Welcome 2017 in with a healthier you!

1. The MyPlate Team welcomes you to join us for a fun and competitive way to start the New Year - join our MyPlate New Year's Challenge!

The MyPlate Team is hosting a 5-week challenge, featuring a new food group each week along with physical activity. Join our New Year's Challenge now by visiting our MyPlate New Year Challenge page or by searching for "MYPLATE" on SuperTrackers Join Group page. Every Monday in January we will host 4-day food group & physical activity challenges; a new food group will be added each week. The winner of each challenge will be announced on Fridays.

It's never too late to join, so make sure to share this opportunity with your friends, family, and coworkers!:
2. **Shift to Healthier Food and Beverage Choices.**

3. **Fruit Infused Water recipes**

4. **Personal Pizza recipe**

**Take the Water Challenge!**
Guthrie, Smart Steuben, and CCE-Steuben are partnering on a Water Challenge for Steuben County! So drink up if you want to participate, and share with everyone you know! Let’s make 2017 a healthier year!

How’s it work? Print off a copy of the challenge sheet and check off a glass of water for every 8 ounces of water, flavored water, or other unsweetened beverage you drink (for a total of 64 ounces daily). You must drink 64 ounces of zero calorie beverages every day for 30 consecutive days in order to qualify for the final drawing.

Submit your completed forms by February 28, 2017 at Cornell Cooperative Extension in Bath, HealthWorks Wellness & Fitness Center in Painted Post, Guthrie Corning Hospital Cafeteria, or email photo of completed form with name and phone number to: waterchallenge@guthrie.org.

The drawing will be held Friday, March 3, 2017. Participants must be a resident of Steuben County to participate. Prizes are: 1st place - mountain bike, 2nd place - 1-month HealthWorks membership, 3rd place - Guthrie Corning Hospital Cafeteria meal voucher for two.

[Download your challenge sheet here.](#)

**Upcoming Agriculture Programs**

**Winter Markets now include Bath!**

Bath now has a winter farmers’ market. It is open every Thursday from 2:30-6:00 p.m. at the Bath Fire Hall at 50 East Morris St. The public is welcome and there is free parking.
parking. Come enjoy some local foods and products during the cold winter months!

To get updates on the market, text BATHFM to 51555 on your smartphone!

The Painted Post Farmers' Market is open this month on January 14 and 28. It is held from 11:00 am to 3:00 pm on two Saturdays per month at the Local 313 Union Hall, 225 Steuben St., Painted Post.

Corning Winter Farmers' Market is open for another great season from 11 am to 3 pm, at the Corning Information Center on 1 Market Street on the 1st and 3rd Saturdays through April. This month they will be open January 7 and 21.

SNAP/EBT benefits are accepted at these markets.

Visit our Local Foods page for these and other winter markets! For more information, call CCE-Steuben at (607) 664-2300, or email Stephanie Mehlenbacher at sms64@cornell.edu.

Listen to our Winter Market Commercial

Online Course for Farmers
Tuesday, January 17, 2017, 6:30 PM - 8:00 PM

Develop an action plan for your farm to stay one step ahead of climate change. The earth's climate is always in flux, but today's rate of change is far beyond what previous generations of farmers have had to face.

In this six-week online course, learn to identify the key impacts on your farm, and how to develop a plan of action to both increase resiliency to extreme temperature and precipitation events, or short term drought, as well as strategies to reduce your farm's greenhouse gas footprint.

More details...
Beekeeping for Beginners

On Saturday January 21st, in partnership with the Southern Tier Beekeepers, Cornell Cooperative Extension of Broome County is offering a Beginning Beekeeping workshop at 9am and 1pm. 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.

More details...

WNY Maple School
Saturday, January 14, 2017, 9:00 AM - 3:30 PM

The Western New York Maple School & Trade Show is a great place to network, ask questions and get the help you want. Educational programs are open to all maple enthusiasts from beginners to the more experienced. Participants are welcome from counties throughout NYS and PA.

More details...

Save the Date: Locally Grown Food Fest

This year’s event will be February 24

More details....

Let us help you manage your home finances effectively

January Financial Classes

The following free classes will be held at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning:

Clear the Clutter and simplify your life and finances
Thursday, January 26 from 5:00-8:00 p.m.
It's a new year, and you're feeling inspired to make a big change this year. We have just the class to help! Are you overwhelmed by the...
sheer volume of stuff in your life? Is clutter impacting your finances? Come discover some strategies to clear the clutter and simplify your life!

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

**Tuesday, January 24 from 1:00 - 3:00 p.m.**

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? Come learn what these documents do, why they are important and what happens if you don’t have them.

