

# Cornell Cooperative Extension | Steuben County

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March 2022 | Vol. 14 Issue 3

We provide programming in four major areas:



**Highly Pathogenic Avian Influenza Alert**

Since the beginning of 2022, nearly 140 cases of Highly Pathogenic Avian Influenza have been identified in U.S. in the wild bird populations in New Hampshire, Maryland, Delaware, Virginia, North Carolina, South Carolina, and Florida, but the virus can easily spread to domestic poultry. This recently occurred on February 8th when the virus was discovered in a commercial turkey flock in Indiana. We are asking our poultry producers to keep eye out for suddenly high mortality and to be prepared to report any suspicious whole flock illness.



### **What is Avian Influenza (AI)?**

Avian Influenza is a highly contagious poultry virus that has the potential to cause large financial losses to the U.S. poultry industry. A highly pathogenic strain (HPAI), H5N1, last hit the U.S. in 2014-2015, and was considered the nation's largest animal health emergency. Over 200 cases of the disease were found in commercial flocks, backyard flocks, and wild birds. More than 50 million birds were affected and subsequently died or were euthanized on more than 200 farms in 15 states.

**Learn how to identify it, how it is spread and how you can manage it.**

**Avian Influenza Information & Biosecurity Guidelines from the NYS Department of Environmental Conservation**

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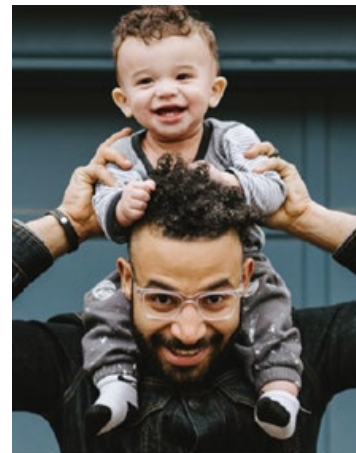
## **#GetYourTaxCredits**

To make sure you and your family get all the tax credits you are eligible to receive, file your taxes by April 18, 2022.

You could earn up to \$3,600 in Child Tax Credits or \$1,500 for some workers without kids from the Earned Income Tax Credit.

You can determine if you are eligible [here](#) or [find free resources](#) to help you get your Child Tax Credit.

Learn more at [ChildTaxCredit.gov](https://www.irs.gov/credits-deductions/efilehelp/child-tax-credit).



## Welcome Michelle Chase New Steuben 4-H Program Coordinator

Michelle is no stranger to the Steuben 4-H program. As a youth, she was an active member in the program for over 10 years. It was a 4-H club trip that first brought her to Morrisville State College where she would later graduate with a Bachelor's degree in Animal Science.



Four years ago, she moved back to the area as she wanted to raise her children in the same great community she'd grown up in. She also, knew how many opportunities 4-H brought into her life, and she wanted the same for her children. She has now taken it a step further and has become part of the CCE Steuben 4-H team and is looking forward to offering those same great opportunities she once experienced to the youth here in Steuben County.

If you need anything contact Michelle phone: 607-664-2571 or email [mlc353@cornell.edu](mailto:mlc353@cornell.edu).

## Your Opinion Counts!

Welcome to our suggestion box. We use your feedback to improve our services. We will not ask for your name or personal information.

[Enter information here](#)



**Agriculture News**

## **Cornell Cooperative Extension offers an eight part program for farmers ahead of the 2022 growing season**

**SWNY Virtual  
Field Crops  
Congress Brings  
Research-based**



### **Recommendations to SWNY**

Producing field crops in Southwest New York is an important sector of our agriculture industry. With 4,508 farms that operate on 641,205 acres, having up-to-date information to make informed decisions is important for our local farmers. Cornell Cooperative Extension's Southwest New York Dairy, Livestock, and Field Crops Program is pleased to bring a series of educational presentations to address these needs over eight sessions throughout March and early April. Producers of all shapes, sizes, and locations are encouraged to register or reach out to SWNYDLFC for more information by calling 716-640-0522.

Classes start March 10th and include:

- Navigating, Valuing, and Negotiating Land Leases
- Getting the Best Bang for Your Fertilizer Buck
- Keeping Hay Fields Productive
- Corn Nematode Survey Results: Management Implications?
- Weed Management in Hay and Pasture
- Factors Influencing Forage Digestibility and Feed Quality
- Field Crop Disease update: corn tar spot, mycotoxins, and more
- Soybean cyst nematode in NY: Status update and management options
- Herbicide Resistant Weeds in Agronomic Crops, Herbicide Shortages, and Novel Weed Control Strategies
- Seed Corn Maggot in NY Corn and Biological Control of Corn Rootworm
- Alphabet Soup – GMO Trait Management
- Field Crop Weed Control in 2022

**[More details on the sessions and how to register can be found here](#)**

[Download the flyer here](#)

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**2022 New York State Dry Bean Meeting**  
**March 16**  
**12:00-3:00 p.m.**

The NYS Dry Bean Meeting will be back online again this year, with presentations covering the latest research in NY dry beans. Topic areas include market updates, white mold management, western bean cutworm and soybean cyst nematode management, dry bean variety testing, and incorporating NY dry beans into schools.



