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## Cornell University Cooperative Extension Steuben County



### E-News Cornell Cooperative Extension of Steuben County

October 2013 - Vol 5, Issue 10

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#### Bring the family to the 7th annual Southern Tier Outdoor Show!

Cornell Cooperative Extension of Steuben County's Outdoor Show makes the outdoors relevant to youth! Kids today are surrounded by modern technology...but what if you could help them unlock the door to adventure? Bring the whole family to the **7th Annual Southern Tier Outdoor Show**, scheduled for **Oct 12-13, 2013** in Bath, New York. Two full days of hands-on fun and adventure with youth activities such as an indoor fishing pond, turkey calling contest and air rifle range.

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**October 12-13, 2013 Bath, NY**

Cornell Cooperative Extension of Steuben County hosts the show at Wilkins RV, Inc. on Route 415, off I-86 Exit 37, for the public to enjoy an educational experience of learning awareness and stewardship of our natural resources, participating in outdoor activities, and supporting local products and services.

Over 5,000 people have attended the show the past couple years and are finding it a fun, family place to enjoy activities and entertainment. Where else can an entire family go for \$5 and enjoy exhibitors, demonstrations, wildlife shows and professional seminars? The \$5 per car fee also includes free parking and a free show program.

[Read more here....](#)

Find out all the details at [www.SouthernTierOutdoorShow.com](http://www.SouthernTierOutdoorShow.com) or Like us on Facebook - help us reach 500 Likes at: [www.facebook.com/SouthernTierOutdoorShow](http://www.facebook.com/SouthernTierOutdoorShow).

**2013 Outdoor Show to feature Outdoor Channel's Byron Ferguson**

This year's Southern Tier Outdoor Show on October 12-13, 2013 in Bath, NY will feature

trick archer Byron Ferguson. Ferguson has appeared on the Outdoor Channel's "Impossible Shots" show on Shooting USA with Jim Scoutten as well as on the History Channel's "Extreme Marksmen" and the Pursuit Channel's "Global Outfitters."



Ferguson will perform for his audience twice each day at the Bath show. He has amazed crowds with his shots at an aspirin thrown in the air, putting out the flame of a candle, or shooting over his shoulder. Ferguson will also conduct a private clinic each morning. He shoots the traditional longbow with no sights or gadgets, and his clinic will concentrate on shooting a bow without sights. He will work on aiming and tuning techniques with his students both as a group and one-on-one. Each class is limited to 20 participants, and there are only a few spaces left, so [visit the Byron Ferguson page](#) to register soon.

### Retriever Championship will take place at the Outdoor Show

Over a dozen dogs will compete for the Companion Retriever Hunting Challenge Championship in Bath. The Companion Retriever Hunting Challenge (C.R.H.C.) will take place on Sunday, October 13 beginning at noon at the 2013 Southern Tier Outdoor Show in Bath. This year's contest will be the finale of the year's qualifiers from the Cleveland, Erie, Hamburg and Batavia competitions and will offer prizes worth \$2,000 to the top scoring animals. The event focuses on a typical owner/handler of a retriever who is not only a family companion but also a hunting partner. Owners must be 12 years of age or older. The two contest levels consist of goose and duck hunting scenarios on land and in water. The event is supervised and judged by Jim Beverly, a renowned retriever trainer from western New York with 47 years of experience in the waterfowl hunting industry.



Beverly designed the C.R.H.C. to encourage having fun and understanding exactly what you want from your retriever. It is not based on obtaining the traditional hunt test/field trial titles. These are not professional handlers and highly polished bird dogs. They are weekend waterfowl hunters and their faithful canine sidekicks. Dogs running the real hunting situations are judged on such things as style and trainability. Beverly himself offers advice

during the challenge, since he wants the experience to be both fun and educational.

Beverly has produced instructional DVD's of his training techniques, and his latest project sponsored by Dakota Decoys, will feature his faithful dog, Zeus, and his new Golden Retriever puppy, Dakota. Both dogs will be at the outdoor show to greet the public.