**Who Gets Grandma’s Yellow Pie Plate?**

**January 31 from 1:00-3:00 p.m.** Explore the sensitivity of guiding the passing on of personal possessions. Learn how to initiate discussions about sensitive issues, determining what fair means, identifying special objects, successfully transferring non-titled property and managing conflicts.

**SAVE THE DATE NEXT MONTH:**

**The Great Debate: Wills versus Trusts**

**Monday, February 6 from 1:00-3:00 p.m.** Estate planning today is more complicated than it has ever been. Often, mistakes in a plan are not discovered until someone has passed. Unfortunately, then it's too late. Join us for an informational look at planning with Revocable Living Trusts.

To register for any of the above classes, please call 607-664-2300.  
Learn more about finances on our website

**Dear Friends of Extension:**

2016 was a year of tremendous change for Cornell Cooperative Extension of Steuben County as veteran Executive Director Thomas N. Tomsa Jr. retired after 16 years with Extension and we welcomed new leadership. New Executive Director, Larkin Podsiedlik, brings a fresh energy and a focus on the future to CCE Steuben, with her background in program development, nutrition, and local food systems.

As you can see from the pages of this report, our programs and staff were everywhere in 2016, from the farm fields during an exceptionally difficult growing year, to schools and food pantries.
teaching research-based education. Staff provided stellar programs to support farm production, empower families with money-saving skills, and enhance youth development through STEM and civic engagement.

In 2017, Cornell Cooperative Extension will undergo a strategic planning process at the state level; CCE Steuben will also complete a strategic plan that is long overdue to realign our work with the research base of Cornell University and the local needs of Steuben County residents. We will be soliciting public input into program priorities to help guide our plan of work through 2020 and beyond. In times of change, our need for coming together as a community is stronger than ever. We rely on the support of the community to help set direction, guide our programming, and keep us moving forward in the face of transition.

On behalf of the Board of Directors and staff of Cornell Cooperative Extension of Steuben County, it is our pleasure to present the 2016 Annual Report. Please join us in 2017 by volunteering your time, donating to support programmatic efforts, or attending a program. We look forward to addressing the challenges faced by the people of Steuben County in 2017 and pledge to focus on what matters most to our community in the coming years.

Download the CCE Annual Report for 2016

Stephanie's Picks

Winter gardening tips can be found here

Time to start thinking about seed starting for a jump start to your gardening season. Find useful information here

Agriculture in the Classroom
Looking for Volunteers and Donors for Ag Literacy Week

New York Agriculture in the Classroom and CCE-Steuben would like to invite you to be a reader for the 11th annual Agricultural Literacy Week to be held March 20-24, 2017. Last year, over 2,000 books were read to over 52,000 second graders throughout New York State.

This year’s book is The Grapes Grow Sweet written by Lynne Tuft. We would like to ask you to consider participating in this educational event by reading The Grapes Grow Sweet to a classroom during Agricultural Literacy Week. We believe that your involvement would be an exciting venue to publicly support agriculture and provide an educational opportunity for children throughout New York State to learn about the essential grape industry and the role the grapes play in the food system and our state’s economy.

Volunteers will be visiting local elementary schools throughout the week of March 20-24, 2017 to read and talk to children about New York’s agriculture industry. At the conclusion of the day’s activities, the book will be donated to the school or classroom library so students and teachers have it to reference throughout the school year. This book is a captivating glimpse of growing up on a vineyard, and it takes students through every aspect of growing grapes, paired with Julian’s excitement about participating in his first grape harvest.

Another way you can help is to donate a book to one of our county school libraries. Each book costs just $12. To find out more about reading this year’s book to a classroom or donating a book, please contact Kim Randall at 607-583-3185.

More information about Agricultural Literacy Week

4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.

See what our 4-H'ers are doing!
Visit our website and download the latest copy of the Steubenenite. Beginning on page 24 is a list of activities and photos that the Steuben County 4-H members have been involved in. We are so proud of our 4-H members, and we are sure you will be too!

Cloverbud Day - Jan 28th
There is a fun program just for Cloverbuds, the youngest of the 4-H members. Visit our website to find out how to enroll your child in the Cloverbud 4-H program and participate!
Steuben County 4-H Robotics Program
Ages 9-18 welcome!
The Steuben County 4-H Robotics will meet January 17 and 24 from 6:00 - 8:00 p.m. at the Howard Community Building. Contact Marlaina Bennett: 607-661-6383 or Kim Randall at ksb3@cornell.edu or at 607-583-3185.
For more information visit our website

4-H Public Presentation Workshop
A new workshop will be held Saturday, January 28, 2017 from 10:00 AM - 11:30 am at the 4-H office. Steuben County and the Finger Lakes District are changing to the evaluation forms used at the state level. This county-wide workshop will review the new forms. A new category on Interviews has been added for older members and that information will also be available. This workshop is aimed at judges, 4-H parents, and leaders.
The registration form is on the website

LAST CALL FOR REGISTRATIONS!
4-H Tractor and Machinery Operation Certification Program deadline is Jan 6
Youth who will be 14 and over as of March 1, 2017 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 $20.00 for 4-H members to cover the cost of materials and is payable to CCE by Friday, January 6th with the registration form, the Tractor Acknowledgement of Risk Form, the CCE permission Slip/Medical Release form which can be found on the website or these forms can be found on the lefthand sidebar or by contacting Kim at Cornell Cooperative Extension at 607-583-3185.

