December 2017 | Vol. 9 Issue 12

CCE Steuben wishes you and your family a wonderful holiday season!

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Presenting the 2017 Annual Report

As I reflect on 2017, my first full year as the Executive Director at Cornell Cooperative Extension of Steuben County, I am so proud of the work our staff and volunteers have done to change lives in Steuben County. CCE Steuben has now been extending the research, education, and expertise of Cornell University to our local community for 99 years, and we couldn't do it without the relationships and collaborations that sustain us. We are grateful for our partnerships with Steuben County, Cornell University, and other organizational partners throughout the county. We are also grateful to the residents of Steuben County who volunteer their time, donate, and come to us for programming and expertise, because Cooperative Extension's mission is based on input from county residents.

As part of our Strategic Planning process for 2018-2022, we are clarifying and strengthening our role in the community, identifying more
opportunities for collaboration, and focusing on the best ways that we can meet the needs of Steuben County residents with unbiased, research-based information. I'm looking forward to unveiling our new Strategic Plan in early 2018.

On behalf of the staff and Board of Cornell Cooperative Extension of Steuben County, it is my pleasure to present the 2017 Annual Report. Please join us in 2018 to celebrate 100 years of Cornell Cooperative Extension of Steuben County - "The Future Is What We Make It."

Larkin Podsiedlik, Executive Director

**Agriculture Education**

**Annual Maple School Refresher**

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...](#)

**2017 Agriculture Census**

The U.S. Department of Agriculture’s (USDA) National Agricultural Statistics Service (NASS) started mailing the 2017 Census of Agriculture to the nation’s producers right after Thanksgiving. Conducted once every five years, the census aims to get a complete and accurate picture of American agriculture.

The census will be mailed in several phases through December. Farm operations of all sizes which produced and sold, or normally would have sold, $1,000 or more of agricultural product in 2017 are included in the census.
Producers can respond to the census online or by mail. We highly recommend the updated online questionnaire. The census response deadline is February 5, 2018.

Read more...

Partner Materials

Farmer Grants Due December 5

NESARE Farmer Grants are for commercial producers who have an innovative idea they want to test using a field trial, on-farm demonstration, marketing initiative, or other technique. A technical advisor—often an extension agent, crop consultant, or other service professional—must also be involved. Projects should seek results other farmers can use, and all projects must have the potential to add to our knowledge about effective sustainable practices. To apply, you must be a commercial farmer in the Northeast SARE region. You need not be farming full time, but your operation should have an established crop or animal product that you sell on a regular basis. Browse the NESARE Farmer Grants website for more information on the application process, previous farmer grants, and more. Applications are due December 5th, 2017.
Winterizing Farm Equipment

Ownership and operational costs of modern farm equipment are major expenses on [today's] farms. Today's tractors, combines and farm implements are both impressive and pricey.

It is remarkable to see what they can do when working well. Breakdowns, however, can be quite costly and frustrating. I have great respect for mechanics who can keep machines properly adjusted and efficiently running.

Read more...

Save the Date!

The Annual Local Food Festival, now a collaboration with the Steuben County Conference and Visitors Bureau called Taste FLXpo, will be held Friday, February 23, 2018, from 5-8pm
NEW THIS YEAR: the Taste FLXpo will be held at Corning Community College
More details coming soon....

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 Tuesday, December 12 from 10:00 a.m. to 1:00 p.m. with tours every 45 minutes at TOPS Friendly Market, 299 S. Main St., Elmira and Wednesday, December 13 from 10:00 a.m. to 1:00 p.m. with tours every 45 minutes at WalMart, 1400 County Route 64 in Horseheads. 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.
Elementary Schools Needed

CATCH (Coordinated Approach To Child Health) is a school-based health program designed to promote physical activity and healthy food choices. CATCH shifts a child's school environment by coordinating child health efforts across all aspects of the educational experience: classroom, food services, physical education, and family. It is a resource that builds on wellness initiatives and projects already in place. Research shows that CATCH, an evidence based set of resources:

- Improves academic achievement
- Produces lasting positive changes in dietary and physical activity behavior
- Reduces overweight and obesity rates

Finger Lakes Eat Smart New York (FLESNY) is bringing this opportunity to elementary schools in our area that are interested in taking the next step in making school environments places where students learn and practice healthy food choices and have daily opportunities to be physically active.

