organization. (Just go to the blog site and in the upper right corner by title and date click on the comment section and add your ideas) or check for more ideas. For example:

When I was a kid my mom used to tell us "There is a place for everything and everything in its place." When we lost something she would say "If you pick up everything and put it away you will find it." (she was usually right)

Stephanie's Picks...

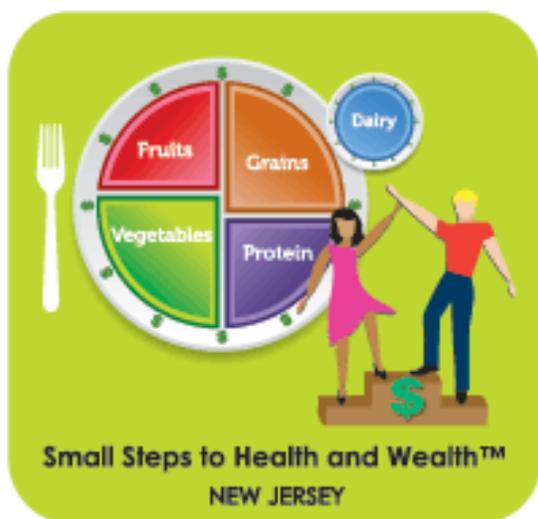
Check out the vegetable variety list for New York gardeners.

[You can read the post in full here.](#)



Small Steps to Health and Wealth Online Challenge begins January 14th

Just in time to rescue failed New Year's resolutions to improve health and personal finances, the Cooperative Extension system is launching an online Small Steps to Health and Wealth™ (SSHW) Challenge called "**Winter 2013 SSHW Challenge.**" This free six-week program, open to anyone who enrolls online, will be held from Sunday, January 14, through Saturday, February 23, 2013. Prizes will be awarded for participants who report the highest point totals.



To sign up for the SSHW Challenge, follow the "Challenges" link on the Small Steps to Health and Wealth™ Web site at <http://njaes.rutgers.edu/sshw/>. Set up a user name and password and download a simple one-page user's guide with instructions about how to proceed. Enroll in the Challenge titled "Winter 2013 SSHW Challenge."

The SSHW Challenge is part of Small Steps to Health and Wealth™, a national Cooperative Extension program developed to motivate Americans to take action to simultaneously improve their health and personal finances. SSHW was built around a framework of 25 research-based behavior change strategies. The

Challenge was originally developed in a "paper and pencil" format with printed worksheets to track daily points and is now available online for participation nationwide.

It has been well documented that, when people monitor their behavior and measure their how they're doing, they are often inspired to do better and achieve positive results. Participants in a SSHW Challenge are "on their honor" to report their activities accurately. If they "cheat" on reporting their points, they are only cheating themselves by not following the recommended daily health and financial practices.

The SSHW Challenge is based on the performance of ten recommended practices on a daily basis: five that involve health and nutrition and five that involve financial management. Ten points are given for performing each one for a maximum of 700 points per week and 4,200 points for the entire challenge (700 x 6 weeks). "The Challenge is a great way to convert ambitious New Year's resolutions, like losing weight and saving money, into daily action steps," notes Dr. Barbara O'Neill, Extension Specialist in Financial Resource Management for Rutgers Cooperative Extension.

The five daily health and nutrition practices are: eat at least 4 cups of fruits and vegetables; get at least 30 minutes of physical activity; drink water or unsweetened beverages instead of sugar-sweetened beverages; eat at least two servings of whole grain foods; and learn

something new about health and nutrition.

The five daily financial management practices included in the SSHW Challenge are: save a \$1 bill (or more) and/or pocket change; invest \$5 or more per day (including automated retirement savings plan deposits); track money spent throughout the day; eat lunch prepared at home; and learn something new about personal finance. The latter activity, for both health and personal finances, can be accomplished by visiting Web sites, attending seminars, or by reading, listening to, or viewing media reports.

Winter 2013 SSHW Challenge participants will have an opportunity to replace one daily health activity and one daily personal finance activity with unique daily personal challenges of their own. "Providing some adaptation of the traditional SSHW Challenge format will make the Challenge more "personal" for participants and give them an opportunity to practice new behaviors if they are already doing all of the 10 pre-selected activities," explained Dr. O'Neill.

As participants enter their personal data, they will see their point totals for each day of the week and for each of the ten activities described above. They'll also see a bar graph that compares their personal progress to the average scores of everyone else participating in the Challenge. Daily motivational messages will also be provided to participants. Paper tracking forms can be downloaded to keep track of daily activities until they are entered online.

Doing even one of the ten recommended daily practices is a great way to get started on the path to better health and improved financial security. So get a jump on your New Year's Resolution, even now before the Christmas holiday arrives!