Please reach out to CVP Specialist Margie Lund with any questions at [mel296@cornell.edu](mailto:mel296@cornell.edu) or 607-377-9109.

[Register online here](#)

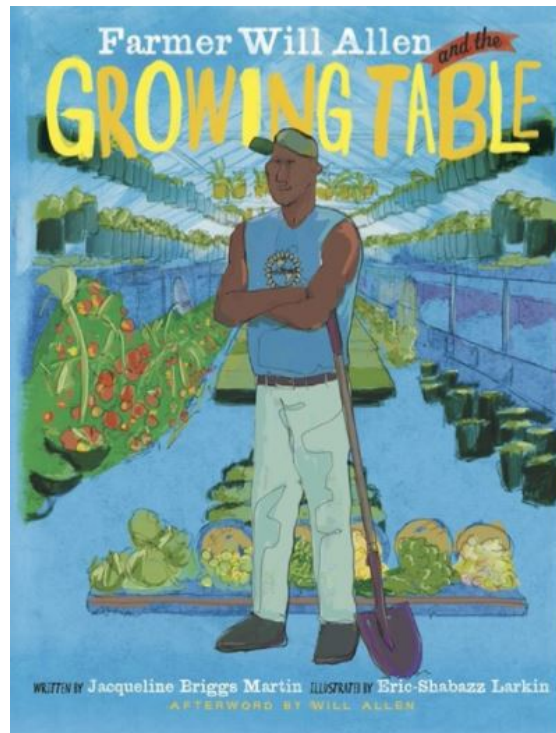
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**Agriculture Literacy Week is March 21-25, 2022**  
**Help us get this year's book to schools in Steuben County**



Every year in the month of March, elementary schools and libraries across New York State are invited to participate in a fun and exciting project called **Agriculture Literacy Week**.

Through New York Agriculture in the Classroom, a partnership between NYS Department of Agriculture and Markets, NYS Education Department, Cornell Cooperative Extension, Cornell University, and the NY Farm Bureau, elementary school children learn about the importance of agriculture in our daily lives and the significance of farming and farmworkers across all genre of agribusinesses.



The 2022 book is **Farmer Will Allen and the Growing Table**, written by Jacqueline Briggs Martin and art by Eric-Shabazz Larkin. This book will take students on an explorative journey to learn about community gardens and inspire them to build communities through food, even if they only have a pot on their porch to cultivate.

Will Allen is no ordinary farmer. A former basketball star, he's as tall as his truck, and he can hold a cabbage, or a basketball, in one hand. But what is most special about Farmer Will is that he can see what others can't see. When he looked at an abandoned city lot he saw a huge table, big enough to feed the whole world. No space, no problem. Poor soil, there's a solution. Need help, found it. Farmer Will is a genius in solving problems.

The book will be donated to school or classroom libraries around Steuben County with a bookplate recognizing the donor and our celebration of New York Agricultural Literacy Week. **Please help us make sure schools can receive this book by donating \$12 for each book that we will distribute.**

[Donate here](#)

[Read more here...](#)

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**It's Maple Season!**

March brings with it the first agricultural crop of the year: maple! New York's maple producers will be working around the clock this month to turn sap into the sweet syrup we all know and love. New York's annual Maple Weekend is a chance to learn about the maple sugar making processes and traditions and an opportunity to taste pure maple syrup in its many forms – right from the source. This event is organized and sponsored by the New York State Maple Producers' Association. Visit [mapleweekend.nysmaple.com](http://mapleweekend.nysmaple.com) to learn more about maple weekends.



Commissioner Ball will also be participating in several tree tapping events in March, including on a NYS Grown & Certified maple farm, helping to highlight the importance of maple to the agricultural industry and to the New York State economy. New York is the second-largest maple syrup producer in the country.

Additionally, there are more than 70 maple producers participating in the NYS Grown & Certified program! NYS Grown & Certified producers abide by food safety and environmental sustainability standards and help people to recognize and choose local products.

**Learn more about Grown & Certified and find maple products in your community**

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**Taste NY is celebrating Maple Month!**

Sap is flowing and Taste NY is celebrating Maple Month! New York State is home to over 2,000 maple sugar makers, and Taste NY markets across the state are offering sampling through a special Maple Madness promotion all month long.