On the first day of the Southern Tier Outdoor Show, Beverly will help visitors to the show with training and waterfowl hunting questions or issues. He will offer a fun run through the C.R.H.C. course to anyone who brings their dog to the show. He can be found near the pond on the show grounds next to the main parking lot. The Southern Tier Outdoor Show will be held Oct 12-13 from 9:00-5:00 p.m. at Wilkins RV., Inc. on Route 415 in Bath. Visit [www.SouthernTierOutdoorShow.com](http://www.SouthernTierOutdoorShow.com) for full details.

### Calling all youth for the Youth Turkey Calling Contest!

The Cohocton Valley Chapter of the National Wild Turkey Federation will host a Youth Turkey Calling Contest on Saturday, October 12 at 11:00 a.m. at the Southern Tier Outdoor Show in Bath. The event is sponsored by Five Star Bank and is not a national or state NWTF sanctioned contest.


There are two age categories: Junior Division consists of 12-18 years of age, and Poults Division consists of 11 years of age or younger. Ages are as of the day of the contest. Permitted contest calls include air calls, friction calls and natural calls. Electronic calls are not permitted. Calls required will include: cluck, purr, plain yelp of the hen, and caller's best which may be a locator call such as an owl or crow call. Calls may be combined. Youth must be registered by 10:15 a.m. and be present at the NWTF booth by 10:30 a.m.



For a complete list of rules, and a registration form, [visit the activities page](#) or email Jim McGlynn at [elkmcg@wildblue.net](mailto:elkmcg@wildblue.net). The Southern Tier Outdoor Show will be held Oct 12-13, 2013 at Wilkins RV., Inc on Route 415 in Bath, NY.

### Webinar will highlight new technologies for residential lighting

Times are changing for the way you light your home. Incandescent bulbs are being phased out, and you no longer shop for watts, but instead for lumens. How are you going to make sense of all these changes and make the right choices?

Lighting Facts Per Bulb	
<b>Brightness</b>	<b>800 lumens</b>
<b>Estimated Yearly Energy Cost</b> <b>\$1.57</b> <small>Based on 3 hrs/day, 11 ¢/kWh Cost depends on rates and use</small>	
<b>Life</b> <small>Based on 3 hrs/day</small>	<b>9 years</b>
<b>Light Appearance</b> <small>Warm</small> _____ <small>Cool</small> 2700 K	
<b>Energy Used</b>	<b>13 watts</b>

Cornell University's Energy Team and the New York State Consumer Education Program for Residential Energy Efficiency (CEPREE) are teaming up to sponsor a webinar focusing on recent changes in lighting technologies/products and on the LED lighting products for the residential market. The webinar, Residential Lighting: New Technologies and Efficiencies, is open to the public and will be presented on Wednesday, October 9, 2013 from 10:00 - 11:30 a.m. Those interested in attending can join from the comfort of their own computer.

The webinar will include three presentations and will also include time for questions and discussion.

- Residential Lighting Basics will be presented by Mark Pierce of Cornell's Dept. of Design & Environmental Analysis. Mark will provide a review of basic lighting terminology and terms along with up-dated statistics describing national and N.Y. State electricity consumption patterns for lighting in the residential and commercial sector.
- Light Emitting Diodes for the Residential Market will be presented by NYSERDA's Ryan Moore. This presentation will focus on what LED lighting products for the residential market we might expect from lighting manufacturers in the next few years. Ryan's presentation will also provide information on what improvements to efficacy levels we can expect from LED lighting in the next few years along with information on when pricing is expected to drop significantly for LED lighting products.
- NYSERDA's Lighting Change-out Program for Non-Profits and Small Businesses.

Webinars are easy to connect using your own office or home computer. Directions for connecting to the webinar are located at [www.PutKnowledgeToWork.com](http://www.PutKnowledgeToWork.com). For further information, contact Mark Pierce at [mrp6@cornell.edu](mailto:mrp6@cornell.edu).

## Why Have Children, or Grandchildren, Help You in the Kitchen?

There are numerous benefits to having children help in the kitchen. It exposes them to new foods and helps them become more willing eaters. Helping in the kitchen also

improves children's fine motor skills, increases their confidence, and gives them an opportunity to work on learning colors, shapes, and counting. Yes, the cooking will take longer and there will be more messes, but in the end it will be worth it!