4-H Tack Auction on February 16

The Cornell Cooperative Extension 4-H program will host a **JP's North Equine Tack & Supply Auction** on Saturday, **February 16, 2013** at Empire Livestock, 7418 Route 415 in Bath.

There will a noon preview with the auction beginning at 1:00 p.m.

The auction proceeds will benefit the Steuben County 4-H Horse Program. For more details, visit www.putknowledgetowork.com.



Are You Spending Tomorrow's Dollars Today?

Let Cornell Cooperative Extension help you get in control! Our free class **Re:Think Credit** will be held Tuesday, **January 29, 2013** from 6:00-7:30 p.m. at the Bath Area Family Resource Center, Vernon E. Wightman Primary School, 216 Maple Heights, Bath.



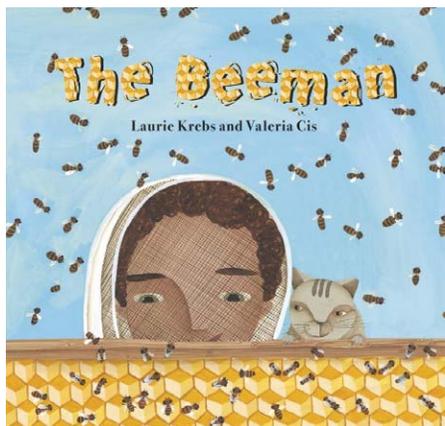
Cooperative Extension Financial Educator Nancy Reigelsperger will cover such topics as: blasting the myth of the minimum payment, when to use credit instead of cash,

how credit card companies figure interest, understanding the fine print, prioritizing bills when money is tight, and how your credit report impacts you.

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

New York Ag Literacy Week - Volunteers and Donors Needed!

New York Agriculture in the Classroom is pleased to announce **Ag Literacy Week March 18-22, 2013** in support of its mission of fostering awareness, understanding, and appreciation of the agriculture and the food and fiber system. During that week volunteers throughout the state will go into first through third grade classrooms to read a book with



an agricultural theme and talk to students about agriculture. Following the reading, volunteers conduct an activity with students and share their experiences in agriculture. The entire program takes about 30 minutes per classroom.

The 2013 theme is bees and honey production. This year's book, *The Beeman* by Laurie Krebs and Valeria Cis, uses rhyming text and colorful illustrations to show all of the aspects of beekeeping. The book will be donated to the school library with a special bookplate recognizing the donor and NY Ag Literacy Day.

Volunteers are needed to be readers for this event, and donors are needed as sponsors. The cost to sponsor one book is \$10.00. If you are interested in helping, please contact Kim Randall at ksb3@cornell.edu or call 607-664-2306. For more information about NY Ag Literacy week [visit here](#). For more information about the New York Agriculture in the Classroom Program [visit here](#).

Free tips on Social Security...

Cornell Cooperative Extension of Steuben County has partnered with MetLife to present a free workshop entitled **Social Security: What You Need to Know** to be presented on Monday, **February 4, 2013** from 6:00-8:00 p.m. at the Dormann Library, 101 West Morris St., Bath.

Michelle Siebert, Advanced Markets Specialist and Financial Services Representative for MetLife will guide participants to understand how Social Security can be a key instrument in your retirement strategy. She will explain how to maximize your Social Security retirement benefits to help you live the life you want in retirement.



Registration is requested for this free workshop. Please call Cornell Cooperative Extension of Steuben County at 607-664-2300. For more information, visit PutKnowledgeToWork.com.

4-H News

County-wide Sewing Class Offered for 4-Hers and Leaders/Parents

Do you want to learn to sew? Grace Brown is offering free classes to any 4-Hers age 8 or older or leader/parent who wants to learn the basics of using a pattern to make a garment

and operate a darning machine/seger. She is offering a Beginners Class for those who have never sewn and a Second Year class for those who took the class last year.

Beginners Sewing Class will make a sweatshirt. The class will be held on Saturday, January 19 and 26 from 2:00-4:00 p.m. Registration is due January 7.

The Second Year Sewing Class will begin January 14 and end on February 28 and will be done by appointment only. This class will sew a complete outfit to model in the clothing revue. Registration for this class is also January 7.

Use the sign up form [on the website](#), or email Loree at las65@cornell.edu or call 607-664-2300.



First Lego League is coming to Steuben County 4-H.

FLL introduces younger students to real-world engineering challenges by building Lego-based robots to complete tasks on a thematic playing surface. FLL teams, guided by their imagination and adult coaches, discover exciting career possibilities and, through the process, learn to make positive contributions to society. Along with engineering and design skills, participants demonstrate creative public speaking skills, participate in team building exercises and have fun.

Students interested in joining must be between the ages of 9 and 14. Practices will be held twice a month from February to July, with practices becoming more frequent as the State Fair Challenge and the National FLL Challenge approaches.