FLESNY is offering one hour CATCH orientation sessions to interested elementary schools that fit certain criteria. If your elementary school has 50% or more children on free/reduced school meals and is in one of our eleven counties, your school is eligible. The eleven counties are Monroe, Ontario, Wayne, Chemung, Steuben, Cayuga, Tompkins, Seneca, Schuyler, Yates and Livingston.

FLESNY will come to your school and provide the one hour CATCH orientation to the principal, a PE teacher, and any other school teachers, staff, parents your school wants to include. After participating in the orientation, if your school is interested in pursuing CATCH implementation, a full training of an additional five hours can be scheduled with a team of three or more from your school. The full training can be scheduled at times convenient for your school. The CATCH training and CATCH resources are provided at no cost to your school.

To see how two elementary schools in the Finger Lakes are having success implementing CATCH, [view this short video](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=c96949da-15ec-4f7a-a970-02492152b9d3).

Learn more about CATCH and schedule an orientation by contacting Mary Lee Bourbeau, project director, (mb333@cornell.edu or 315-331-8415), or Sarah Hess, environmental nutritionist (sah367@cornell.edu or 607-583-3359), with FLESNY by December 15, 2017.
Now is the time to think about how your family can stay active during the winter!

In addition to healthy eating, regular physical activity is one of the most important things we can do to improve our health and reduce our chances of getting chronic diseases. According to the Physical Activity Guidelines for Americans, adults need at least 2 1/2 hours of physical activity each week. Youth ages 6 to 17 years need at least 60 minutes of physical activity each day. Here are some ways you can play and be active with your family:

- **Build physical activity into your family's daily routine.** Take a walk after dinner, do housework together, bike to school, or plan trips to the playground on the weekends.
- **Use local, low-cost or free places** like public parks, trails, baseball fields and basketball courts.
- **Plan for indoor and outdoor activities.** Choose indoor activities such as housework and dancing! For outdoor activities, dress for colder weather, and choose activities such as raking leaves, hiking in the woods and playing in the snow.
- **Include other families as you plan fun physical activities.** This is a great way for you and your kids to spend time with friends while being physically active.
- **Check out these tips** to add more activity to your family's busy schedule.

**December Recipes:**

- Gingerbread Pancakes
- Creamy Orange Smoothie
- Turkey Chili with Vegetables
- Orange Glazed Carrots

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

**Ingredient Substitutions**

With all of the extra cooking you may be doing this holiday season, chances are you might run out of an ingredient you need. Try these common ingredient substitutions.

- Buttermilk - 1 cup: Use 1 tablespoon of vinegar or lemon juice plus enough milk to make 1 cup
- Egg - 1 whole: Use ¼ cup egg substitutes (like Egg Beaters)
- Cake flour - 1 cup: 1 cup all-purpose flour minus 2 tablespoons
- Self-rising flour - 1 cup: 1 cup all-purpose flour minus 2 tablespoons plus 1 ½ teaspoons baking powder and ½ teaspoon salt
- Fresh Herbs - 1 tablespoon: 1 teaspoon dried leaf herbs or ½ teaspoon ground herbs. Does not substitute well in every recipe, but it does in most recipes.
- Mayonnaise - 1 cup (for salads and salad dressings): 1 cup sour cream or 1 cup plain yogurt or any combination of sour cream or plain yogurt and mayonnaise to make 1 cup
- Dry mustard - 1 teaspoon: 1 tablespoon prepared mustard
- Red wine - any amount: the same amount of grape or cranberry juice
- White wine - any amount: the same amount of apple or white grape juice

**Holiday Recipes that Use Raw Eggs**

Many of us have old family recipes that call for the use of raw eggs. Cream pies and eggnog are a few recipes that quickly come to mind. Even Grade A eggs without cracked or damaged shells can contain Salmonella bacteria. That's why it is important to cook all recipes that contain eggs. Many recipes that don't instruct you to cook the eggs can be used as long as you slowly cook the egg mixture to a temperature of 160 degrees.

**Stephanie's Gardening Tips**

**Holiday links**

Learn about making balsam fir wreaths

Do you have a Christmas Cactus that needs care?