Look at the video "How to Include Children in the Kitchen" has helpful information on



### How to Include Children in the Kitchen

how to get children involved in the kitchen, from helping cook to helping unload the dishwasher. Check it out to see how much fun we had cooking with kids along with some tips to get your kids excited about cooking.

Another helpful resource, full of recipes that your children can help you make, is '[Let's Cook with Kids](#)' created by the Northeast Valley Health Corporation WIC Program in California.

## Test Your Financial Fitness: Are You Financially Fit?

Cornell Cooperative Extension is offering a new workshop called **Test Your Financial Fitness: Are You Financially Fit?** on Monday, October 28 from 6:00-8:00 p.m. at the Dormann Library, 101 W. Morris St., Bath, NY.

Led by Amy Irvine, CFP®, the evening will include:

- Tools to help you stay on budget including websites and apps
- Basics for Retirement Plans - plan types and basic rules



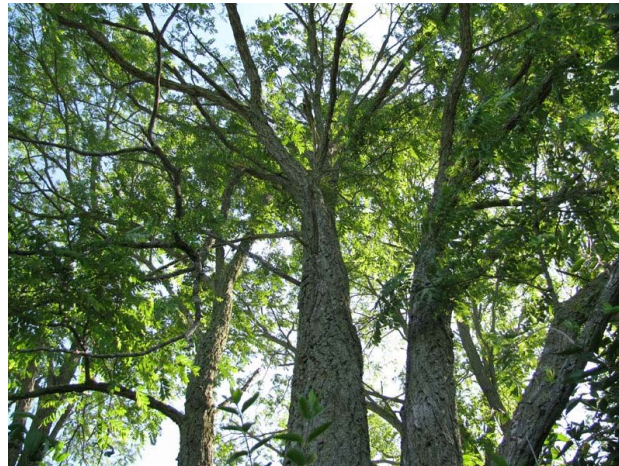
- Investment Basics - types and where to learn more
- Insurance Basics - Types and uses of life insurance, LTC and Disability
- Creating a family financial plan
- Hiring a financial advisor - what to ask.

The cost for the workshop is \$10 per person or \$15 per couple. Please call Nancy Reigelsperger at 607-664-2300 for more details or registration.

### Got Trees, Woods, Woodlot, Forest? Advice on Improving them...

On October 5th, professional forester Bruce Robinson will conduct a program and a woodswalk at Greenwood Hill Farm in Andover, NY. Greenwood Hill Farm is located off SR417 and has 60 acres of mixed hardwoods that are being managed under a 480a forest plan. Bruce and the landowners, Dana and Jim Kruser, will discuss how they are approaching improving the health of the forest and accomplishing the multi-use goals of commercial timbering, wildlife habitat management and recreational use.

Greenwood Hill Farm completed a limited commercial thinning of a portion of the forest last winter using a professional logger with horse-drawn equipment. This past spring they began a hardwood forest regeneration project with the planting of 100 red oak trees. Bruce will lead a walk through both the forest and the regeneration projects describing what has been done, why, and what the next steps are. As with all of Bruce's woodswalks, this one promises to be full of interesting information for novice and experienced forest owner alike.



The event will get underway around 9:30

am with refreshments. Bruce's presentation, with ample time for your Q&A, will begin at 10:00 am. Bring a bag lunch and we will break at noon. Following lunch Bruce will guide us through both the forest and hardwood regeneration project. The walk will be on forest roads with a small amount of up and down. Please bring clothing appropriate to the season (there will be a tent at the site for the presentation part of the program and for lunch).

RSVPs are encouraged, but not required. To RSVP and for directions and more information, please contact Dana & Jim Kruser at (607) 478-5171 or by email at [jim@greenwoodhill.com](mailto:jim@greenwoodhill.com). For more general information on Greenwood Hill Farm, please go to their website at: [www.greenwoodhill.com](http://www.greenwoodhill.com)

This will be a joint event of the Western Finger Lakes and Allegheny Foothills chapters of the New York Forest Owners Association (NYFOA). For more information on NYFOA, visit: <http://www.nyfoa.org/>

### Stephanie's Picks...

1. It's best to either mow the fallen leaves or rake them up and compost them as they fall. Leaves left on the ground can be a source of disease next season.