The FLL Interest Form must be returned to Kim Randall by Monday, January 14. For more information call Rick and Christine Towner at 585-944-7659.

Dairy Quiz Bowl & Dairy Judging

Visit the website soon to sign up. Forms are due January 7

Arbor Day Poster Contest for 5th graders

The New York State Department of Environmental Conservation is now accepting submissions for the annual Arbor Day Poster Contest. Fifth grade students, especially in science and art, are encouraged to design an original poster depicting the 2013 contest theme, Trees Are Terrific in All Shapes and Sizes.

DEC Commissioner Joe Martens said, "Arbor Day is a national observance that celebrates the essential role trees play in our environment. By participating in the annual Arbor Day poster contest, students learn about trees and how they promote a healthy, balanced ecosystem."

School contest winners will be eligible to compete at the regional level. Regional winners will then compete for the state title. The final winner's artwork will be replicated as the official 2013 New York State Arbor Day bookmark distributed statewide. The winner will also receive an invitation to the NYS Arbor Day event in Albany in April, and a tree will be planted in the winner's name at his/her school.

For more information about the Arbor Day Poster Contest for fifth grade students, including contest rules, submission application and a list of DEC regional offices, visit

DEC's website. [Entries are being accepted at DEC regional offices](#) until January 17, 2013.

National Ag Day Essay Contest Announces February 1 Deadline

The Agriculture Council of America (ACA) calls on ninth- to 12th-grade students to submit an original, 450-word essay or a two-minute video essay about the importance of agriculture. This year's theme is "American Agriculture: Nourishing Opportunities" and the deadline is Feb. 1, 2013. The ACA asks teachers and parents to encourage student participation. The theme "American Agriculture: Nourishing Opportunities," presents an opportunity for students to address how the agriculture industry is an endless source of opportunity for growth and development. Entrants may choose to either write an essay and/or create a video focusing on how today's growers are overcoming challenges to provide a safe, stable food supply and sustain the significant role agriculture plays in everyday life. The national written essay winner receives a \$1,000 prize and round-trip ticket to Washington, D.C., for recognition during the Celebration of Ag Dinner held March 19 at Whitten Patio at the USDA. During dinner, the winner will have the opportunity to read the winning essay as well as join with industry representatives, members of Congress, federal agency representatives, media and other friends in a festive Ag. celebration. [Visit the ag day website to read official contest rules and guidelines.](#)

What Are the Results of Honey Bee Pollination in my Community?

To determine what crops were pollinated by honey bees in her community of Shelby County, Louisville, Ky., Michelle Solinger, 15, quizzed farmers and orchardists and handed out surveys at a beekeeping workshop. The result was a list of 16 crops ranging from apples to squash to watermelons. Her essay was judged the best of the 20 state winners entered in the 2012 4-H Beekeeping Essay Contest, sponsored by the Foundation for the Preservation of Honey Bees.

Michelle wrote about the importance of honey bee population and summed up her findings: "When a honey bee pollinates a flower, it turns it into something more complex; something that is able to support life." Her first place prize is a cash award of \$750.00.

Each state winner, including the national winners, will receive a copy of a book about beekeeping.

The essay topic for 2013 is "Reducing the Usage of Bee-Killing Pesticides in my Community." The 4-H'ers are encouraged to learn about bee-killing pesticides being used in their communities - by homeowners, businesses, or farmers. Then, they should investigate how the impact of those pesticides on honey bees can be lessened. Students interested in writing should contact their local 4-H offices for contest details. The state selection must be done through the 4-H system.

The complete rules are available on the Foundation's website, honeybeepreservation.org. The full text of the winning essays is posted there as well.

4-H Foundation Scholarship Application due February 15

NYS 4-H Foundation Scholarship Application Form. All applications will be reviewed and the scholarships will be awarded based on overall merit. Scholarship amounts will range from \$1,000 to \$5,000 at the discretion of the scholarship awards selection committee.

The scholarship application and all required materials being mailed are to be postmarked no later than February 15, 2013. Applications may be sent electronically as an attached file

by midnight, February 15, 2013 to: NYS 4-H Foundation, 248 Grant Ave., Suite II-A, Auburn, NY 13021, 315-702-8242, esearle@nys4hfoundation.org, www.nys4hfoundation.org. For the application, [visit our website](#).

4-H Tractor and Machinery Operation Certification Program

Youth who will be 14 and over as of March 1, 2013 can take the course for certification. Participants who want to earn their certification must pass both the written exam and the driving test. The cost for this course is \$15.00 for 4-H members to cover the cost of materials and is payable to CCE by Monday, January 14th with the registration form, acknowledgement of risk form, and the permission slip/medical release form or by contacting Kim at Cornell Cooperative Extension at 607-664-2306.

