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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

December 2013 - Vol 5, Issue 12

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What's Going On in the Community

Festive Greens Class this Saturday!

The Cornell Cooperative Extension Horticulture Department is offering a **Festive Greens workshop** on Saturday, December 7 from 9:00 a.m. to 12:30 p.m. at the CCE Office Learning Center.

Classes to be offered are:

1. 9:00 a.m. Centerpieces \$20
2. 10:15 a.m. Boxwood Trees \$20
3. 11:30 a.m. Wreath Making \$20



If registering for all three sessions, the cost is \$50. There is

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a maximum class size of 15 participants for each class. Registrations must be made today by calling 607-664-2300.

High Tunnel School to be offered Dec 4-5

Vegetable growers with or considering high tunnel production are invited to attend **High Tunnel School** on December 4-5, 2013 in Batavia at Cornell Cooperative Extension of Genesee County, 420 East Main St, Batavia, NY 14020.



The two-day High Tunnel School, organized by the Cornell Vegetable Program, will emphasize warm-season management and production skills that lead to profitability and adoption of winter farming techniques to meet the growing Eat Local demand. Focus will be placed on cool season production on December 4 whereas December 5 will focus on tunnel management basics and warm season production. Information presented on December 5 may also be relevant to small fruit producers.

Growers can sign up for either day of the school, but are highly encouraged to attend both days. DEC pesticide recertification credits and CCA credits are available for each day. A full agenda and more information can be found on the Cornell Vegetable Program website at cvp.cce.cornell.edu. Cost is \$25.00 for one day only or a discounted rate of \$40.00 to attend both days. Lunch and any program materials are included in the registration fee. Pre-registration with payment is required by December 1, 2013 to reserve a seat. Seating is limited. Please register online at cvp.cce.cornell.edu or contact Vivian Flynn at 315-536-5123.

[Further details can be found on our website.](#)

Holidays, Finances, and the **STRESS** of it all!

Celebrating the holidays should be the most wonderful time of the year...unless you're feeling stressed! If you are reaching your holiday breaking point, here are a few ideas to help you lessen holiday financial stress:

- Create a holiday budget.
- Create a shopping strategy and specific dollar amount.

Check out [America Saves: Start Small. Think Big.](#) for more details!



And for more financial resources, tips on holiday spending, and information about the America Saves website, [visit this link to our website.](#)

Free Workshop on Long Term Care Planning - coming Dec. 9th

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 1:00-3:00 p.m. on Monday, December 9, 2013 at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.



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.](#)

Let's talk about healthy side dishes for the holidays...

It's that time of year again when everyone is talking turkey! But instead of focusing attention on the bird, let's talk about side dishes instead.

Head on over to [Meal Makeover Moms' Kitchen](#) to see what they have cooking for your holiday meals. Traditional and delicious food side dishes with a healthy twist!



Webinar series on reducing pesticide resistance in Greenhouses and High Tunnels - starts December 12

A six-part Webex webinar series on topics around reducing pesticide resistance in greenhouse production was developed with our own Cornell experts. The information will be useful for anyone growing in a greenhouse or high tunnel, and may also be helpful for other specialty crop growers.



DEC pesticide recertification credits (1 credit per one hour session) were granted in Categories 1A, 3A, 10, 23, 24. Only participants viewing the live sessions at a Cornell Cooperative Extension office will qualify for pesticide re-certification credits.

The cost to view the session at a CCE office is \$10/webinar. Please RSVP for each individual session at least one week in advance to: Kat Loeck, kal257@cornell.edu or 607.687.4020 x 319.

[Full details are on our website.](#)

Stephanie's Picks

1. Learn more about caring for your Christmas Tree here:
<http://christmastreesny.org/resources/treecare/propercure.html>
2. To find a location to cut your own Christmas Tree or find a fresh cut tree closest to you visit the NY State Christmas Tree Farmers Association website.
<http://christmastreesny.org/>



3. Its time that strawberry plants. Visit

<http://www.fruit.cornell.edu/berry/production/pdfs/strwintermulch.pdf> for more information.

Can You Save Money by using a Portable Electric Space Heater?

Dishonest salespeople and marketing advertisements often mislead consumers about the effectiveness of portable electric space heaters. For example, advertisements claim that electric heaters are 100% efficient. While this is a true statement, there is never any mention that electricity is much more expensive than other common residential heating fuels.