2. Wait until trees and shrubs are dormant to start pruning. Most producers choose to prune in late winter or early spring so winter damage can be assessed and pruned out.

3. The best time to fertilize lawns is in the Fall. Mow high to leave grass longer entering the winter. This promotes healthy

roots and better growth through the next growing season.

### MacDaniels Nut Grove Open House - Sunday, Oct 6, 2013 1:00-4:30 p.m.

Mushrooms, fruit, ginseng and other medicinal plants can all be farmed in the forest. Explore Cornell's crops under the canopy, taste nuts and paw paws, and take home your own log inoculated with shiitake mushrooms!

The MacDaniels Nut Grove is a forest farming and agroforestry research and education center located in the Cornell Plantations Upper



Cascadilla Natural Area. The 5-acre site, just east of Cornell Orchards, was originally planted in the 1930s by pioneering horticulturist Dr. L.H. MacDaniels (1888-1986).



Neglected for decades, researchers and students began renovating the site and establishing new research projects since 2002. The site currently boasts demonstrations of a wide range of crops that can be grown in the forest, including mushrooms, wild leeks, ginseng, ornamental plants, nuts, and fruits like Paw Paw.

MacDaniels Nut Grove is located near Cornell Orchards, behind the Library Annex. From Rt. 366, turn at the traffic light onto Palm Road, then take your first right onto Book Road to the Mann Library Annex parking lot.

See a map & read more at: <http://blogs.cornell.edu/mushrooms/nutgrove/>

The event is FREE and open to the public. Questions can be directed to Steve at [sfg53@cornell.edu](mailto:sfg53@cornell.edu)

### CleanSweepNY scheduled for October in Region 8!

CleanSweepNY is an Environmental Benefit Project which was initiated by the New York State Department of Environmental Conservation's Bureau of Pesticide Management and it



describes in one word an effort to safely and economically dispose of canceled, unwanted, unusable, or otherwise obsolete pesticides and other chemicals from agricultural or non-agricultural business activities.

This fall collection will be the 15th CleanSweepNY collection event since the program's inception and we look forward to providing these valuable chemical waste disposal services to those such as New York State farmers, certified pesticide applicators, landscapers, school

laboratories and others.

Monday, Oct. 21, Watkins Glen  
Tuesday, Oct 22, Hornell  
Wednesday, Oct 23, Lakeville  
Thursday, Oct 24, East Rochester

<http://www.cleansweepny.org> Watch for more details on the CleanSweepNY program in next month's newsletter!

### Woodlot Thinning Workshop - Oct 26

Woodlot Thinning Workshop - Saturday, October 26th from 9 a.m. to noon.

Woodlots are often overstocked with too many trees and should be "weeded" much like a garden to promote the growth and health of the best individuals. Harvested trees can be utilized for firewood, lumber or other timber products. This hands-on workshop will guide woodland owners through the principals of two thinning methods, and discuss how to select the "best" trees based on management objectives. Sponsored by the Southern Finger Lakes Chapter of the NY Forest Owners Association. Free and open to the public. Rain or shine so please dress for the weather! Meet at the property at 434 West Groton Rd; Groton, NY. For more information, please contact Brett Chedzoy of Schuyler CCE at: 607-535-7161, or by email at: [bjc226@cornell.edu](mailto:bjc226@cornell.edu).

### Upcoming Agriculture Programs...

#### **October 12 & 13 - Finger Lakes Cheese Trail**

10 a.m. - 5 p.m. Learn about the wonderful variety of cheeses produced here in the Finger Lakes by visiting our local cheese producers and sampling their products. The Finger Lakes Cheese Trail is an organization of cheese producers from throughout the Finger Lakes who make artisan cheeses from milk produced at their family farms. Great cheeses are being made, ranging from English style raw milk cheddars, cheese curd, gouda and swiss types from dairy cow milk, to blue cheeses, chevre and feta from goats and sheep milk. Visit the Finger Lakes Cheese Trail online at: <http://flcheesetrail.com/> for details on farms participating in each Open House, and for places to purchase their fine cheeses! "Like" the Finger Lakes Cheese Trail on Facebook at: <http://www.facebook.com/FLXCheeseTrail>.

