Join other women for a fun day out!
while learning how to improve our mind, body and checkbook!

IN THIS ISSUE
- Agriculture News and Resources
- Tips for staying healthy
- Join us for our Annual Meeting
- Eat Better for Less!
- Community Solar is here
- Get smart with your money
- 4-H News

Coming this weekend!

[SOUTHERN TIER FINANCIAL CONFERENCE]

[Event Image]
2017 Conference features personal welcome by national finance educator

The 4th annual Southern Tier Financial Conference: Financial Education for Women by Women is scheduled for November 4, 2017 from 8:00 a.m. to 4:00 p.m. at the Triangle Lounge at Corning Community College on Spencer Hill Campus, Corning. The event caters to women to give them a day out while helping them learn how to improve their mind, body, and checkbook. This year's event is pleased to have Tiffany "The Budgetnista" Aliche, an award-winning teacher of financial empowerment, scheduled to present a personal welcome to the conference by video.

The Budgetnista and her four sisters were taught money management on a daily basis by their father who was a chief financial officer and accountant. At age 26 Tiffany had a credit score in the 800's, owned her own home, and taught at a daycare center. But in one swift movement, the school closed at the same time as a credit card scam cost her $35,000. At age 30 she had lost her job, her home, and her confidence. Read more about Tiffany...

The Southern Tier Financial Conference Is open to women ages 16 and older. Following the Budgetnista's welcome, Lisa Rustici, of Love Your Life Coaching, will give the keynote on How to Live An Abundant Life. The day will be filled with sessions on a number of hot topics such as How To Buy a Car, How to Read Your Homeowners Policy, The Importance of Improving your Credit Score, Budgeting for Busy People and Feng Shui Your Finances.

Cost is just $25 per person before September 30. The fee includes lunch, networking, conference materials, a Budgetnista book as well as door prizes and exhibitors. For more information contact Cornell Cooperative Extension of Steuben County at 607-664-2300. To register online, visit www.bit.ly/womensfinanceconference.
Agriculture Education

Basics of Vegetable Production in High Tunnels
November 1, 2017
6:00-8:00 p.m.
Chemung County Fairgrounds

Judson Reid, Vegetable Specialist with The Cornell Vegetable and Harvest NY Programs, will cover the basics you need to know to get started in growing vegetables in high tunnels. Topics to be covered include long term soil fertility, disease and pest management, choosing the right variety, crop alternatives and more.

Learn more here...

Jumpstarting the Next Generation
Business Planning Workshop for Future Farm Leaders (Fall 2017)

A 4-Part Workshop in November (Nov. 2nd, Nov. 9th, Nov. 17th, Nov. 30th)
Classes held at the Roycroft Campus (in the Powerhouse building) at 21 South Grove Street, East Aurora, NY 14052. 10:00 AM - 3:00 PM. Space is limited to 20 participants so register early!!

Cost: $130 per person / $160 for two people, if from the same farm (the cost will cover lunch & materials for all four days).

Read here for more information...

Learning Circles for Women Farmland owners and managers
Learning circles are for women farmland owners and managers that would like to get together with other women and share information about conservation and stewardship in a relaxed, nonjudgmental setting.

Upcoming topics include:

- Soil Health and Your Land - Nov 9, 9am-3pm
- Conservation Values - your Land is Your Legacy - Jan 25 9 am-3pm
- Conservation and Farmland Leasing - Feb 15 9am-3pm
For further details...

Southern Tier Maple School
December 2nd 9:30am-12:00pm

Cornell Cooperative Extension's State Maple Specialist, Steve Childs, will lead this annual refresher to help maple producers of all levels improve the productivity, efficiency and profitability of their operations. The workshop will conclude with a maple syrup tasting and grading demonstration. Light refreshments provided. $5 donation at the door. For general information on maple syrup production, please visit: www.cornellmaple.com For additional questions, contact Brett Chedzoy of Schuyler CCE at 607-535-7161, or by email at: bjc226@cornell.edu. Held at the Tyrone Volunteer Fire Company 3600 State Route 226 Tyrone, NY 14887.

Read more...

Eat Smart New York!

Join us for Cooking Matters at the Store

Finger Lakes Eat Smart New York presents Share Our Strength's Cooking Matters at the Store on Wednesday, November 15 from 10:00 a.m. to 1:00 p.m. and Monday, November 27 from 1:00-4:00 p.m., each day with tours every 45 minutes at Walmart, 3217 Silverback Lane, Painted Post. Come learn how to compare unit prices, understand food labels, select the best value in produce, and identify whole grains.

