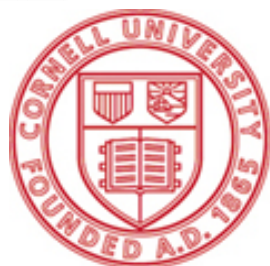


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Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension of Steuben County

December 2011 - Vol 3, Issue 12

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Build a Boxwood Tree Centerpiece...

Join Cornell Cooperative Extension for another adult holiday workshop: Creating a Boxwood Tree Centerpiece. Tom Cortright will once again present this hands-on class at the CCE-Steuben office on Wednesday, December 14 at 4:30 p.m. and again at 6:00 p.m.. The cost is \$15 per person and will cover all materials.



Enjoy a night of creativity and take home a holiday decoration for you or to give as a gift! Pre-registration is required. Call 607-664-2300 to register or for more information. Register soon! Classes limited to 10-12 people!



Have you become our friend on Facebook yet? Stay in touch with the latest workshops and resources!!! [Find us here.](#)

Learn about Group-Housed Dairy Calf Systems on December 1st...

Group-Housed Dairy Calf Systems: A Symposium for Producers and Advisors will be held December 1, 2011 at the Doubletree Hotel in Syracuse, New York.

Come join many of the 45 known NY and VT herds and their Veterinarians at the Group-Housed Dairy Calf Systems Symposium in Syracuse, NY. Eleven tours spread across New

York State will follow the next week.

Newborn calves are infants and a social animal. While we cannot perfectly emulate the beef cow with her calf in a herd on pasture, we can mimic the critical number of feedings and social needs of these young bovines thanks to pioneering dairies that are making group housing work. Newer technologies such as autofeeders (robots), stabilized (acidified) milk self feeders, positive pressure directed ventilation and some promising negative pressure ventilation systems have allowed this advancement to flourish. Investment financial risk is minimized due to substantial labor savings with these systems. A broad range of housing options from retrofits to testing system in an older facility and migrating to a purposed new facility will be represented among the Producer Panel members.

[Registration information is available here.](#)



Cherry Growers meeting scheduled for December 8...

Growing Cherries: 2011 season in review will be offered from 9:00-11:00 a.m. at the Hector Fire Hall, Rt 414 in Hector, just north of Hazlitt Winery. 2011 was a tough year for cherry growers. Wacky weather and disease pressure made for a challenging season, with some crops a total loss.



Come to this Cornell Cooperative Extension meeting to discuss what happened this past year and what can make the 2012 season a different story. We will discuss brown rot in detail, as well as emerging invasive insect pests like the spotted winged drosophila and the brown marmorated stinkbug. Cornell insect and disease experts will present and answer your questions.

We have applied for DEC credits for this training, and expect to receive two credits in categories 1A and 22, so remember to bring your pesticide applicators license.

Class costs \$10/person or \$15/farm. Please pre-register so we can prepare snacks and hand-outs. To register and for questions, contact CCE Tioga, 607-687-4020, meh39@cornell.edu

Making Ends Meet Class to be offered December 5 and 14...

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, **Making Ends Meet. Learn** where your money goes at one of three upcoming sessions:

- **December 5**, 6:00-8:00 p.m. at the Hornell Senior Center, Broadway Mall, Hornell.

December 14, 1:00-3:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.



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.

Learn the hidden truths about will based estate planning...

Corning attorney Patrick J. Roth, Esq. CPA, is again offering a free educational workshop.

The Estate Planning Survival Guide: Wills versus Trusts will be presented free of charge from 6:00- 8:00 p.m. on Tuesday, December 13 in the Heritage Restaurant at the Indian Hills Golf Course, Painted Post. 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. Roth will include;

- 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 15 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.



Seating is limited, and registration is required. Please call Patrick Roth at 607-962-6162 by Friday, December 9.

Premiere screening of local farming documentary...

Join us December 6 at the Glen Theater in Watkins Glen.