Some marketing material claims their brand of electric heaters produce radiant heat, claiming it is more efficient than non-radiant electric heaters. This is not a true statement. Heat energy content for electricity, whether delivered as radiant heat or as convective heat (heating the air) is converted into a maximum of 3,413 BTU of thermal (heat) energy for each kilowatt hour (kWh) of electric energy the heater consumes. This is a basic law of physics. No amount of advanced technology or "breakthroughs" can change this.

Portable (plug-in) heaters, baseboard electric heaters, and electric furnaces all create heat essentially the same way. They force electricity through a material (usually a coiled metal wire) that "resists" the flow of electricity. This resistance to the flow of electrons (electricity) causes the wires to heat up. Basically heat is produced as a by-product of the impeded flow of electricity. It is known as electric resistance heat. The process of converting electricity to heat via electric resistance heaters is 100% efficient. And since you can't get better than 100% that makes it seem like electricity should be a good choice for home heating. So it sometimes surprises consumers to learn just how expensive electricity is for space heating compared to other common heating fuels.

There are 3 basic types of portable electric space heaters; strip heaters, radiant heaters and liquid filled heaters. Quartz electric heaters are an example of a radiant electric heater. With this type of heater the coiled wires are encased in a quartz tube. The heat from the hot wires is transferred to the quartz and then radiates to surrounding objects. While

radiant heat may be more comfortable than heated air from an electric strip heater for example, the heat is still produced by electrical resistance and can produce no more than 3,413 BTU of thermal (heat) energy for each kilowatt hour (kWh) of electric energy the electric heater consumes.

Can you save money by turning down your central heating system and using a portable electric space heater to keep one room at a warmer temperature? This is a common claim of many electric heater manufacturers.

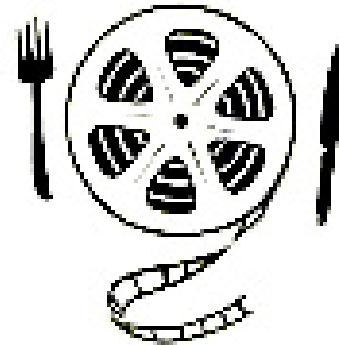
Read the rest of this article on our website at

<http://www.putknoughtowork.org/upcoming/portable-electric-space-heaters/>

Calling all food-system changemakers, grassroots organizations, farmers, filmmakers, and foodies!

The Real Food Media Contest is seeking short and powerful films--from 30 seconds to four minutes--on food, farming, and sustainability. Contest judges include Academy Award-nominated filmmaker Robert Kenner (Food Inc.), Michael Pollan, Alice Waters, Eric Schlosser, The Food Network's Padma Lakshmi, Keri Putnam from the Sundance Institute, and Johanna Blakley from University of Southern California, and more.

The Contest is a great opportunity to experiment with a short film and get your work in front of some of the film industry's and sustainable food community's leading movers and shakers. See guidelines and get registered for exclusive opportunities at www.realfoodmedia.org. Contest closes February 3, 2014. Prizes include a \$5,000 first prize and debut at the Food and Farm Film Fest in San Francisco.



Good Agricultural Practices (GAPS) workshops planned...

The dates for the GAPs 2013-2014 Workshops have been announced. There are four planned, two-day **Good Agricultural Practices** (GAPs) workshops scheduled for this winter and spring.

December 10 & 11, 2013:

Location: Genesee County-The Fire Training Center in Batavia

Time: 8:30 am-3 pm both days



December 18 & 19, 2013:

Location: Wayne County, CCE-Wayne in Newark

Time: 8:30 am-3 pm both days

January 6 & 7, 2014:

Location: Ontario County, CCE-Ontario in

Canandaigua

Time: 8:30 am-3 pm both days

February 27 & 28, 2014:

Location: Steuben County, TBA Bath

Time: 8:30 am-3 pm both days

For more information and updates: Registration info will be up approximately 4-6 weeks before the workshops. For more info, contact Craig Kahlke at cjk37@cornell.edu or (585) 735-5448.

Upcoming Agriculture Programs...

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.