Questions? Contact Finger Lakes Eat Smart New York at 607-664-2300.

Steuben welcomes two new nutrition educators
Sarah Hess (pictured below top left) is our new FLESNY Environmental Nutritionist and Sara Stamp (pictured below 5th from the top left) joins us as a new Nutrition Educator.
Learn more about Winter Squash  
Tuesday, November 14  
11:00 a.m. - 12:30 p.m.  
St. Thomas Episcopal Church, Bath, NY

The famous FLESNY Nutritionist/Chef Jon Sterlace will share ways to add more fruits & vegetables to your diet, including winter squash! Participants will discover the nutrition benefits of winter squash and get the opportunity to take home some tasty recipes. Special guest Ray Long from the St. Thomas’ Community Garden will be joining us to talk about his adventures growing Hubbard squash this year.

Eating Better on a Budget

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1. **Plan, plan, plan!**
   - Before you go shopping, plan your meals for the week
     - Include meals like stews, casseroles, or soups, which stretch expensive items into more portions.
   - Check to see what foods you already have on hand, and make a list of what you need to buy
2. **Get the best price**
   - Check the local newspaper, online, and at the store for sales and coupons
     - Look for specials and sales on meat and seafood-most often the most expensive items on your list
     - Ask about loyalty cards for extra savings where you shop
   - Compare unit prices
     - Locate the unit price on the shelf directly below the product.
     - Use the unit price to compare different brands and different sizes of the same product to determine which is the best buy
   - Buy in bulk
     - It is almost always cheaper to buy foods in bulk. Buy large containers of yogurt and frozen vegetables
   - Buy fresh vegetables and fruits in season.
     - Seasonal produce can be lower in cost

3. **Prepare meals that stretch your food dollar**
   - Convenience foods like frozen dinners, pre-cut vegetables and fruits, and take-out meals can often cost more than if you were to make them at home.
   - Consider low cost options such as
     - Meatless meals using beans and eggs instead of higher cost protein foods
     - Vegetables such as onions, cabbage and sweet potatoes, and low sodium canned tomatoes
     - Apples and bananas are inexpensive fruit choices
   - Cook once—eat all week!
     - Prepare a large batch of favorite recipes on your day off. Freeze in individual containers. Use these batches for meals later in the week or later in the month.
   - Get creative with leftovers
     - Spice up your leftovers—use them in new ways. For example, use leftover baked chicken in a stir fry the next day.

Using these three steps will help you stretch your food shopping dollar!

**November Recipes:**

- [Pumpkin and White Bean Soup](#)
- [Fall Vegetable Salad](#)
- [Cranberry Pumpkin Muffin](#)
- [Autumn Oatmeal](#)

**CCE-Steuben Annual Meeting**

This year's annual dinner kicks off our Centennial Celebration!
"The future is what we make it"

Cornell Cooperative Extension of Steuben County invites the public to our annual Friends of Extension Dinner on **Thursday, November 30, 2017**. Join us at 5:30 p.m. for a Social Hour followed by program and dinner at 6:00 p.m. Our featured speaker will be Chris Watkins, Director of Cornell Cooperative Extension.

The event will be held at the Bath Country Club, 330 May Street, Bath. We will be honoring our outstanding volunteers and partners of the year.

The event is free to attend, with a suggested donation of $15. Please call 607-664-2300 to register your seat!

---

**EFNEP: Helping Families Eat Better for Less!**

**Keep Food Safe: serving and storage tips for the holidays**

November is a time for sharing and giving thanks. As we pass dishes of food with friends and family it’s important to keep food safety in mind. Properly serving and storing leftovers is an important step in preventing food-borne illnesses. Keep these tips in mind to keep food safe.

**When Serving Food:**

- Keep hot foods hot. 140° F or above.
- Keep cold foods cold. 40° F or below.
- Throw out anything that's been at room temperature for 2 or more hours.
- Have serving spoons in each dish- this helps stop cross-contamination or having the bacteria from one food spread to another.