FINGER LAKES BIONEERS invite you to lend your presence at the local premiere of **THE GREENHORNS, A New Documentary Film** (60 mins) designed to encourage and support local food, local farms and local farming. Showing is at 7:00 p.m., cost is \$5.00, and refreshments will be served at 6:30.

The show will be followed by a panel of local farmers and audience discussion. The panel includes: Jacob Eisman, Six Circles farm; Kathryn Engel, RK Farms; Liz Martin, Muddy Fingers Farm; Lou Johns, Blue Heron Farm; Violet Stone, NY Small Farms Program, Cornell University; and Brett Chedzoy, Moderator, Schuyler County Cornell Cooperative Extension.

The program is co-sponsored with The Glen Theater and Cornell Small Farms Program. For more information visit www.wemakeourfuture.org.

FREE energy resources...

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you're spending on heating your home! Spend a couple hours with Energy Educators Nancy Reiglesperger or Jim Grace in our FREE **Save Energy Save Dollars** class in several upcoming locations.

- **Monday, December 5** from 2:00 -4:00 p.m. at the Hornell Senior Center, Broadway Mall, Hornell.
- **Monday, December 12** from 6:00-8:00 p.m. at the Steuben County Office Building, 3 E. Pulteney Square, Bath.
- **Wednesday, December 14** from 10:30-12:30 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center, Corning. .



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 an assortment of FREE energy saving items. Please help us plan for the number of attendees by calling to register your space at 607-664-2300 .

Corning Winter Farmers Market continues!

Join us at the Steuben County Chamber of Commerce for the **Corning Winter Farmer's Market** on **Saturdays, December 10 and 17**. The market will be held at 1 West Market Street (the Visitor's Bureau) from 11:00 a.m. to 3:00 p.m.

Come purchase local vegetables, fruits, meats, breads, preserves, wreaths and much more! Enjoy fresh products from local vendors, meet the local producers and maybe even pick up a few holiday treats and gifts!

For more information, contact Cornell Cooperative Extension of Steuben County at 607-664-2300 .



Have an Energy \$mart Holiday!!!

Do you think you are paying too much to decorate your home during the holidays? Try energy efficient holiday lighting; you'll enjoy substantial savings on your energy bill while you contribute to the energy efficiency of your entire community. What better way to share the spirit of the season? So put up the tree, decorate your home or business, and light up

the night with energy efficient Holiday lights. It's the Energy \$mart way to a happy holiday!



ENERGY STAR® qualified LED Decorative Light Strings are a new energy-efficient lighting technology that will save you money during the holiday season making them ideal for decorations for your home or business. Virtually indestructible, LED holiday lights will last longer than standard holiday lighting strings and reduce the risk of fire in your home. LED holiday lights will stay lit if a single bulb burns out - imagine never having to search for burnt out bulbs again!

LED Decorative Light Strings are constructed from solid-state chips that convert electricity into light without using a filament or glass bulb. LED candles are another Holiday lighting option, emulating the flicker of a real candle, but without the problems created by a real flame. The problem of smoke, dripping wax and fire hazard are also eliminated because there is no actual flame.

Fiber optic technology uses fiber optic cables to carry light to the point of illumination. It allows the illumination of multiple light points from a single lamp source, and is therefore extremely economical and energy efficient. Fiber optic cabling permits lighting access to locations that may otherwise be difficult to light, and where lamp maintenance might be problematic, such as paths, trees, decks, patios and vaulted ceilings. Fiber optic lights are cool to the touch, as only light is transmitted from the fiber, and not heat.

Fiber optic trees offer an energy-efficient alternative for holiday decorations. They typically use a single bulb (ranging from 5 to 20 watts) built into the base of the unit that transmits light through a fiber optic cable containing hundreds of tiny fibers. A rotating color wheel is frequently included to change the colors emitted from the fibers. Because only one bulb is used, fiber optic trees offer an extremely economical alternative to traditional trees.

