We are ending our Centennial year in our new building!

IN THIS ISSUE

Come see our new building

We are talking turkey this month

4-H Achievement Night is Saturday

What do you think of changing the outdoor show dates?

2018 is CCE-Steuben's 100th birthday!

Come take a look at our new space!
Call 607-664-2300 to make your reservation!

Here's how to reach us now....

Our offices spaces aren't quite settled yet, but we have officially moved to 20 East Morris Street - across the street from our old location. Our mailing address remains at 3 East Pulteney Square, Bath, NY 14810

Our new staff phone numbers are:
Office: 607-664-2300
FAX: 607-776-9103
Executive Director: Larkin Podsiedlik 607-664-2301
Finance: Robert Shirley 607-664-2575
Communications: Carla Dawejko 607-664-2577

Agriculture:
Ariel Kirl 607-664-2574

4-H/Youth Development:
Jenny Groen 607-664-2576
Kim Randall 607-664-2571
Loree Symonds 607-2571

Nutrition:
Justine Cobb 607-664-2572
Jon Sterlace 607-664-2570
Sarah Hess 607-664-2570
Austin Nichols 607-664-2570

Finance:
Nancy Reigelsperger 607-664-2573

Agriculture Education
There is still time to register for this event!! Phone 877-345-0691

Financial Education this month

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

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 Tuesday, November 6 from 2:00 - 4:00 p.m. at the Cohocton Public Library, 15 Main St., Cohocton.

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.

2018 Tax Changes: How will you be affected by the Tax Cuts and Jobs Act?

What provisions in the new tax law could affect you and your family? The Tax Cuts and Jobs Act takes effect in 2018. This $1.5 trillion tax-reduction package fundamentally changes the individual and business tax landscape. Join Cornell Cooperative Extension of Steuben County and H&H Financial Group for a free informational workshop called 2018 Tax Changes: How will you be affected by the Tax Cuts and Jobs Act? on Tuesday, November 6 from 6:00 - 8:00 p.m. at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Some of the tax changes are permanent, while others expire after 2025. Whether you will pay more or less in income taxes depends on a variety of factors unique to your situation. So the more you know about the tax law provisions, the better prepared you will be. Are you going to get your share of taxpayer savings?

During this educational presentation we will focus on:

- Changes to marginal income tax brackets and the alternative minimum tax
- Limits on common itemized deductions, such as mortgage interest and state and local taxes
- Increases in standard deduction amounts
- Elimination of personal exemptions
- Child tax credit rules
- Federal estate and gift tax provisions
- Some provisions affecting business owners
When you attend the seminar, you will receive a 20-page, information-packed workbook with essential information from the presentation. Perhaps best of all, you will receive a complimentary consultation offered to all seminar participants.

**The Great Debate: Wills versus Trusts**

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 **Thursday, November 8 from 2:00 - 4:00 p.m.** at the Dormann Library, 101 West Morris Street, Bath.

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.

**Learn how organization can help with your estate planning**

Our lives are marked by special moments like graduations, weddings, births and retirement. We plan for them for months or years. But we don't plan for our last special moment - our last day. What will happen to our families if we are suddenly not there to provide for them? It's important to have an action plan now. Being organized is one of the keys to efficiency. But most people would find it a challenge to locate their critical documents when they needed them most. Would you?

Cornell Cooperative Extension of Steuben County is hosting Lifefolio, an educational and informational workshop presented by H&H Financial Group from 6:00-8:00 p.m. on **Monday, November 26** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

In the event that something unfortunate happened to you, and you were no longer able to act on your behalf, would your loved ones know where all your important financial, legal, and health documents are located? LifeFolio is a simple, straightforward filing system to help you
identify and organize your important financial and personal documents. We teach you what you need to do, before it happens, so there is one less thing to worry about.

The H&H professionals will show you how to:

1. Organize your important financial, health, and personal documents with H&H Financial's Lifefolio Kit.
2. Discover potential gaps in your estate plan, and learn how, with the right help, you can fill them.
3. Review and evaluate your financial goals.
4. Have a financial conversation with your family

**All of the above workshops are free, but please call 607-664-2300 to reserve your space!**

**Nutrition Education: Eat Smart New York!**

**Cooking With Winter Squash**

Cooking With Winter Squash will be presented on **Thursday, November 15 from 12:00-1:30 p.m.** at the St. Thomas Episcopal Church in Bath.

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.

Sign up for the workshop by calling Finger Lakes Eat Smart New York at (607) 664-2300.