**When Storing Leftovers:**

- Store leftover food immediately. The longer food sits out the more bacteria can grow on it.
- Make sure refrigerators and freezers are at the proper temperature. Refrigerators should be below 40°F and freezers should be kept at 0°F. This prevents bacteria from growing.
- Keep your refrigerator and freezer clean. Old spills or spoiled foods can cause bacteria to grow.
Keep all food in containers or cover trays with foil or plastic wrap.

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State. A series of 8 classes is offered to adults in a variety of settings. Workshop series include: Eating Smart Being Active, Finding A Balance-Diabetes, Healthy Children, Healthy Families, Healthy Cents, Breastfeeding. A series of 6 classes is offered to youth aged 8-12 in school and at after school locations. Workshop series include: Choose Health: Food, Fun and Fitness, and Cooking Up Fun! Vary Your Veggies. If you or your organization are interested in scheduling classes, please call your local nutrition educator at 607-664-2300.

**Energy Education**

**Community Solar has arrived!**

**Join us for an overview of the program!**

**Monday, November 6, 2017**  
**6:00-7:30 p.m.**  
**Five Star Bank**  
**1 South Main St., Wayland, NY**

You no longer need to own your home to go solar. Cooperative Extension of Steuben County has partnered with RenewableNY to offer clean, accessible, solar power. This a widespread effort to bring community shared solar to residents living in the Finger Lakes, Southern Tier, and Hudson Valley regions. In Steuben County we are partnering with Nexamp and Renovus Solar to offer you a spot in their community solar farms! You no longer need to own a home with specific site requirements to go solar.

Community solar brings solar energy to everyone who pays a utility bill. You get a portion of the solar energy produced by the solar farm, which is credited seamlessly to your utility bill each month. You can easily cover 100% of your electricity usage this way, much like traditional solar. There are two ways you can join a community solar farm:

1) Subscribe - Short term agreement to get solar energy credited to your bill at a 10% discount  
2) Purchase - Own a section of the panels, receive government incentives, and get energy credited to your bill

You have the option to subscribe to Nexamp's solar farm or purchase from Renovus Solar. We are very excited to offer community solar and can't wait for people of all walks of life to receive clean, affordable solar power!

If you'd like to learn more or sign up, click here: [www.goingsolarstc.com](http://www.goingsolarstc.com)
Or feel free to contact Annalise Kukor at abk95@cornell.edu personally to discuss your solar options.

Read more...

Upcoming Financial Management Programs

Five Critical Estate Planning Documents
November 1
1:00-3:00 p.m.
YMCA, Hornell

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 Wednesday, November 1 from 1:00 - 3:00 p.m. at the YMCA, 18 Center St., Hornell. Patrick Roth, Elder Law Attorney, CPA from Corning, will lead the workshop.

Learn more here...

For more financial information, visit PutKnowledgeToWork.org.

Visit the CCE-Steuben Financial page for plenty of helpful financial resources.

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

4-H GROWS HERE

Enroll in 4-H Now!
We love to introduce new youth to all the great opportunities 4-H has to offer! From Home Economics to Animal Husbandry, Robotics to Community Service, and Public Speaking to Gardening - there's a project for everyone!

Nationally, over 6 million youth belong to 4-H! In Steuben County, we offer local and county-wide 4-H clubs, afterschool 4-H opportunities, connections to 4-H camps and statewide 4-H activities. We also are unique in New York for sending youth each...
11/1/2017

November News from Cornell Cooperative Extension of Steuben County

year to Citizenship Washington Focus in Washington D.C. at the National 4-H Conference Center for a week long, hands-on leadership and citizenship training!

Look at some of the upcoming November activities below. If you are interested, in any of these programs, please call us at 607-664-2300 or email Jenny Groen.

- Annual Achievement Night - November 4th
- Dog Obedience Classes - November 9th
- Fall Public Presentations - November 11th
- Horse Bowl & Hippology Practices - November 12th
- Garden Group Wrap Up - November 13th
- Cloverbud Day - November 18th
- Robotics Group Meeting - November 20th

Volunteers are also needed for our 4-H programs - please let us know if you can help!

Join us for Achievement Night 2017
November 4th
Avoca Central School
6 p.m. check pick up
7 p.m. awards program

We are still accepting sponsorships! Please contact Jenny Groen at 607-664-2300 for details.

Robotics Program has scheduled meetings
Ages 9-18 are welcome!
The group will be meeting at the Howard Community Building on November 20 and December 18 from 6:30 - 7:30 p.m. Contact Marlaina Bennett: marlaina.bennett@gmail.com or 607-661-6383 or Kim Randall at ksb3@cornell.edu or at 607-664-2571 with any questions. More information...