Rope lighting is comprised of miniature incandescent lights spaced about 1" apart and enclosed in ½" diameter flexible plastic tubing. The tiny bulbs use approximately 0.5 watts of power per foot, and are rated to last over 20,000 hours. Available in multiple colors, rope lights are suitable for indoor and outdoor use and are ideal for decorating trees or for outlining doors and windows.

For more information on Energy \$mart holiday lighting [visit NYSERDA's website.](#)

Learn about ethnic vegetables and greens...

Growing and Marketing Ethnic Vegetables and Greens will be offered Friday, December 9, 2011 from 9:00 AM - 2:30 PM at the Cornell Cooperative Extension of Ontario County, 480 North Main Street, Canandaigua.

Ethnic vegetables and greens are a fast-growing sector of fresh market crops in the Northeast. These specialty crops have high appeal to consumers looking for new products, and especially to foreign nationals, immigrants, and ethnically-grouped communities. Although currently unfamiliar to many Americans, these vegetables are popular among the large and



growing immigrant populations of New York State.

Cornell Cooperative Extension is hosting an in-depth introduction for farmers interested in Latino, Asian, and African vegetables and greens appropriate for Upstate New York farms. Examples include ají dulce (a semi-tropical pepper), calabaza, (a Mezoamerican squash), and jiló (a Brazilian eggplant with African origins). The workshop will cover all aspects of production and marketing - varieties, yields, pricing, packaging, and pest considerations - for more than a dozen ethnic vegetables and greens. Special emphasis will be placed on translating names used by different cultures.

Dr. Frank Mangan, an Extension professor at the University of Massachusetts, will be the featured speaker. He has conducted many on-farm trials to determine the best practices in ethnic vegetable production in the Northeast. Dr. Mangan will describe the most practical methods of production, budgeting, and marketing to ethnic groups, groceries, and traditional consumers. Robert Hadad of the Cornell Vegetable Program will share details on seed sources and local considerations in variety selection. The sessions will be oriented to two-way conversation, so participants should feel free to bring along their own ideas and observations for discussion.

This workshop is directed to small-scale and larger-scale vegetable growers (organic and conventional) throughout New York State. Buyers and culinary enthusiasts are welcome as well. Class fee: \$20.00 per person includes lunch, handouts, and expert advice on ethnic vegetable production. Pre-registration is required by December 7, 2011 by calling Cornell Cooperative Extension of Ontario County at (585) 394-3977 x427 or e-mail Nancy Anderson with your full contact information to nea8@cornell.edu

Healthy Eating Strategies for the Holiday Season...

December is full of food filled events. Everywhere you turn there are yummy baked goods, candy and other savory snacks. Here are some tips from the University of Missouri Extension to help you focus on health while enjoying everything the holiday offers.

1. Focus on maintaining your weight. You can get back on track with weight loss goals after the holidays. Try not to binge on your favorite holiday foods but focus on enjoying a little bit of what you really love.

2. Don't go to a holiday event hungry. Not eating all day because you know you are going to overeat at night only sets you up for eating faster and eating more than you would eat if you had regular meals during the day to help keep your blood sugar levels stable. Grab a high protein snack like yogurt, nuts, or an apple with peanut butter before heading to the event to help curb your hunger.



3. Keep your portions under control. Try using a small plate and do not pile on the food. Instead, take a small taste of what interests you so that you can sample what you really want to eat.
4. Check out the buffet before you get in line. This way you will know what is available and you can mentally plan what you want to put on your plate. Focus on MyPlate recommendations to make half your plate vegetables and fruit, ¼ lean protein and ¼ healthy grains.
5. Make sure what you choose is splurge worthy. Focus on foods that are typically only offered during the holiday season and don't waste your calories on year round snack foods like chips.
6. Go easy on sweet alcoholic drinks, eggnog and punch. All of these drinks can be full of calories. A better choice is sparkling water with a twist of fruit, a small glass of wine or a wine spritzer, a bottle of beer or a diet soda.
7. Look at the big picture. One day of overeating does not lead to weight gain. Many days of overeating, on the other hand, will lead to extra pounds by the time January 1st rolls around.