#### **October 12 - Making Quality Maple Confections & Value-Added Products Workshop**

9 a.m. - 3 p.m. Broome CCE; 840 Upper Front St; Binghamton. This workshop is designed to enhance maple producers' skills and provide demonstrations on making many related confection products taught by Stephen Childs, NYS Maple Specialist. Each

participating maple farm will receive a NY Maple Confections Notebook or if you already have the notebook a digital thermometer. All materials, breaks, and lunch are included in program fee. Each farm will need to bring one quart of syrup (any color or grade) for testing for invert sugar and to be used in the program. The cost is \$65 per farm and includes either a NY Maple Confections Notebook or digital thermometer, lunch, snacks and all materials. To register and pay online visit:

[https://reg.cce.cornell.edu/mapleconfections\\_203](https://reg.cce.cornell.edu/mapleconfections_203) or contact Carol at (607) 584-9966.

### **October 17 - Organic Cover Crop Workshop and Tour**

Big Flats Plant Material Center

Registration 9:30 am - 10:00 am

Indoor Speakers 10:00 am - 12:00 pm

Lunch 12:00 pm - 1:00 pm

Field speakers/Demonstrations 1:00 pm - 2:30 pm

Cover Crop Demonstrations 2:30 pm - 4:00 pm

Directions: Take Route 17 (I 86) to Exit 48 (East Corning/Route 352). Follow Route 352 east for 1.5 miles. PMC entrance is on the left.

### **October 23 & 24 - 2013 Game of Logging**

Cornell University's Arnot Forest, 611 County Road 13, VanEtten, NY. If a tree falls in the forest, do you know which way it will go? This program presents hands-on training with a Game of Logging Certified Instructor, designed for private forest owners, firewood cutters, and homeowners wishing to gain a more thorough knowledge and practical, hands-on experience with safety and productivity. No experience is required for Level I participants. Participants learn increasingly advanced techniques during Level I, II, and III for directional felling, safety, and saw and chain maintenance. More details on what each Level offers and workshop requirements [can be found on our website](#).

Participants should plan to bring: lunch, water, their own chainsaw and personal protective equipment, including: hard hat, eye protection, hearing protection, and chaps. Levels I and II are offered on October 23rd (I) and 24th (II) at Cornell University's Arnot Forest, 611 County Road 13, VanEtten, NY. Directions available at the [Arnot Forest webpage](#).

### **November 2nd - BQA in a Day**

Fleur-de-lis Farm at 2497 Canoga Rd, Seneca Falls

9:30am - 2:00pm

Beef Quality Assurance (BQA) is a national program that provides training to beef cattle producers in food safety, proper cattle handling techniques, handling of animal health products, injection sites, and record keeping. The goal of this program is to maximize

consumer confidence and acceptance of beef by focusing the producer's attention to daily production practices that influence the safety, wholesomeness, and quality of beef and beef products. Many beef cattle buyers, feeders, packers, and retail outlets are requiring that the beef they purchase be produced by BQA certified cattle producers. Also, most "added value" sale opportunities for feeder and stocker cattle require BQA certification.

By attending, a beef producer will be level 1 certified. By having a signed Veterinarian Client/Patient Relationship (VCPR) form, a producer is certified at level 2.

Cost for the training is \$25 which includes a BQA manual and lunch; additional family/farm members are \$15 (this includes lunch, but not the BQA manual). Registration is required. Space is limited so register early! To register, call Seneca County Cornell Cooperative Extension (315) 539-9251 or email Derek Simmonds at dcs285@cornell.edu.

### **December 4-5, 2013 - Calf Congress 2013 - "Growing the Next Generation"**

RIT Inn & Conference Center outside of Rochester, NY. This conference will differ from the previous two PRO-DAIRY Calf Symposia as it will not be devoted solely to group calf housing and feeding systems. A variety of topics will be presented of interest to dairy producers and agriservice personnel alike. The focus will remain on the young dairy replacement heifer. The format includes an evening reception, dinner, presentation and panel discussion followed by a full day of speakers ending up with a moderated panel discussion.