Stop by any market, sample different products, and fill in a bracket to vote for your favorite New York maple product. Find a list of markets at [taste.ny.gov](https://taste.ny.gov).

You can also shop for New York State maple from home on [shoptasteny.com](https://shoptasteny.com). Save 10% on your order during March with the code “MapleMadness”.



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## Western New York Collaborative Farming: A Workshop

Buffalo Go Green (BGG) and Cornell Cooperative Extension of Erie County (CCE Erie) are hosting a workshop to explore the potential of collaborative farming in Western New York. The workshop will be held on **March 5, 2022 from 10:00 am - 2:00 pm**. Participants can attend via Zoom or in-person at the Aurora Senior Citizens Center (101 King Street, East Aurora, NY, 14052).



Farm operators, Greg and Elisabeth Putney of Rise'N'Swine Farm and Michael and Stephanie Parkot of Always Something Farm, will discuss their production models. These two families have entered a collaboration that will strengthen each farm's bottom line. Andrew Delmonte of Cooperation Buffalo will give an overview of worker-owned cooperatives. Ian McSweeny of Agrarian Trust will explain Agrarian Commons, a community-based approach to land ownership and stewardship.

After the presentations, attendees are invited to stay for a light lunch and a more in-depth conversation about how these replicable models could be implemented in Western New York to continue building a farming and food system that boosts community, equity, prosperity, and quality of life.



[More information and registration here](#)

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## **Understanding and Mitigating Lameness**

### **March 22**

**10:00 a.m. - 12:30 p.m.**

This virtual workshop is for anyone who works with dairy cattle. This program will cover how to identify lameness, what factors cause lameness, and practical strategies to avoid and mitigate lameness on your dairy.

[For more information and to register](#)

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## **Attention FLX Grape Growers - Registration for B.E.V. NY is Open!**

*Tuesday, March 29 – Thursday, March 31, 2022*

Time to put this year's B.E.V. NY conference on your calendar and get signed up to attend! After a lot of conversation and consideration (and input from some of you as well), we have decided that we are going to hold this year's conference as a *fully virtual* event again, as we did in 2021. And just like last year, your \$100 registration fee allows you to "attend" as much or as little of the conference as you want. The "all you can eat buffet" for business, enology and viticulture information, or as we Norwegians would call it, a smorgasbord.

[Learn more and register here.](#)



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**CCE Madison offers Ag Marketing sessions**

CCE Madison will be hosting an online Marketing Series with everything you need to boost your Ag Business! Katie Becker will be leading this series. Each class begins at 10am. Melissa Davis will be there to talk about how you can put what you learn from Katie into practice at our new Ag Business Center located at CCE Madison, 100 Eaton St. Morrisville.

- **March 8th: Marketing 101**
- **March 15th: Social Media 101**
- **March 22nd: Websites 101**
- **March 29th: Marketing Hacks 101**

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## Useful Links

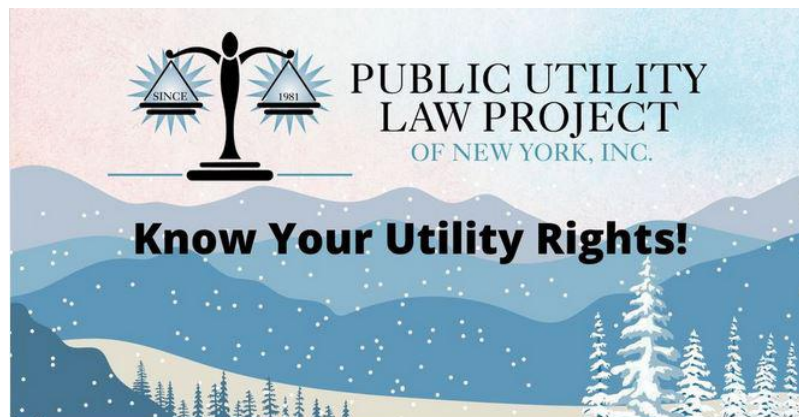
- **Latest issue of Steuben County Ag News**
- **Sign up here to receive future Ag News issues**
- **February Dairy Watch**



## Financial & Consumer Education News

**Know Your Utility Rights!**  
**In light of recent utility rate price surges**  
**March 16**  
**6:30-7:30 p.m. online**

Were you one of the thousands of New Yorkers who opened your electricity and gas bills and saw that they'd gone through the roof? Natural gas prices caused a shocking increase in our NYSEG



gas and electric bills. Area HeatSmart programs and Fossil Free Tompkins are hosting a webinar with the [Public Utility Law Project \(PULP\)](#) who will give a presentation and answer your questions.