4-H Dog Obedience Classes for youth to begin November 9
Cornell Cooperative Extension of Steuben County’s 4-H Program will be offering dog obedience classes for youth starting Thursday, November 9 at 6 p.m. at Hillside Children’s Center, Snell Farm, 7320 Snell Hill Road, Bath. Classes will continue various Thursday evenings as scheduled. These classes will be moved to the Steuben County Fairgrounds possibly in May dependent on the weather. These classes are instructed by Penny Smigiel, Toni Smigiel, and Sharon Parks. More information...

Youth Scholarships and more...

Follow our 4-H scholarship page for upcoming opportunities.

- NYS Agricultural Society Ambassador Scholarship - due November 15
- DEC Campership - due December 1
- Grow With Us Grants for schools - Due December 8
Cloverbud Day - November 18

More information

Community Events

Free Snowmobile Safety Course - December 3, 2017 at Howard Fire Hall

The Bath Sno-Flakes Snowmobile Association is offering a free Snowmobile Safety Class on Sunday, December 3 at the Howard Fire Hall for those 10 years of age and over. Morning registration is from 7:00 - 7:30. A Parent or Guardian signature will be required on the paperwork. Please arrive within that time so that the class can start between 7:30 and 8:00. The class will go until 4 at the latest but may finish earlier. Lunch will be provided for free by the Bath Sno-Flakes Snowmobile Association. There will also be a short break in the morning and afternoon. Pre Registration is preferred so please call Bob and Val Clark at 607-776-2261 or email clavabo4@gmail.com to get on the list to take the course. For more information about the Bath Sno-Flakes Snowmobile Association visit www.bathsnowmobileclub.com

New York State is a leader in snowmobile education, and offers operator training for snowmobilers of all ages beginning at age 10 through adulthood. This course provides fundamental information which all snowmobilers should possess in order to ensure the safety of riders and other trail users. Successful completion of this course results in the award of a NYS Snowmobile Safety Certificate. Courses are taught by experienced snowmobilers who volunteer their time to make the sport safer and more enjoyable for everyone. Youth ages 14 through 17 years old may operate a snowmobile, on lands upon which snowmobiling is allowed, without adult or other supervision if they have completed a snowmobile safety training course recognized by the State of New York. If youth ages 14 through 17 years have not completed the training course, they may operate a snowmobile if accompanied by (within 500 feet of) a person who is at least 18 years of age. Youth ages 10 through 13 may operate a snowmobile, on lands upon which snowmobiling is allowed, if they have completed a snowmobile safety training course recognized by the State of New York and are accompanied by (within 500 feet of) a person who is at least 18 years of age. Children less than 10 years old or less than age 14 without a safety certificate may operate a snowmobile only on lands owned or leased by their parent or guardian.
Steuben County Youth Leadership Summit

Saturday, November 18, 2017
9:00 a.m. — 3:00 p.m.
Campbell-Savona High School

Highlights of the Summit Include:
- Developing leadership skills
- Meeting other youth leaders from across Steuben Co.
- Discussing and prioritizing OUR issues & concerns
- Talking with state and local government officials

Eligibility & Participation
Participation is open to students in grades 10-12 and recent graduates. Applications must be received by 11/10/17. Participants will be selected from across Steuben Co. to represent various communities, schools, programs, and organizations. A limited number will be invited to participate.

For more information and a program application:
Contact the Steuben Co. Youth Bureau at (607)664-2119, or at bilc@co.stuben.ny.us, or visit www.stebencony.org.

OR CONTACT: _______________________

Officials scheduled to attend include:
- Thomas P. O’Mara
  New York State Senate
- Philip A. Palmesano
  New York State Assembly
- Chairman Joseph J. Haursky
  Steuben Co. Legislature
- Jack K. Wheeler
  Steuben County Manager

More information and application....

Southern Tier Outdoor Show shines at the Steuben County Fairgrounds!

The 11th annual outdoor show was a huge success at its new location. Check out the drone video:
Visit here to see all the great photos of the weekend!

Visit our Facebook page for announcements of our show winners!

For those who may be interested in joining the show board of directors or planning subcommittees, please call us at 607-664-2300 - our wrap up meeting is scheduled for November 14 at the CCE-Steuben office.

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.