From: Family Life Newsletter, December 2011 See the rest of the issue on CCE website: www.putknowledgetowork.com

Save Energy Save Dollars participant wins \$100 VISA card!

Patti Lorrow of Almond, NY was recently chosen as the 2011 winner of Cornell Cooperative Extension of Steuben County's Family Financial Management and Home Energy Efficiency Program Evaluation Survey contest.



Participants from the year's programs were sent a feedback form to help Cooperative Extension continue to improve the educational programs and to report results of program outcomes to funders.

Patti participated in the **Save Energy Save Dollars** program and mentioned that she had made several energy saving actions since completing the program. She was turning off lights when not needed, turning down the thermostat, and turning off appliances when not in use. She also used the energy kit that the Cooperative Extension educator provided for her at the program and put insulation behind her electrical sockets. She had not known that such a product existed prior to the workshop.

As a result of the energy program, Patti installed a programmable thermostat, set her hot water temperature to 120 degrees, and purchased Energy Star appliances. "The program was very helpful," she said.

Thank you to everyone who participated in the survey contest!

4-H News

Animal Careers Photo Contest - Entries Due Dec. 21

Cornell's Department of Animal Science announces a digital photo contest for students, faculty, staff and the public. Their recently unveiled "Animal Careers" website seeks to

engage middle and high school students interested in future careers with animals. The website may also be of interest to current college students considering their options after graduation. As part of this engagement effort, the project team is collecting photographs of people working with animals or in animal related careers.

Photo entries, due December 21, 2011, must be submitted electronically and winning selections will appear on the Animal Careers website as well as in print and program marketing materials. The top two photographers will be invited on a shopping spree to the Cornell Campus Store. Please see the website for details.



This is a great opportunity for adults and youth alike to share their talents for capturing current images of real people in real jobs working with animals. The project aims to help those involved in animal related industries and young people who are eager to learn how they can prepare for a career working with or for the benefit of animals.

For details on how to participate, visit the [Animal Careers website](#). All photographs must be submitted through the website.

Share What You Have Learned From an Elder in Your Life at Cornell's Legacy Project

The Legacy Project at Cornell University invites people age 60 and older to share their thoughts about the important lessons they have learned over the course of their lives. And they've created a web site to share those lessons with younger people everywhere. You can find our blog at <http://legacyproject.human.cornell.edu/>. New lessons from the elders are posted several times a week.

To date, the Legacy Project has collected lessons from over 1200 individuals across the country by asking them "What are the most important lessons you have learned over the course of your life?" Their advice includes such topics as: how to be happy on a day-to-day basis, the secrets to a successful marriage, tips on raising children, ways to have a fulfilling career, strategies for dealing with illness and loss, and how to grow old fearlessly and well.

We love our readers' contributions of lessons for living and, to say thanks, we're sponsoring a contest to find out what older people can teach the younger generation. To enter go to <http://legacyproject.human.cornell.edu/give-your-advice/>.

No matter what your age, you'll have a chance to win! **The grand prize winners will receive a \$100 Amazon.com gift card and a copy of 30 Lessons for Living: Tried and True Advice from the Wisest Americans.** For our younger readers, it's as simple as telling us something important or useful that you've learned from an elder in your life.

Please share your lesson in 100-200 words in the comment box on the web page. Be sure to enter your name, age and e-mail address as well. The contest deadline has been extended to December 31. The team at The Legacy Project will read through the entries and selected a grand prize winner in each category. Two runners-up in each category will receive a copy of *30 Lessons for Living*. For more information, feel free to email us at legacyproject@cornell.edu.

4-H Tractor and Machinery Operation Certification Program Offered

Youth who will be 14 and over as of March 1, 2012 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 9th with the enclosed registration form or the registration form that [can be found on the website](#) 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 9 which is found on the website 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 16, 23, 30 7:30 p.m.- 9:30p.m., Steuben County Office Building, South Conference

Mondays, February 6, 13, 20, 27 7:30 p.m.- 9:30 p.m., Steuben County Office Building, South Conference

Monday, March 5 (written test) or March 14 (written test date if one of the above sessions end up being cancelled due to weather)

Tentative Sunday, March 4 or March 11 TBA (driving test) location to be announced 1- 4 p.m.