[Click here to register](#) for a Zoom link and phone-in option.

Please let your HeatSmart Campaign Director know of any accessibility needs a week in advance so we can try to accommodate. A call-in option is available along with slides to be emailed/mailed ahead of time.

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## **Five Critical Estate Planning Documents ...and five more you may want to consider!**

**March 17, 2022, 3:00 PM - 5:00 PM**

Is your estate plan a comprehensive estate plan which includes all of the five critical documents? Do you know what could happen if you don't have one or more of these documents in place? Cornell Cooperative Extension of Steuben County is offering a **free workshop** to answer these questions, **Five Critical Estate Planning Documents ...and five more you may want to consider** on **Thursday, March 17 from 3:00 – 5:00 p.m.** at the Dormann Library, 101 West Morris Street, Bath.



Patrick Roth, Elder Law Attorney, CPA from Corning, will lead the workshop and discuss such topics as:

- What can happen if you never get around to completing your plan?
- What do each of these documents do and what happens if you don't have them.
- Learn how to prevent disaster from striking you and your loved ones.

The workshop is free, but registration is required. Register your free space by calling 607-664-2300.

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## **Free workshop on Long Term Care Planning March 23, 2022, 1:00 PM - 3:00 PM**

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 Wednesday, March 23** 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.

Register your free space in this class by calling 607-664-2300.

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## **The Great Debate: Wills versus Trusts**

**April 6, 2022, 3:00 PM - 5:00 PM**

Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed on. Unfortunately, then it is too late. Join us for an informational look at planning with Revocable Living Trusts in a **free** workshop called **Wills versus Trusts** on **Wednesday, April 6** from 3:00 - 5:00 p.m. at the Fred & Harriet Taylor Memorial Library, 21 William Street, Hammondsport.



Cornell Cooperative Extension of Steuben County again partners with Patrick Roth, Elder Law Attorney, CPA from Corning, to lead this workshop. He will present such information as:

- How can a Revocable Living Trust based estate plan help protect you and secure your family's future?
- Do you know the unknown truths about planning with a Revocable Living Trust?
- Discover the 16 situations in which a Trust can have legal advantages over a Will.
- Learn the truth about the hidden costs of a Will based estate plan that no one talks about.

The workshop is free, but registration is required. Please call Cornell Cooperative Extension at 607-664-2300 to reserve a space.

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## **SAVE THE DATE:**

### **The 8th annual Southern Tier Women's Financial Conference is scheduled for September 24, 2022**

The 8th annual Southern Tier Women's Financial Conference will be held on September 24, 2022 at [The Center on Park Avenue](#) in Corning. Over 40 women in 2021 enjoyed our speakers listed below and had an amazing time learning about financial and health topics. Please [view the photos from the event here](#), and plan to join our 2022 conference! Visit our [Facebook Page](#) for the latest details about how you can join other women as we learn how to improve our mind, body, and checkbook!

[Registration and more details will be available soon here](#)





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Visit the finance page on our website for additional programs in the future

## SNAP-Ed New York News

**We're Hiring! Join the SNAP-Ed New York Team and Make a Difference!**

The SNAP-Ed New York – Southern Finger Lakes Region is currently seeking a **SNAP-Ed NY Nutritionist** to be based out of the CCE Steuben office in Bath, NY. This position is responsible for leading the delivery and implementation of nutrition education programming to improve healthy food and lifestyle choices among SNAP-eligible families and individuals encompassing all age groups within Steuben County.



If you have experience in nutrition, community or health education, or public health and are looking for an opportunity to make a difference in your community, consider joining our team today!

**Learn more about this position and apply [here](#)! Applications will be accepted through March 9.**

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## **Celebrate National Nutrition Month with SNAP-Ed New York!**

March is National Nutrition Month! This year, the Academy of Nutrition and Dietetics is urging Americans to “Celebrate a World of Flavors”, embracing global cultures, cuisines, and inclusivity. Exploring ingredients and recipes from around the world is a tasty way to nourish ourselves and appreciate our diversity.

Expanding horizons by experimenting with international flavors and cuisines allows for the opportunity to add variety to healthy eating routines. Many cuisines offer dishes which include foods from each food group, so it’s possible to plan



meals that are nutritious, well-balanced, and bursting with flavor. In addition to keeping things interesting, the use of unfamiliar fruits, vegetables, whole grains, and spices can add valuable nutrients and health benefits to the routine.

Observing National Nutrition Month is a great way to form new health habits that could last a lifetime. Try these simple tricks to celebrate a world of flavors:

**Vary your breakfast by including ingredients and flavors from around the world:**

On the go? Try combining tropical fruits like mango or papaya with ice and low-fat yogurt for a delicious and nutritious smoothie. Switch up your whole grains by trying Scottish oatmeal or bulgur paired with low-fat milk and fruit.