**Master Food Preserver Class has 10 more openings for this class**

Cornell Cooperative Extension of Chautauqua County will be offering a 3-day Master Food Preserver workshop on November 13, 14 & 15, 2018. This workshop series will be held at the Bethlehem Lutheran Church, 20 N. Phetteplace Street, Falconer, NY 14733. Each day will run from 8am to 5pm with lunch provided.

[Read more about it...](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=6893bfef-6d21-44d2-be3f-0c993ce59dc9)

**Make Family Time, Active Time!**
Last month we talked about the evidence that shows being active can protect people from many chronic diseases, and improve overall well-being. Now that you know the importance of active living to keep your family healthy, it's time to make a plan to be active for you and your kids! Here are some tips to get you started!

- **Lead an active lifestyle yourself.**
- **Make family time physical activity time:**
  - Build physical activity into your family's daily routine. Take a walk after dinner together or do housework or yard work together.
  - Limit screen time and encourage active family games, instead.
  - Give your children games and toys that encourage physical activity.
  - 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. Build a snowman, make snow angels, sled down a local hill or roll down the hill.
  - Be active whenever possible. Walk to school or the bus stop instead of riding in a car. Parents of young children can enjoy the walk, too.
  - Include physical activity breaks in events such as long car trips, vacations, or visits to relatives or friends.
  - 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.
- **Take advantage of resources available in your community to keep active with your family:**
  - Use low-cost, or free places like public parks, baseball fields, and basketball courts to be active.
  - Attend family nights or other physical activity events at your child's school or at local community centers.
  - Encourage your child to sign up for sports and other activities available at school.
  - Check out programs your community recreation center offers for free or minimal charge.

Making changes to family routines to increase physical activity, is a change that will improve the health and well-being of your family for life!

**FLESNY November Recipes:**

- Autumn Vegetable Succotash
- Black Bean and Pumpkin Soup
- Apple Celery Harvest Salad
- Butternut Squash Risotto
EFNEP: Helping Families Eat Better for Less!

Be Food Safe This Thanksgiving

To keep food and guests safe, follow these simple food safety rules:

- The best way to thaw a frozen turkey is in the refrigerator. Plan 24 hours for every 4-5 pounds, so a 15 pound turkey will take about 3 days to thaw. Thaw your turkey in its original packaging and place it on a tray to catch any juices.
- If you don't have room in your refrigerator or you forget to start thawing the bird early enough, you can safely thaw it using cold water. In the sink, cover the turkey (still in its original wrapper) with cold water and change the water every 30 minutes. Plan 30 minutes for every pound, so a 15 pound turkey will take about 8 hours.
- Remember to remove the giblets before cooking. Cook your turkey until the internal temperature reads 165 degrees. Safely roast your turkey in a 325 degree oven. An unstuffed, 15 pound turkey will take about 4 hours to cook. Test the temperature of the turkey with an instant read food thermometer at the innermost part of the thigh and thickest part of the breast and be careful not to hit the bone.
- If you stuff your turkey, stuff it loosely. For safe stuffing, it must also register 165 degrees with an instant read food thermometer. You also can cook the stuffing outside of the bird.
- Leave your turkey, stuffing and other holiday dinner foods at room temperature for no longer than 2 hours.
- Cut the meat off the turkey carcass and refrigerate separately from the stuffing.
- Keep leftovers 3-4 days and reheat to 165 degrees.
- For more holiday food safety information, visit [http://www.fightbac.org/winter/thanksgiving/talking-turkey/](http://www.fightbac.org/winter/thanksgiving/talking-turkey/)

View the latest EFNEP Newsletter here
4-H changes lives, helping youth to become confident, mature adults ready to succeed in today's challenging world.

4-H GROWS HERE

Achievement Night is Saturday, November 3, 2018
6:30 p.m.
Avoca Central School

Each club is asked to bring: A wrapped gift to be used as a door prize which we will be selling tickets for to benefit the Steuben County 4-H Activity Fund.

All 4-H families & friends have a role in making this year's annual awards program a success! Sponsors are vital to the continuation of our 4-H programs. Please consider sponsoring an award for a deserving 4-H member at this year's award program and contact Jenny at 607-664-2576 or jmg422@cornell.edu or please complete this form and return to the CCE Office by Friday, November 2nd.

Cloverbud Day is back!

Join us November 17th 10 - 11:30 for this year's first Cloverbud Day! 
Read more here...