Non 4-H members are eligible to take this course but in addition they will need to complete a 4-H enrollment form as an independent member by Monday, January 14 and pay the \$5.00 4-H enrollment fee.

The schedule for the course is as follows:

There will also be three Sunday Sessions from 1-4 p.m. with the locations to be announced. Two of the sessions will be for more hands on learning and the last session will be for the driving test.

- Mondays, January 21, 28 7:30 p.m.- 9:30p.m., Steuben County Office Building, South Conference
- Mondays, February 4, 11, 18, 25 7:30 p.m.- 9:30 p.m., Steuben County Office Building, South Conference
- Monday, March 4 7:30 p.m.- 9:30 p.m., Steuben County Office Building, South Conference
- Monday, March 11 (written test) or March 14 (written test date if one of the above sessions end up being cancelled due to weather) 7:30 p.m. 9:30 p.m., Steuben County Office Building, South Conference
- Sunday, March 10 (driving test) or March 17 (driving test if needs to be cancelled due to weather) Location to be announced 1- 4 p.m.

For more information and registration forms, [visit our website here](#).

There is an exciting new ADADC leadership and advocacy program for young leaders and young leaders are encouraged to apply for this program.

DairyFAN combines interactive leadership training and dairy education with opportunities for social media engagement, participation in unique consumer events, and interaction with a network of professionals through a 12-month program that supports the educational, personal and professional development of DairyFAN participants.

Young leaders (age 18-30 by the start of 2013 DairyFAN program) located in ADADC's marketing area of New York, northern New Jersey and northeastern Pennsylvania to participate in the first class of Dairy FAN., which will begin in February 2013 and run through January 2014. The program is competitive and we are seeking a limited number of highly qualified, motivated individuals interested in exploring a leadership role in the growing and complex public discussion surrounding our farms and our food.

Attached is an overview of the DairyFAN program along with an application. Applications must be submitted by January 31, 2013 to DairyFAN@adadc.com.

We know that you share our commitment to building young leaders who can support today's dairy farms and our food system so that we all have access to safe, affordable and nutritious foods.

We hope you will share this information with and encourage young leaders in your organization or professional network to apply for participation in the Dairy FAN program. Please contact me with any questions.

Events at other agencies...

American Red Cross Babysitter's Training

The American Red Cross is offering a Babysitter's Training course that will give 11-15 year-olds the skills and confidence to safely and responsibly care for children and infants, as well as some tools to help them get started in their own babysitting business.

Caregiving skills take prospective young sitters from feeding to diapering and playtime to bedtime routines. Participants also learn how to handle emergencies such as injuries, illnesses, and household accidents. Course participants learn decision making and problem solving skills as well as how to draft resumes and interview for potential jobs.

These classes are supported by a generous grant from the United Way of the Southern Tier. The regular fee is \$85; in partnership with the United Way, our fee for students in Steuben County is only \$40. Upcoming Babysitter's Training classes are scheduled at:

Greater Steuben Chapter House
123 W. Market Street, Corning
Friday, January 4, 2013; 9:00 - 3:30

American Red Cross Chapter House
24 Maple Street, Hornell
Saturday, January 26, 2013; 9:00 - 3:30

Greater Steuben Chapter House
123 W. Market Street, Corning
Monday, February 18, 2013; 9:00 - 3:30

Materials are provided; please bring lunch. Advance registration is required; class size is limited; a minimum enrollment must be met to run each class. Register today! Call Julia Hoover at the Greater Steuben Chapter House in Corning: (607) 936-3766.

Don't Chicken Out - Get Ready to Launch a Poultry Enterprise in 2013!

Chickens, ducks and turkeys can be a profitable addition to any farm, but you have to have solid skills to select the best breeds, understand how to feed them well, keep them healthy, and protect them from predators. You'll also need to understand the options for

processing and packaging them, regulations around marketing poultry, how the numbers work out financially for your farm.

Luckily, there's an online course you can take this January that will help guide you through the mountains of information needed to be successful.

[BF 130: Poultry Production - Profiting from Layers, Broilers, Turkeys and Ducks](#)

is a 6-week course led by farmer and Cornell Cooperative Extension educator Lynn Bliven. It starts Jan 10, 2013 and runs through Feb. 14.

You will learn the basics of poultry production from field to plate, including breed selection, flock management, cost of production, and marketing regulations.

The course costs \$200 and features weekly live webinars, practical farm-based perspectives, videos of successful farm practices, abundant hand-picked readings, and the opportunity to interact and learn from your fellow learners as well as your instructors. Students completing the course will receive a certificate of completion issued by the Cornell Small Farms Program.

[Check out the complete course description here.](#) and register soon. The course begins January 10th!

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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