**Plan to make healthy cultural recipes with seasonal ingredients throughout the week:**

Go meatless with a spicy lentil stew from India. Try cabbage stuffed with lean ground meat and brown rice for a balanced one-pot dish from the Middle East. For warmer weather, go for no-cook options like vegetable-packed salads with whole grains, tuna, and vinaigrettes that are high in heart-healthy fats.

**Spice up your snacking habits by including two or more food groups:**

Spread fruit chutney on whole grain toast or low-fat cheese. Dip corn tortilla chips in salsa or guacamole for a crunchy option. Pair whole wheat pita triangles with hummus or tzatziki, a yogurt-based spread made with cucumber, garlic, and dill.

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**Celebrate a world of flavors with low-cost, healthy, and simple recipes from [snapedny.org](http://snapedny.org)! Check out some global examples below:**

Low in cost and full of flavor, this [Curried Potatoes with Red Lentils](#) recipe is a highly nutritious meat-free option.

Add some zest to your breakfast routine in under 30-minutes with this five-ingredient [Huevos Rancheros](#) dish.

At just 80 cents a serving and an Italian favorite, this [Tomato Bruschetta](#) is a quick and balanced snack option.



Originally from Switzerland, muesli is a cold oatmeal dish made from rolled oats, nuts, seeds, and fresh or dried fruit. This [Very Berry Muesli](#) is a great on-the-go breakfast option.

**For more information on National Nutrition Month, check out [www.eatright.org](http://www.eatright.org).**

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*Sources: [eatright.org](http://eatright.org)*

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SNAP-ED NY PRESENTS:

# Cultural Cook Alongs

FREE ONLINE NUTRITION WORKSHOPS  
CELEBRATING NATIONAL NUTRITION  
MONTH

FOR QUESTIONS OR TO REGISTER,  
EMAIL [KNW38@CORNELL.EDU](mailto:KNW38@CORNELL.EDU) OR CALL  
(607) 664- 2300



*Tuesdays in  
March  
from 3 PM- 4 PM  
over Zoom*

INCORPORATE  
YOUR  
FAVORITE  
CULTURAL  
FOODS AND  
TRADITIONS  
INTO HEALTHY  
MEALS

 **SNAP-Ed  
New York**  
SAVE TIME. SAVE MONEY. EAT HEALTHY.  
SOUTHERN FINGER LAKES REGION

For special accommodations, please call (607) 664- 2300 in advance.

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



**Cultural Cook Alongs** will be held Tuesdays in March from 3:00-4:00 p.m. online. For questions or to register, contact [knw38@cornell.edu](mailto:knw38@cornell.edu) or call 607-664-2300.

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Visit [www.snapedny.org](http://www.snapedny.org) for more tips and resources to help you and your family save time, save money, and eat healthy!

View this month's [Finger Lakes Food News](#) here

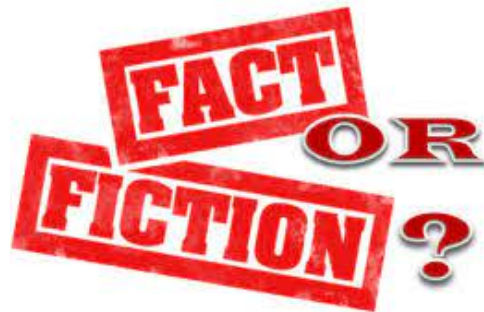


## Expanded Food and Nutrition Education Program News

### Celebrate your nutrition knowledge

It's National Nutrition Month® and time to celebrate your nutrition knowledge. Read each statement below—is the statement FACT or FICTION?

1. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt.
2. All carbohydrate foods, also known as “carbs”, are the same and provide no nutritional value.



- 3. All vegetables offer the same types and amounts of vitamins and minerals**
- 4. Only foods that taste salty are high in sodium.**

If you guessed FICTION for each statement, give yourself a pat on the back! You are correct!

1. All Americans need to limit their intake of added sugars and salt. One way is to explore herbs, spices and seasoning blends used by cultures around the world! Not only will you try something new, with different flavors, you may reduce the amount of added sugars and salt you eat.
2. 'Carbs' are found in fruit, vegetables, grains and dairy foods and are healthy choices for everyone. Carbohydrates give your body energy to do what you need to get done each day. Try a fruit and vegetable from another culture to boost flavors in familiar dishes. Look for whole grains like quinoa and use it in place of white rice in a favorite meal. Kefir and goat's milk cheese are healthy dairy products to try.
3. The saying 'Eat A Rainbow' encourages people to choose a wide variety of colors when eating fruits and vegetables. The colors provide different vitamins and minerals, so variety is key. Try a new fruit or vegetable and build a rainbow of produce choices in your meals.
4. The only way to know if a food is high in sodium is to read the Nutrition Facts Label. 20%DV of sodium means the food is high in sodium. Try comparing food produced by the different companies to find the lowest sodium choice or make it from scratch to lower the sodium.