Steuben County 4-H Shooting Sports Youth Archery Course Offered

Youth ages 8-18 are welcome to sign up!. The cost for this course is $10.00 for 4-H members to cover the cost of materials. 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 found here and pay the $10.00 4-H enrollment fee. Registration is due by Friday, November 9, 2018. The course is limited to the first fifteen paid participants who register. You will be notified if you are put on a waiting list. In addition to the registration form an Acknowledgement of Risk form, a permission and medical release form, and the Code of Conduct form found here will also need to be completed. Contact Cornell Cooperative Extension at 607-664-2300 or jmg422@cornell.edu for more information.
• The Archery I Course will be offered November 17, 9 a.m - noon, and November 18, 1-4 p.m. at the Bath Rod and Gun Club, 7771 County Road 16 (Telegraph Road), Bath

Youth must attend both sessions for their class. The outdoor shooting range across the road from the club will be used for the course. All necessary equipment will be furnished. Adults are welcome to stay the duration of the classes but not required (after double checking all paperwork is in order). For directions or more information about the Bath Rod and Gun Club visit them on the web at www.bathrodandgunclub.com

Register for the course here

Youth Leadership Summit  
Saturday, November 10, 2018, 9:30 AM - 3:00 PM

The Steuben Youth Leadership Summit is an opportunity for emerging and potential youth leaders in Steuben County to enhance their leadership skills, and to talk directly with county and state government leaders. Through an interactive training seminar, discussions with other youth from across the county, and a conversation with elected leaders, participants will:

- Identify issues and priorities of today’s youth;
- Discuss their priorities with state and local officials;
- Better understand the impact they can have as school & community leaders; and
- Develop strategies for becoming more effective.

Eligibility & Participation:
Participation in the Summit is open to students in grades 10 - 12 and recent high school graduates, and will be by invitation only. Youth interested in participating must submit an application by Friday, November 2, 2018. Those selected to participate will receive an email invitation by 11/5/18.

Dog Obedience Classes
Cornell Cooperative Extension of Steuben County's 4-H Program is offering dog obedience classes for youth:

- Howard Classes: Howard Community Building basement weekly on Tuesdays at 5 p.m.
- Bath Classes: Thursdays: November 8 and November 15th at Hillside Children's Center, 7320 Snell Hill Road, Bath at 6 p.m. Follow class updates on the Steuben County Canines FB page

For more information on dates and locations please visit our website or contact Kim 607-664-2571.

Steuben County 4-H Robotics Program Kicks Off the New Year

Ages 8-18 welcome!

- Where: Howard Community Building, Basement
November News from Cornell Cooperative Extension of Steuben County

- When: Are scheduled for the 1st and 3rd Monday's of the month starting October 1 6:00 - 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.

Read more...

Seeking Adult Volunteers to become trained instructors for the 4-H Tractor and Machinery Operation Certification Program

The National Safe Tractor and Machinery Operation Program (NSTMOP) is a project of Hazardous Occupations Safety Training in Agriculture (HOSTA) for youth ages 14 and 15. Subjects covered include general agricultural safety, tractor and equipment operation, and highway transportation. Youth 14 and 15 are certified after successfully passing a fifty-question written knowledge test and successfully passing both an operating skills test and a pre-op/driving test.

The Steuben County 4-H Program is seeking adult volunteers to become a trained National Safe Tractor and Machinery Operation Instructor in order to be able to offer this program to Steuben County Youth. The training is an online course. Adults must become current with their Cornell Cooperative Extension of Steuben County background check. If you know of someone who might be interested, please contact Kim at Cornell Cooperative Extension at 607-664-2571 or at ksb3@cornell.edu.

Southern Tier Outdoor Show

Looking forward to our 13th annual Southern Tier Outdoor Show

We are thinking of changing up the show a little bit after 12 years of holding the event in the month of October. Over the years the dates for open bow hunting and Youth Days has begun to conflict with our show dates. And of course, the weather is always unpredictable in October. So we are considering a change for 2019. We need your input before making this decision!

Please write Carla at crd24@cornell.edu and tell us what alternate dates that you feel would benefit the show and the community.

Join the show on Facebook at SouthernTierOutdoorShow and on Instagram at

http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=6893befe-6d21-44d2-be3f-0c993ce59dc9
November News from Cornell Cooperative Extension of Steuben County

**Community Events**

**Snowmobile Safety Class**

The Bath Sno-Flakes Snowmobile Association is offering a free Snowmobile Safety Class on **Saturday, December 1** at the Howard Fire Hall for those 10 years of age and over. The GPS address is Howard Volunteer Fire Hall, 3622 CR 70A, Avoca, NY. Registration is from 7:00 - 7:30 a.m.

A Parent or Guardian signature will be required on the paperwork. Please arrive within that time so that the class can start on time. 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](http://www.bathsnowmobileclub.com).

**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.