Southern Tier Maple School

December 7. 9:30 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. Topics will include: an update in maple research and marketing materials; sources of professional assistance for sugarbush management; and demonstrations on how to make value-added maple products. The Cornell "Maple Producers Manuals" will be available for \$20. This event is free and open to the public. For questions please contact Brett Chedzoy of Schuyler CCE: bjc226@cornell.edu (Ph: 607-535-

7161).

Beginning Beekeeping Workshop

Saturday December 7th

8:30-12:30pm

\$25pp

...

This class will prepare you for getting your own Honey Bees this Spring with an overview of equipment, hive products, Honey Bee management and of course Honey Bees themselves.

Presented by the Southern Tier Beekeepers Association, the class will be held on December 7, 2013 at Cornell Cooperative Extension, 840 Upper Front St., Binghamton, NY. Bring a drink and snack. Registered participants will receive a CD of the presentations, informative beekeeping documents, and links. The Southern Tier Beekeepers will be hosting a "hands-on" session in early spring to give everyone a chance to work a beehive before their purchased bees arrive.

You can register and pay online at: https://reg.cce.cornell.edu/beginningbeekeeping_203.

4-H: Are You Into It?

Enrollment for the 2013-2014 4-H Program year is OPEN!

Join now to eligible to exhibit in the 2014 Steuben County Fair! 4-H is the largest youth organization in the United State with over 7 million youth members! 4-H helps kids to do

better in school, learn to help others, and feel more capable and responsible. 4-H youth programs connect kids to the resources of Cornell University and the land grant system, strengthening the next generations of investors, entrepreneurs, and problem solvers.

All youth, regardless of gender, race, color, national origin, religion, disability, sexual orientation or marital status may join 4-H. In New York State, 4-H membership is open to youth enrolled in Kindergarten up through the age of 18. Enrollment options include joining as a part of an established club OR youth can enroll as an independent member and work on projects of their choice at their own pace with parental or other adult assistance.



4-H members "learn by doing" through various 4-H projects. Popular projects include sewing, photography, animal science, plant science and public speaking. Additionally, there are several special interest programs such as dog obedience and 4-H tractor & machinery operation classes which are coordinated by the 4-H county Office. 4-H supports and incorporates evidence based curriculum which includes Science, Technology, Engineering and Math along with Civic Engagement and Healthy Living.

If you would like more information about joining 4-H please contact our office: 607-664-2300

4-H News

2013 Christmas Event

The Howard Hillbillies 4-H Club would like to invite you and your family December 6th 2013 at the Howard Volunteer Fire Departments from 5 p.m. to 9 p.m. for our 2013 Christmas Event.

Mr. & Mrs. Santa Claus will be there to listen to wishes! There will be Christmas Caroling, refreshments, crafts, cookie decorating donated by Betty Kay Bake Shop, and gift baskets for raffle donated by local businesses and families.



We are accepting donations for the Avoca Methodist Church Christmas Giveaway. We are looking for new or gently used items such as: sporting items - baseballs, basketballs, soccer balls, tennis balls, etc., young girl or boy items, teen girl or boy items, holiday and general decorating items, bedding supplies, tools, cd's, dvd's, dishes, books, board games, etc. Any monetary donations will be used to purchase items needed for the giveaway. Please help us make someone's Christmas morning memorable.

If you have any questions, please call Vicky Dockstader at 607-566-2886 or Cindy Loucks at 607-566-8462.

Notice for Cloverbud members

New age requirements for dairy goats and meat goats for Cloverbud members

Dairy goats and Meat goats being exhibited at the 2014 Steuben County Fair by cloverbud 4-H members must be born on January 1, 2014 - June 15, 2014. Dairy goats and Meat goats must be Does. Dairy goats must be either purebred or recorded grades. Meat goats can be either registered or crossbred.

4-H Dog Obedience Classes

4-H members can participate in the 4-H Dog Obedience Classes @ Hillside Children's Center, 7320 Snell Hill Rd Bath, NY 14810 on Thursday evenings from 6 p.m. - 8 p.m. The schedule for the month of December is December 5 and December 19. Cloverbud 4-H members (youth 5-7 as of January 1, 2014) must have an experienced adult on the lead with them at all times.