Poinsettias are a classic holiday centerpiece. They require minimal maintenance, but [here are the instructions on how to keep your poinsettias lasting for seasons.](#)
Opportunity to Give Back
A request has been made to the CCE-Steuben Financial Program to recruit a volunteer who can assist a visually impaired gentleman once a month, or possibly every other month, to read his mail to him. CCE-Steuben has been assisting this man for approximately the past 12 years, but due to health issues the current volunteer had to resign. The location is between Addison and Woodhall near Elkland. The client does have a seeing eye dog on the premises. If anyone is interested in helping or to learn more specifics, please contact Nancy Reigelsperger at 607-664-2300.

Upcoming Financial Management Programs

The Great Debate: Wills vs. Trusts
December 11  2:00-4:00 p.m.
Corning Senior Citizens Center, 1 Park Lane, Corning
or
December 13 1:00-3:00 p.m.
Dormann Library, 101 W. Morris St., Bath

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 this free workshop.

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.

Clear the Clutter...and simplify your life and finances!
December 14  2:00 - 4:00 p.m.
Dormann Library, 101 West Morris St. Bath.
or
December 18 1:00-3:00 p.m.
Corning Senior Citizen Center, 1 Park Lane, Corning.
Do you feel like you are drowning in clutter? Overwhelmed by the sheer volume of stuff? Having trouble finding the item you need? Clear the Clutter and Simplify Your Life and Finances may be the workshop that helps you address these questions.

Nancy Reigelsperger, CCE-Steuben Financial Educator, will help you discover the strategies for taking a positive approach to controlling the clutter you might have. She will touch on ways to eliminate paper accumulation and provide alternate ways to keep sentimental items.

For any of the above classes, please call 607-664-2300 to reserve your space.

Are you worried about overspending during this holiday season?
It is far too easy to go overboard and blow your budget at this time of year. Here are a few tips:

- [Free Printable Holiday Budget from AmericaSaves](#)
- [10 holiday and budgeting tips to help reduce spending](#)
- [7 smart holiday shopping tips](#)

[Surviving the Holidays: More Money, Less Stress](#)

For more financial information, visit [PutKnowledgeToWork.org](http://PutKnowledgeToWork.org).

Visit the [CCE-Steuben Financial page](http://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](image)

**Dog Obedience Classes**

Cornell Cooperative Extension of Steuben County's 4-H Program will be offering dog obedience classes for youth in Howard and Bath.

Hillside Children's Center, Snell Farm, 7320 Snell Hill Road, Bath: The next class scheduled is Thursday, December 14 at 6 p.m. Classes will continue various Thursday evenings in January - August 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.

Howard Community Building, Hopkins Road: The classes are scheduled for Tuesday, December 5 and December 12 from 5 p.m. - 6 p.m. Classes will continue various Tuesday evening in January - August as scheduled. These classes are instructed by Jackie Knoll.

Dogs must be current with their rabies vaccinations.

For more information contact Kim at Cornell Cooperative Extension at 607-664-2571 or email her at ksb3@cornell.edu

Steuben County 4-H Robotics Program

Ages 9-18 welcome!
Where: Howard Community Building, Hopkins Road
When: Are scheduled for Monday, December 18 from 6:30 - 7:30 p.m.
Note starting in January - March they will be meeting on the 2nd and 4th Tuesdays of the month from 6:30 p.m. - 8:00 p.m.: January 9, January 23, February 13, February 27, March 13 and March 27.
If you have any questions or are interested please contact Marlaina Bennett: marlaina.bennett@gmail.com or 607-661-6383 or Kim Randall at ksb3@cornell.edu or at 607-664-2571.

Tractor Certification Course Registrations are due January 8

Youth who will be 14 and over as of March 1, 2018 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 Monday, January 8th with the registration form, the Tractor Acknowledgement of Risk.
Form, the CCE permission Slip/Medical Release form (forms can be found on the website) or by contacting Kim Randall at Cornell Cooperative Extension at 607-664-2571.

Registration forms and more information....

Cloverbud Day - January 20
More information

Hippology Meeting - January 7
The meeting will be held from 1:00-3:00 p.m. at the CCE Office.

Community Events

Free Snowmobile Safety Course - December 3, 2017
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.
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