## **We celebrate National 4-H Week October 6-12, 2013**

4-H, the largest youth development organization in the world, is a community of seven million young people across the globe learning leadership, citizenship, and life skills. In the U.S., 4-H programs are implemented by the 109 land grant universities and the Cooperative Extension System through their 3,100 local Extension offices across the country. Overseas, 4-H programs operate throughout more than 50 countries.



Learn more about 4-H at [www.4-H.org](http://www.4-H.org), find us on Facebook at [www.facebook.com/4-H](https://www.facebook.com/4-H) and Twitter at <https://twitter.com/4H>.

Research has proven that participation in 4-H has a

significant positive impact on young people. Recent findings from the Tufts University 4-H Study of Positive Youth Development indicate that, when compared to their peers, young people in 4-H are:

- Nearly 4 times more likely to contribute to their communities,
- Two times more likely to pursue healthy behaviors like, and
- Two times more likely to engage in Science, Technology, Engineering and Math (STEM) programs in the out-of-school time.

## 4-H News

**Upcoming 4-H Events** Check out the website for details on the following events:

November 2 - [4-H Awards Program](#)

November 9 - [Fall Public Presentations](#)

January 18-Feb 22 [Sewing With Grace](#)

### **Tractor Supply Fall Paper Clover Fundraiser Oct 9-20**

Tractor Supply Fall Paper Clover Fundraiser will be held October 9-20. Customers at local Tractor Supply can support 4-H by purchasing paper clovers for \$1 or more at checkout. All funds raised will be donated to 4-H, and over 70% will remain at the county and state level where the store is located. Having more 4-Hers in stores during the event helps raise more money, so contact your local store manager to see how your club can get involved to help raise funds for the Steuben County 4-H Program and/or your 4-H Club.



### **4-H On Display**

Each club is being asked to set up a 4-H Club Display during National 4-H Week October 6-12. Once again this year, we will have staff look at the displays and decide which is an outstanding display and that club will be recognized with a special award at Achievement Night. Impact, visibility, and accuracy will all be considered when evaluating the displays. Please let Jenny know where your club's display is set up will be by October 4: [jmg422@cornell.edu](mailto:jmg422@cornell.edu) or 664 -2312.

### **Committee Cookbook**

The Steuben County 4-H & FFA Livestock Sale committee is putting together a cookbook to sell to help raise money for the show/sale building being built at the Steuben County

Fairgrounds in Bath. We are asking you and your family (mom, dad, grandma, grandpa, aunts, uncles, etc.) to send in your favorite recipes to be put in the cookbook. We are looking for recipes in categories of Appetizers & Beverages, Soups & Salads, Vegetables & Side Dishes, Main Dishes, Breads & Rolls, Desserts, Cookies & Candy, and Miscellaneous. In the main dishes category, we are especially looking for recipes for Chicken, Turkey, Duck, Rabbit, Goat, Lamb, Pork and Beef. You can submit as many recipes as you want, but the committee will have final selection of the recipes used. Please send your recipes to Vicky Dockstader 7201 Harris Hill Rd, Bath, NY 14810, or email them to [dvfarms1990@yahoo.com](mailto:dvfarms1990@yahoo.com). Please put your name and town and if applicable the 4-H or FFA club you are associated with on the recipes so that we can give credit to you in the cookbook. We will let you know when these cookbooks will be available for purchasing. Recipes are to be submitted by Monday, January 6, 2014. If you have any questions please call Vicky at 607-566-2886 or email her at [dvfarms1990@yahoo.com](mailto:dvfarms1990@yahoo.com).

#### **4-H Cuba Cheese & Henning's Trout Creek Farm Maple Products Sale**

The annual 4-H Cuba Cheese Sale and Henning's Trout Creek Maple Products is currently underway. Profits from the sale are used to support the 4-H Activity Fund. The Activity Fund makes it possible for 4-H youth to participate in educational, career-oriented trips and activities. The annual sale is a major fund raiser that allows the 4-H program to continue to offer a dynamic, relevant program to Steuben County youth, Kindergarten - 18 years of age.