Community holiday events to enjoy...

The annual **Spirit of Christmas** will take place in Bath on Friday, December 2.



From 3:30-5:00 p.m. there will be pictures with Santa at Chemung Canal. From 6:00-8:30 p.m. in Pulteney Park visit Santa and Mrs. Claus, sample foods, take pictures, and enjoy wagon rides, DJ, nativity, carolers, and much more! Children's activities will be held at Longwell Lumber, Catholic Charities, Home Necessities, Bety Kay Bakery, Pregnancy Resource Center, Gold Mine and Dancin on Edge.

Look for a map of events and activities to be distributed soon!

And don't miss the 37th annual **Sparkle** in Corning on Saturday, December 3. The fun event includes photos with Santa, horse and carriage rides, reindeer, living nativities, and the 4th annual Window of Gifts. Find out more at the [Gaffer District website](#).

Stephanie's Picks...

1. Christmas tree care:

- Make sure the tree has a fresh cut before placing it in the treestand/ water reservoir
- Place it in a cool, high humidity environment (away from fireplaces, heaters, and direct sunlight)

2. Indoor Plant Care:

- Light requirements vary widely among indoor



- plants
- Most indoor plants require temperatures between 60 and 75 degrees F
 - Increasing humidity will be beneficial to the plants - most require a higher humidity than that of the average home
 - Water if the soil is dry 1/4 inch down from the top and check soil moisture daily
 - Fertilize once a month
 - Make sure the container has adequate water drainage

Join us for our annual CCE-Steuben meeting December 8...

The 2011 Annual Meeting of the Cornell Cooperative Extension of Steuben County will be held at 5:30 p.m. on Thursday, December 8 at the Steuben County Office Building.



Again this year, the format will be dinner and social time with CCE staff and board members followed by a business meeting with the sole purpose of conducting the last quarter business (annual elections, financial and program reporting) that is required by the association's constitution.

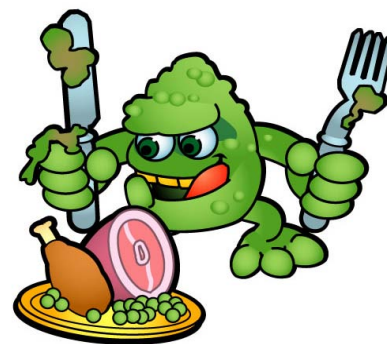
The annual meeting will present the 2011 Annual Report, an update and outlook for 2012, and a report of 2011 elections. For reservations, please call 607-664-2300 .

Guidelines for farmers to follow in food safety during post harvest handling...

A webinar, **Food Safety for Direct Marketing Venues** will be presented December 8, 11:00 a.m. OR December 16, 10:00 a.m.

Food-borne illnesses are in the news daily. Contaminated foods are finding their way into consumers' kitchens, restaurants and other food venues. The results can be devastating for consumers, as well as those producers, processors and retail venues held responsible for the outbreak. It may mean fines, lawsuits and potential loss of the farm or business.

The GAPs program has provided clear cut guidelines for farmers to follow in production and post-harvest handling. Farmers following these guidelines will have a safe product to bring to market, but there is no guarantee that their food will remain safe in retail environments. The Farmers Market Federation of NY and CCE-Jefferson County led a project to develop a set of guidelines for farmers and farmers market managers to follow to ensure foods being sold in various farm direct marketing outlets will be protected from potential contamination and are safe for consumers. The guidelines were established based on sound science, compliance with current food safety regulations and ease of farmer implementation.