Dogs can be any breed. All dogs must conform to the rules and regulations of the Livestock Health requirements as determined by the Department of Agriculture and

Markets. Dogs must have current vaccinations for rabies, distemper, hepatitis, parvovirus and leptospirosis (as appropriate for their age). It is highly recommended to also have your dog vaccinated for Bordetella and parainfluenza virus. Participants should consult their veterinarian for further information about these vaccines as well as internal and external parasite control programs. Participating members need to provide a COPY of current vaccinations at their first class or they can be faxed to Kim at 607-664-2303. Acceptable proof of Rabies vaccination is a rabies certificate or a copy of the dog license that contains the rabies vaccination information. An animal is currently vaccinated for Rabies beginning 14 days following (initial) vaccination continuing for the period stated in the manufacturer's instructions. Acceptable proof of Rabies vaccination must include the signature of the veterinarian, the name of the product used, the date of administration and the duration of immunity if longer than a year. Dogs must be at least six months old to be exhibited at the Steuben County Fair or the NYS Fair.

This is a great opportunity to have fun with your dog and learn about being a responsible dog owner. The more well behaved your dog is, the more it is appreciated by family, friends and neighbors. Please call Penny Smigiel for more information 607-329-6349 or contact Kim at the CCE Office at ksb3@cornell.edu or 607-664-2306

Upcoming 4-H Events Check out the website for details on the following events:
January 18-Feb 22 [Sewing With Grace](#)

4-H Tractor and Machinery Operation Certification Program To Be Offered

Youth who will be 14 and over as of March 1, 2014 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 for 4-H members to cover the cost of materials and is payable to CCE-Steuben by Monday, January 6, 2014. Registration form, Tractor Acknowledgement of Risk Form and CCE permission forms are required and can be found on the [CCE 4-H forms page](#). Details on the dates of the course can be found on the [Tractor Page on the website](#).

Market Steer/ Market Dairy Steers/Market Beef Heifers Ownership and ID's deadline

In 2014 there will be classes for both beef and beef/dairy cross steers and classes for beef and beef/dairy cross heifers to show in market beef classes. Heifers shown in market beef classes are not eligible for beef breeding classes. 4-H members exhibiting Market Beef

Steers, Market Dairy Steers, and Market Beef Heifers at the 2014 Steuben County Fair must own their animals by January 1, 2014 and the identification forms are due to the CCE-Steuben Office by Monday, January 6, 2014.

2014 4-H MARKET ANIMALS Rules and Regulations can be found at http://www.putknowledgetowork.org/wp-content/uploads/2013/10/2014_market_rules_regs.pdf

2014 Market Beef Steer & Market Beef Heifer Identification/Ownership Certificate can be found at http://www.putknowledgetowork.org/wp-content/uploads/2013/10/market_beef_id_14.pdf

2014 Dairy Steer Identification/Ownership Certificate can be found at http://www.putknowledgetowork.org/wp-content/uploads/2013/10/dairy_steer_id_14.pdf

Please note that the Identification forms do not enter your animal in the Steuben County Fair but is one of the steps in order to be eligible to enter them. Steuben County Fair 4-H Entries are due Monday, July 7.

New for 2014: There will be a class for a pair of market steers, a class for a pair of market heifers, and a class for a pair of dairy steers.

What's Going On Around the Community...

Corning Winter Farmer's Market is back!

The Winter Market will be open in December on the 7th and 21st from 11:00 a.m.-3:00 p.m.!! Find many of your favorite vendors inside the Information Center on Market Street!

Business Planning Workshops

This workshop is designed for the person who is thinking about starting their own small business. It will point out some of the things you should know prior to taking the big step of business ownership. It's designed for the prospective owner in the beginning stage of the process. There will be ample time for questions and answers. Presented by SBDC Wednesday, December 4:

- 8:30-10:00 a.m. at the Academic & Workforce Development Center, 318 Madison Avenue, Room 207, Elmira, NY
- 9:00-10:30 a.m. at the Steuben County IDA, 7234 Route 54, Bath, NY

There is no cost for the workshop but registration is required today. For information or to register call (607) 937-6861 or e-mail sbdc@corning-cc.edu.

4-H Finger Lakes Jr Naturalists

EXPLORE - Forests

Winter Tree ID at Hawk Meadow Farms, Hector, NY

December 12, 2013 4-5 p.m.

Feeling at home in the woods begins with learning to recognize and be aware of what is around you. Come on out and learn to identify several of the trees you'll commonly find in Finger Lakes woods, as well as some uses of the trees for food, medicine, shelter and fire.