If you are interested in ordering, please contact a 4-H member or CCE-Steuben at 607-664-2300. Orders need to be placed by Monday, October 21, 2013 by 4:30 pm and payment will be required that day. Products will be delivered to the CCE Office on Thursday, November 21, 2013 and can be picked up between 1:00 pm and 4:30 pm.

[Complete details are on the website.](#)

#### **New York Junior Fall Festival**

The New York Junior Fall Festival will hold its 18th Annual Junior Heifer/Steer Show, scheduled for October 18, 19, & 20, 2013 with SUNY Cobleskill. This year's sale and show will again be at the Cobleskill Fairgrounds. Heifers and steers purchased in the sale will be eligible to show in the 2013 Junior Heifer/Steer Show (excluding the fitting contest). NO ENTRY FEE on animals purchased in the sale. The Junior Heifer/Feeder Steer Show will be on Sunday, October 20th, at 8:00am, team fitting will be first. The Market Steer Show will be on Sat, Oct 19th, at noon, with the champions eligible to sell (followed by Showmanship). Classes will be divided by age for heifers, and steers will be divided by weight. Entry deadline is October 1, 2013. [Registration is on the website.](#)

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

### **Hidden Valley 4-H Camp Fall Weekend**

Friday, October 11, 5 p.m. through Sunday, October 13, 11 a.m. 2013

Hidden Valley 4-H Camp, Watkins Glen

Fall foliage hike, outdoor cooking, stargazing , campfires, garden harvesting, fall camp crafts. Open to all youth ages 8-17.

\$70 per 4-H Member, \$80 per non-4-H Member

Pre-registration required by October 1, 2013.

Register and pay online at [https://reg.cce.cornell.edu/HVFallCamp2013\\_244](https://reg.cce.cornell.edu/HVFallCamp2013_244)

Questions - e-mail us at [hiddenvalley4hcamp@cornell.org](mailto:hiddenvalley4hcamp@cornell.org) or call 607-535-7161.

### **Living Healthy Workshop series begins October 21**

The Steuben Rural Health Network at the Institute for Human Services will be holding a Living Healthy Southern Tier workshop at the Sawyer Street Community Center in Hornell, NY. Living Healthy Southern Tier is a fun and interactive workshop that brings people together who are interested in improving and maintaining their overall wellness. During this six-week workshop participants discuss how to manage aches, pains and fatigue to better achieve their personal goals, make healthy food choices, incorporate physical activity into their routine without overdoing it and maintain a healthy weight. The workshop also provides techniques for handling stress and anxiety, and tips to enhance communication with family, friends and health care providers.

This program provides participants with an opportunity to gain knowledge and support from others living with the same challenges, as well as to share their personal successes and accomplishments with others in the group. Together the group will work toward achieving long-term goals through action planning, decision making and problem solving. Door prizes and light refreshments are offered at every session and a grand prize drawing is offered to participants who attend all six weeks.

This six-week workshop will take place at the Sawyer Street Community Center, 74 Sawyer Street, Hornell, NY. Classes will be held every Monday afternoon from 1:30 p.m. to 3:30 p.m. beginning October 21. Please call 607-776-9467 Ext. 229 if you are interested in registering for the workshop, or with any questions or concerns.

### **American Red Cross Babysitters Training In Steuben County for Youth 11-15**

Learn how to:

- Supervise children and infants.

- Perform basic child-care skills such as diapering and feeding.
- Choose safe, age-appropriate games and toys.
- Handle bedtime and discipline issues.
- Identify safety hazards and prevent injuries.
- Care for common injuries and emergencies such as choking, burns, cuts and bee stings.
- Communicate effectively with parents.
- Find and interview for babysitting jobs

Course information: [redcross.org/babysitting](http://redcross.org/babysitting)

To find a class and register: [www.redcross.org](http://www.redcross.org)  
1-800-733-2767 (1-800-RedCross)

COST: \$25 online \$25 in class with coupon code:  
STEUBENBST0614 (regular price: \$85)  
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**Carla Dawejko**  
**Public Affairs Coordinator**  
**Cornell Cooperative Extension of Steuben County**

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