*Quiz questions from Academy of Nutrition and Dietetics, National Nutrition Month 2022 Quiz*

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## Celebrate National Nutrition Month® with MyPlate

Here at MyPlate we celebrate nutrition every day, but during the month of March we are especially excited to participate in National Nutrition Month®! For the next couple of weeks, we will be hosting activities, sharing resources and more!

This year's National Nutrition Month® theme is “Celebrate a World of Flavors,” and as part of the celebration, we’re inviting you to share your cultural plates and meals. What foods, flavors, and recipes are you, your friends, or your family known for? Use the hashtag #CelebrateMyPlate to show us your plates on social media and let's celebrate a "world of flavors" together!

Need some #CelebrateMyPlate inspiration? Here are a few examples from MyPlate staff:

“Bean soup is home for me and a staple in most Latin American countries, including Colombia where I’m from. I love beans because they are not only rich in flavor, but they are also a great source of fiber and protein.”

*Jo, MyPlate Nutritionist*

"A stew of lentils, rice, veggies, and a dollop of yogurt is a regular meal from our Greek heritage that we have pretty often."

*Corey, MyPlate Nutritionist*

"Making jiao zi, Chinese dumplings, brings back fun memories of “helping” my mom fold dumplings for family meals. These are su jiao, vegetable dumplings – delicious steamed and served with a black vinegar-ginger dipping sauce!"

*Stephenie, Senior Policy Advisor*





#CelebrateMyPlate



#CelebrateMyPlate



#CelebrateMyPlate



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[Contact Pat Lamphier for class information](#)

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[Download this month's edition of the EFNEP Newsletter](#)



**4-H Youth Development News**



**4-H GROWS HERE**

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**How 4-H members earn award trips**

4-H members are selected for county 4-H award trips based on achievement and merit. A volunteer selection committee determines award trip winners after reviewing the Junior Activity Reports (JAR) and the Senior Summary Reports. Selection criteria is based upon evidence of achievement in project work, leadership practiced at club and county levels, citizenship practiced in the local community, participation in ongoing 4-H educational events and activities, and appreciation of the educational and social benefits of the 4-H experience.

Depending on the particular trip, there is little or no cost to the 4-H member selected to participate on a 4-H award trip. All 4-H award trips are chaperoned by the 4-H staff and/or carefully selected adult 4-H volunteers, including parents.

Below is a description of some of the Steuben 4-H awards Trips:



### **Dairy Discovery**

This annual program provides New York youth with fun, hands-on science-oriented learning experiences in dairy production and management topics that feature the unique facilities, industry professionals, and staff at Cornell University. The statewide program for youth ages 14 to 19 years-old is held one Saturday in March. Youth learn about dairy careers by rotating through a series of hands-on stations that focus on specific aspects of the dairy industry. **This program is not limited to any organization, 4-H project members, FFA youth, and others with a dairy interest or desire to learn about dairy are all welcome.**





### **4-H Capital Days Award Trip**

Capital Days is a two-day annual state 4-H event held in Albany, New York. Each county in the state may send two delegates to represent their county. 4-H Capital Days has been occurring for over 70 years and continues to give youth an opportunity to achieve a better understanding of the New York public policy process and state/local government relations, meet and interact with legislator and tell their 4-H story, create an awareness of career opportunities in NYS government and network with delegates from other counties. The program includes tours of the NYS Capitol and NYS Museum, Corning Tower, department visits, and meetings with local state representatives.



### **Citizenship Washington Focus (CWF)**

CWF is a six-day intensive summer citizenship program for youth age 14-18. CWF delegates learn about the democratic process and their role as citizens while they experience our nation's capital. Get the inside scoop about how government really works from prominent guest speakers. College-age program fellows lead bill writing workshops, a national issues forum and mock elections and congressional sessions

that prepare you for leadership now and in the future. 4-H delegates from across the country broaden their appreciation and respect for themselves and others in the world through civic workshops, committees, field trips and social events. Participants learn and practice skills intended to make them better citizens and successful individuals.



### **4-H Career Explorations Conference**

For over 70 years, Cornell Cooperative Extension's 4-H Youth Development program has conducted a three-day event for youth on the Cornell University campus. The purpose of this program, now called 4-H Career Explorations, is to provide youth with exposure to academic fields and career exploration, to develop leadership skills, to provide hands-on experience in a college setting and to introduce them to Cornell University. 4-H Career Exploration programs allow youth to have fun while learning about science, technology, humanities and... themselves.