Join host and local naturalist Steve Sierigk and Erin Nyquist, Environmental & Youth Science Educator for CCESC for an eye opening walk in the woods. You do not have to be a 4-H Member to attend. Pre-registration required by emailing ekn22@cornell.edu or call 607-535-7161.

MLK Day of Service Funds Available - deadline December 20

Martin Luther King Jr Day is January 20th, 2014 and instead of making it a day off - make it a day on and volunteer in the community. 2-1-1 HELPLINE Give Help at the Institute for Human Services has mini grants available for volunteer projects that take place around the week of Martin Luther King Jr Day of Service.

These mini grants are for organizations that could use the extra funds to do a volunteer project around that week. Organizations can be nonprofits, church groups, service clubs, schools, teams from a business and more. These grants have been made available through 2-1-1 HELPLINE's collaboration with the Regional Volunteer Center of the Southern Tier which is one of ten volunteer centers in New York State through the Corporation for National and Community Service. To apply for a mini grant - go to www.ihsnet.org and you will find the link on the main page as a slider, or you can go to www.ihsnet.org/provideronline and search "MLK". Mini grants are due by Friday, December 20.

2-1-1 HELPLINE is a service at the Institute for Human Services that connects individuals with organizations, whether they need to find help or give help. It is primarily funded by the United Way of the Southern Tier. You can also find 2-1-1 HELPLINE online at www.211helpline.org. If you are looking to volunteer in your area, 2-1-1 HELPLINE Give Help can assist you in finding volunteer opportunities via phone or website.

Affordable Care Workshop - Dec. 11

The New York State Small Business Development Center and the U.S. Small Business Administration are pleased to present a workshop on Affordable Care. Wednesday, December 11, 2013 from 8:30 to 11:00 a.m. at the Steele Memorial Library, 101 East Church Street, Elmira, NY 1490. Pre-registration is required by December 9th. For more information or to register contact the SBDC at 607-937-6861 or sbdc@corning-cc.edu

Topics to be covered include: Affordable Care Act Overview, Tax Credits for Small Business, Mandates-Individual and Business, Individual Marketplace, Small Business Marketplace, and Navigator Program. Speakers will be: Howard Garrity, Small Business Administration; Michelle D. Catan, Certified Business Advisor SBDC at Binghamton University, Affordable Care Act Specialist; Daniel Rickman, Small Business Administration Economic Development Specialist; and Sherri Arnold, Director SBDC Corning.

Girls on the Run Coaches Needed

Girls on the Run® is a life-changing, experiential learning program for girls in grades 3rd - 5th. The program combines training for a 3.1 mile running/walking event with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive emotional, social, mental, spiritual and physical development.

Individuals interested in becoming a Girls on the Run Coach during the Spring 2014 or Fall 2014 season are invited to contact the local council for detailed information on how to sign up. The coaches certification training is one day long and includes a brief history and description of the program, an overview of the curriculum, GOTR policies and logistics, strategies and tips for effectively leading a team, and time for each coach to practice teaching the lessons. Head coaches are required to be female and 21 years or older. Assistant coaches may be male or female and 18 years or older. Jr Coaches may be male or female and 16 years or older. Volunteer Application, Background Check and CPR/FA Certification must be completed prior to the Coaches Training.

Upon completion of the Coaches Certification, individuals will co-coach a team of 10 to 15 girls at sites throughout Steuben, Chemung and Schuyler Counties. Teams meet twice a week for ten weeks after school.

For questions or additional information, please contact Kelli Mannon, GOTR

Council Director at 607.776.9467 Ext.226 or www.gotrst.com.

The Red Cross Holiday Giving Catalog is here!

[Psst! We've got a sneak peek of our 2013 Holiday Giving Catalog](#) just for you! Get a head start on your holiday shopping. You can feel great about giving your loved ones meaningful gifts this year.

Whether it's cozy blankets (\$25) to keep a family of five warm in a shelter, a military comfort kit (\$50) to ease the suffering of an injured service member or hot, comforting meals (\$100) for ten people in the wake of disaster - your gift could make a life changing difference for someone during their time of need.

Don't wait - early bird access to the 2013 Red Cross Holiday Giving Catalog is available just for you!

Check one (or 10!) things off your holiday to-do list today and give something that means something to all the special people in your life.

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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