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 Friday, January 6 which is found on the above website and pay the $10.00 4-H enrollment fee.

Upcoming 4-H Tack Auction
The 4-H Horse Program will hold a JP’s North Equine Tack and Supply Auction on Saturday, February 18, 2017 at 1:00 p.m. at Empire Livestock, Route 415, Bath. There will be a noon preview. The proceeds will benefit the Steuben County 4-H Horse Program. Tasty food and snacks will be available for purchase!

SAVE THE DATES:
Ag Literacy Week - March 20-24, 2017
Vet School Open house - April 1, 2017
Steuben County Fair - August 15-20, 2017

Southern Tier Outdoor Show

New Outdoor Show vendor spots are starting to fill up!

We've got the new layout ready for our 2017 show. The show is moving to the Steuben County Fairgrounds, and we have even more indoor space than ever before. That's a good thing since the October weather can be rather unpredictable!
Consider being a vendor in this great new location!!!

Sponsorship information

Follow us on Facebook!

Together we can build an even better second decade! We need volunteers to help both at the event and throughout the year for planning. Our first bi-monthly meeting will be held January 10 at 1:00 p.m. at the CCE-Steuben office in Bath. Please call Carla Dawejko at 607-583-3224 or email crd24@cornell.edu if you would be interested in being on a committee to help us plan the 2017 show.

A round the Community...

Girls on the Run of the Southern Tier Seeks Volunteer Coaches for Spring 2017 Season

The Girls on the Run of the Southern Tier Council is seeking coaches for their 2017 spring season of Girls on the Run. Coaches will co-coach a team of 10 to 15 girls. Teams meet twice a week for ten weeks. Coaches are still needed at the following sites:

- Bath Elementary (3rd-5th grade: Mon/Wedn.-3:30 pm-5:00 pm)
- Calvin U. Smith (3rd-5th grade: Tues. Thurs.-3:00 pm-4:30 pm)
- Carder (3rd-5th grade: Mon/Wedn.-3:15 pm-4:45 pm)
- Campbell Savona Elementary (3rd-5th grade: Tues/Thurs.-3:00 pm-4:30 pm)
- Cohen (3rd-5th grade: Mon/Wedn.-2:45 pm-4:15 pm)
- Dundee (3rd-5th grade: Tues./Thurs.-3:45 pm-5:15 pm)
• Dundee (6th-8th grade: Tues./Thurs.-4:00 pm-5:15 pm)
• Erwin Valley (3rd-5th grade: Tues./Fri.-2:45 pm-4:15 pm)
• Gardner (3rd-5th grade: Tues./Thurs.-4:30 pm-6:00 pm)
• Odessa Montour (3rd-5th grade: Mon./Wedn.-3:00 pm-4:30 pm)
• Odessa Montour (6th-8th grade: Mon./Wedn.-3:00 pm-4:30 pm)

Becoming a Girls on the Run coach is a rewarding and fun way to make an incredible contribution in your community. 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 event with self-esteem enhancing, uplifting workouts. The goal of the program is to encourage positive emotional, social, mental, spiritual and physical development.

For individuals interested in becoming Girls on the Run Coaches, a coaches training will take place Saturday, February 11th at the Corning Country Club. The training includes a brief history and description of the program, an overview of the curriculum, 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. Volunteer Application, Background Check and CPR/AED Certification must be completed prior to the Coaches Training. The date and time TBD. Prior to Coaches Training, coaches will be asked to complete a GOTR Policies and Procedures Webinar.

The GOTRST spring schedule is as follows:
Saturday February 11, 2017: Coaches Training, Corning Country Club, 8:30 am-3:00pm
Week of March 20, 2017: GOTRST Season begins
June 4, 2017: GOTRST 5k Celebration

If you are interested in becoming a GOTR Coach or have additional questions, please contact Krystle Blencowe, Council Director at 607.776.9467 Ext.229.

Thank you for joining us this month!

We hope some of the programs and information we have offered above will be of service to you and your family. If we can help in any way, please call us at 607-664-2300.

Sincerely,

Carla Dawejko
Cornell Cooperative Extension of Steuben County
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.