### State Teen Action Rep Retreat

This is a three-day fun-filled event where 4-H teens, ages 13 – 19, participate in a variety of workshops and activities meant to challenge, excite and further develop life skills. STARR Program is open to all NYS 4-H Teens and their adult chaperones. The event is planned by teens and adults serving on the youth/adult STARR planning committee.

## Upcoming 4-H Programs & Opportunities

### 4-H Dog Obedience Classes

Mondays, March 7th & 21st

5:00 pm

Howard Community Building

[Contact our office for details](#)

### Regional 4-H Horse Quiz Bowl

March 12

[Contact our office for details](#)

### 2022 NYS DEC Pheasant Chick Program

Day-old chicks are available at no cost to participants that can provide a brooding facility, covered outdoor rearing pen, and an adequate release site. Approved applicants will receive the day-old chicks in April,

May, or June. No chicks obtained through the Day-Old Pheasant Chick Program can be released on private shooting preserves and all release sites must be approved in advance by DEC and be open for public pheasant hunting



opportunities. The program is funded through the State Conservation Fund from license fees paid by hunters, trappers, and anglers.

For more information about the program, contact Jenny ([jmg422@cornell.edu](mailto:jmg422@cornell.edu)) or call 607-664-2576.

To order through the CCE Office, please [click here!](#)

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## The Northeast Region Volunteer Committee

The North East Region Volunteer Committee is coming together to provide a monthly opportunity for volunteers. Each session will provide an opportunity to network with volunteers across the region and discover new activities and ideas to enliven your work with youth.

The North East Region 4-H Volunteer Connection will be held March 16th, 6:30-8:30pm:

- **Expanding possibilities for youth** The pandemic has increased isolation and diminished opportunities for many youth. 4-H can offer youth ways to expand their world. We will discuss how volunteers can mentor youth and help them make connections, try new things, and take positive risks-even during a pandemic.

### [Registration Link](#)

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## Dairy Discovery 2022 March 26 @ Cornell

We are excited to welcome youth back to campus for an in-person Dairy Discovery program in 2022! Please note that this year's program will be one day, March 26th, at Cornell University in Morrison Hall.



The annual Dairy Discovery program provides New York teens (ages 14-19) with fun, hands-on science-oriented learning experiences in dairy production and management topics that feature the unique facilities, industry professionals, and

staff at Cornell University. Youth learn about dairy careers by rotating through a series of hands-on stations that focus on specific aspects of the dairy industry. Dairy Discovery workshop topics change each year but include: Dairy Herd Health and Management, Calf and Heifer Production Management, Quality Milk and Milk Production, Whole Farm Management Planning, and Maximizing the Feed Management Program.

Participation is limited to the first 75 youth who enroll by deadline because of the hands-on approach. Youth who are 14 to 19 years of age on January 1 of the program year and have an interest in dairy cattle and production management are eligible and strongly encouraged to attend (with their parents or chaperones). This program is not limited to any organization, 4-H project members, FFA youth, and others with a dairy interest or desire to learn about dairy are all welcome.

**REGISTER HERE!** Steuben County's 4-H Program has sponsorships available for county enrolled youth and their chaperones! **Contact us** if you're interested about learning more!

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## **Animal Crackers 2022** **Sat. May 7 @ Cornell!**

Animal Crackers 2022 “All Creatures Great and Small” to take place in-person on the Cornell Campus on Saturday, May 7, 2022. This year’s program will highlight the following species: equine, bovine, goat, and dog. See the **2022 Animal Crackers Topics** (*coming soon*) page for more information. Examples of some of the fun things participants have

experienced in the past: The Cornell Raptor Program, ultrasound technology, Herding dogs at work, Disc dogs in action, barrel racing, driving, poop soup, and more!

The program is geared to 4-H members involved in animal science projects. Youth are strongly encouraged to attend with their parents or chaperones. Suggested age range is 8-12, however, all youth 8 and up are welcome. This is a unique opportunity for youth to experience hands-on activities, explore career options in animal science, and expand their knowledge through scientific inquiry. Cost is \$20 per youth, which covers all eight (8) sessions. Adult chaperones are free.





Registration closes April 22, 2022 for planning purposes. STEUBEN COUNTY has funds available to cover the registration cost!

All attendees will be responsible for following Cornell's covid precautions and guidelines to be able to attend this event. Youth/Families **MUST** register through their local 4-H Office. More information will be available soon!