The guidelines are now available on www.nyfarmersmarket.com as a curriculum for Cornell Cooperative Educators and other farm service providers to use in local workshops to train farmers and market managers in assessing the risks in their retail operations and adopting guidelines that will minimize those risks. The curriculum covers farmers markets,

Community Supported Agriculture (CSA), on-farm markets, agritourism, direct delivery and crisis communications.

The Farmers Market Federation and CCE-Jefferson County will be hosting a "train-the-trainer" workshop to introduce CCE Educators and other farm service providers on the use of the curriculum. Learn how you can help the farmers in your county and region to develop a plan to keep their foods safe in their direct marketing enterprises, keeping their customers safe and ensure the reputation and vitality of their farm operation. For more information or to register, contact Amanda Root at arr27@cornell.edu or Diane Eggert at deggert@nyfarmersmarket.com.

Save the Date...

Natural Gas Informational Meeting

Cornell Cooperative Extension will hold an informational meeting on the subject of leasing your property to a natural gas company at the Addison High School on January 17th from 7:00 p.m.-9:00 p.m. In addition to leasing information a part of the presentation will be on how to best manage any money received from leasing or royalties.



The speaker is James Leonard. He is a licensed Certified Public Accountant and National Association of Royalty Owners (NARO) Certified Minerals Manager. He is also a NARO National Board member and NARO-New York Board member and Vice-President.

Mr. Leonard's professional practice primarily consists of natural gas lease and utility scale wind and solar power lease consulting, litigation support, management advisory services, financials and taxation.

In 2009, Mr. Leonard co-authored (along with Joseph Bennett, CPA of Cornell University) a course designed specifically for accountants dealing with the complex income and taxation issues of individual mineral rights owners. For further information contact Cornell Cooperative Extension at 607-664-2300 .

NYS 4-H Youth Development Animal Crackers Program

Saturday, May 5, 2012

Cornell University

This year's focus: Dairy Cattle and Dogs

The annual Animal Crackers program provides New York youth with fun hands-on science-oriented learning experiences on animal Science topics which feature the unique facilities and staff at Cornell University. This Saturday workshop is held every May on campus for 4-H members interested in learning more about their favorite livestock, companion, or pet animal species. The program is geared to 4-H members involved in animal science projects. Cost is just \$5 per person due to CCE-Steuben to cover basic handout and occasional presenter expenses. Contact Kim at the CCE office ksb3@cornell.edu or 607-664-2306 for more details

4th Annual Adolescent Health & Wellness Conference

Friday, May 11, 2012

Radisson Inn, Corning, NY

[Request for Presenters \(RFP\) ??](#)

The annual conference presented by the Steuben Teen Pregnancy Prevention Task Force, an initiative of the Steuben Rural Health Network at the Institute for Human Services, Inc.,

attracts approximately 200 parents and professionals each year. Participants include school social workers, guidance counselors, teachers and nurses; adolescent parenting program and adolescent pregnancy prevention program coordinators; health educators; adolescent health clinics and councils; community development corporations; health departments; and departments of social service as well as community-minded individuals and parents. We are seeking presenters on a broad range of topics related to adolescent health and wellness to include, but not limited to, teen pregnancy and STD prevention, teen parenting, obesity prevention, adolescent LGBTQA issues, drug/alcohol use among teens, mental health issues and teen consumers, etc. Participants will be interested in workshops that offer concrete ideas, methods, and resources that they can incorporate into their own programs.

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

Be a part of Steuben County's bio-mass demonstration project! Cornell Cooperative Extension of Steuben County is embarking on a pilot program to engage Steuben County in providing sustainability for jobs, agriculture and our local economy. The plan involves the purchase of \$300,000 in grass pelleting equipment for a grass bio-mass demonstration project in Steuben County. This working model will employ local farmers in producing grass, and provide local energy for residents. Your donation will help make this project a reality. For more information contact Tom Tomsa at 607-664-2301 or visit [our donation page](#) to contribute to the Renewable Energy Capital Campaign.

Carla Dawejko
Public Affairs Coordinator
Cornell Cooperative Extension of Steuben County

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