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**Hoard's  
Dairyman  
Cow  
Judging  
Contest**



**National Contest** - Due March 24, 2022

Steuben County 4-H is looking for team entries! Double your chance of receiving a cash prize by entering as part of a team (top 4 teams awarded). Youth entered as part of a team are automatically entered as an individual (top 12 awarded). To be a part of the County 4-H Team, please contact Jenny at [jmg422@cornell.edu](mailto:jmg422@cornell.edu) with your placings for each class by March 18th.

County Contest - please use the online format by [clicking here!](#)

Paper copies are available at the CCE Office or can be sent by request.  
Please [email](#) Jenny or call 607-664-2576

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**SAVE THE DATE!!**

Mark your calendars for the 50th annual ....



## Steuben County 4-H & FFA Market Animal Sale



**WHEN:** Saturday August 20th, 2022 @  
1:00 PM

**WHERE:** The Steuben County Fairgrounds  
Livestock Pavilion  
(Directly behind the Sheep & Swine Barn)

**WHAT:** 4-H & FFA raised Rabbits,  
Chickens, Turkeys, Goats, Lambs, Hogs,  
Steers

**QUESTIONS? CONTACT THE SALE COMMITTEE**

- Robert Nadjadi (607-329-5718)
- Sabrina Elliott (607-536-0252)
- Teresa Chapman (607-368-1674)
- Julie Reep (607-426-0773)
- Paul Knowles (607-542-0982)

**Cornell Cooperative Extension  
Steuben County**

Cornell Cooperative Extension in Steuben County provides equal program and employment opportunities.  
Please contact the Cornell Cooperative Extension of Steuben County office at least a week in advance if you have any special needs.

[More information on the sale can be found here](#)

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## Save the date for County and State Fair

The 2022 [Steuben County Fair](#) will be held August 16-21, 2022  
The [New York State Fair](#) will be held August 24 - September 5, 2022.

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### FLX 4-H Learning Launchpad

Join us for virtual learning sessions on Facebook for a number of 4-H project opportunities.

[Join us here!](#)



## Community News

### United Way of the Southern Tier's Dolly Parton's Imagination Library News

#### St. Patrick's Parade Marchers Needed

United Way of the Southern Tier's chapter of Dolly Parton's Imagination Library needs marchers for the Horseheads St. Patrick's Day Parade on Saturday, March 12, 2022. Please let me know by Tuesday, February 22, if you can volunteer. The parade forms at 1 p.m. and kicks off at 2 p.m. The route is just under 2 miles. I'll have St. Patrick's Day aprons for all to wear as we hand out Imagination Library registration information to parade watchers. [Drop me a line](#) or call me at 607-377-5834 if you can help.

#### February Book Titles

Here are a few of the titles headed to local homes this month as a result of Imagination Library: "Bedtime for Baby," "Sleep Train," "Max & the Tagalong Moon," and "Where Is Your Nose?"

#### By The Numbers

As of today, 4,596 children across Chemung and Steuben counties are enrolled in the library and are receiving a free book by mail each month. Another 2,372 children have graduated from the local program, having received books and then aged out with their 5th birthday.

#### Dolly Bakes



A collage featuring Dolly Parton smiling and holding a book, surrounded by various children's books and a circular logo for the Dolly Parton IMAGINATION LIBRARY. A blue ribbon banner across the bottom reads "Inspire a Love of Reading".

On March 6,  
across the  
United States  
families and  
loved ones  
remember the  
lives lost to  
overdose. This  
day has become  
known as Black  
Balloon Day.  
This  
international event



brings awareness to overdose deaths. The first event was started by Diane and Lauren Hurley in remembrance of Greg Tremblay. Tremblay, a father of four, died of an overdose when he was 38 years old on March 6, 2015.

Drug overdose is the leading cause of accidental death in the United States (National Institute of Health). Americans are more likely to die of an opioid overdose than they are from a car accident or by a gun. Black Balloon Day helps create awareness around the important issue of providing support to those struggling with substance use disorder and their loved ones. In 2021, 15 lives were lost to overdoses in Steuben County.

On March 6th we are remembering those lives lost and partnering with the Opioid Committee to host a Community Conversation about opioids and overdose deaths. Substance use has many costs and it is important to remember that beyond finances is the loss of life. Children lose parents, parents lose children, friends lose loved ones and so much more. One of the best things that we can do is to talk openly and honestly about substance use and in those conversations remove stigmatizing language and counterproductive ideologies about decision making. Together we can all work to prevent substance use and in turn work together to save precious lives and keep families in tact.

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Mon-Fri 8-5 Sat 8-Noon  
**607-478-8858**

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Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well-being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world. Cornell University Cooperative Extension provides equal program and employment opportunities.

CCE does not endorse or recommend any specific product or service.  
 This newsletter is solely intended to educate consumers about their choices.

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