Wrapping up 100 years of service to Steuben

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2018 is CCE-Steuben's 100th birthday!

We have had quite a celebration this year!

It has been an amazing 100th year at CCE-Steuben! We started out the year celebrating with cake in the lobby of the Steuben County Office Building, and we ended up at our Gala Celebration event in September having cake once again! And throughout the year we celebrated the fact that we had turned 100 years old - with a hay bale disguised as a big cake on our float for the Dairy Festival, at a chicken BBQ with our partnering 100-year-old agency, the Farm Bureau, and at our Annual Meeting in our brand new office building at the Steuben County Office Building Annex.

We put up a number of old pictures from over the years on our website. If you missed them, you can catch up here.

And we put on an outstanding Centennial Lecture Series with six wonderful speakers on a variety of topics. Over 300 people attended our series and learned a little more about coyotes, Steuben County history, plants, honeybees, adolescent brains and grapes.
Thank you, everyone, for being a part of our first 100 years! We look forward to serving you even more in the next 100 years.

We are getting settled in our new home at 20 East Morris Street

Come take a short tour with us!
Announcing our 2018 Annual Report

Download the document here

Agriculture Education
Success with Live Christmas Trees
A Living Holiday Tree Tradition: Success with Live Christmas Trees

by Monika Roth

The tradition of bringing evergreens into the home during the holidays is an ancient one. Consider enhancing the pleasure by visiting a local Christmas tree farm to select the perfect tree that you will cut and bring home. Or start a tradition of choosing a live tree to plant in your yard after the holiday. If this is a tradition you want to start, special care will be needed to make sure the tree lives beyond the holiday and for years to come. One drawback to selecting a live tree is that it may be more expensive than one you cut, but it lasts longer. Also, a container or B&B tree will not be as large as trees you cut or buy off a lot.

Here are some tips for ensuring successful live tree planting:

- First, consider where in the landscape you will plant your tree. The traditional Christmas trees like firs, spruces, and Scotch pine, become very large when mature. Select an open area where there are no overhanging tree branches or wires. If you don't have such a site, select a dwarf conifer or evergreen shrub.

- When you visit a nursery or garden center, you will find a variety of evergreens to choose from. Trees are sold in containers or wrapped with burlap (B&B). Some Christmas tree growers dig trees for sale or allow you to dig your own.

- Before the ground freezes, dig a hole large enough to accommodate the root ball and fill it with leaves or straw to keep it from freezing as the temperature drops. Store the soil you remove where it will not freeze. If you are not sure of the permanent location for the tree, you can plant it in a temporary spot in your vegetable garden or other site until spring and replant it in its final location.

- Keep the tree in a cool place like a garage or porch before bringing it indoors; water as necessary.

- The ideal way of handling a live tree is to keep it indoors for as short a period as possible, 4-7 days at most. If left inside for too long, it may be injured when returned outdoors. Place a plastic bag around the roots to reduce moisture loss and avoid damaging your floor. Keep the tree away from radiators or other heat sources. Room temperatures of 65 degrees or lower are best. Water to keep the roots from drying out.

- After the holidays, take the tree back to the garage or porch for about a week before planting.

- When you are ready to plant, remove the organic material from the hole, position the tree and level. If you have a B&B tree, cut the rope and fold back the burlap from the top of the ball. Fill the area around the root ball with the stored soil, tamping it down as you fill, then water thoroughly and apply a woodchip mulch.

- Wrapping the tree with burlap and watering during warm spells will reduce moisture loss.

- If snow prevents you from planting your tree, keep it in an unheated garage, porch or protected area away from sun and wind. Keep the root ball watered, then plant in spring.
With appropriate care and planting you will be able to enjoy your tree for years to come.

Monika Roth is an Agricultural Extension Educator with Cornell Cooperative Extension of Tompkins County.

Use of drones in vegetable farming

(Photo by R.J. Anderson/CCE)

Large acreage vegetable fields lend themselves readily to remote sensing technologies. Cornell Vegetable Program processing vegetable specialist Julie Kikkert (third from left) and Cornell University vegetable pathologist Sarah Pethybridge are in a three-year partnership with scientists from the Rochester Institute of Technology (RIT) Center for Imaging Sciences.

Watch the new CCE video on the project here.

Join the Conversation...
This is an interesting conversation about recipes and different meats.

Southern Tier Maple School
Saturday, December 15, 2018, 9:30 AM - 12:00 PM

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. This workshop will also qualify for certification for the new "NYS Grown and Certified Maple". Light refreshments
Producing Quality Beef: Importance of minerals and how they complement preconditioning programs.

Thursday, December 6, 2018 from 5:30-9:30 PM
The Main Place - 215 Main Street, Hornell, NY 14843
Hosted by Region 4 Beef Producers & Cornell Cooperative Extension Allegany County.

Our Guest Speaker: Jerry Rusch, DVM was raised on a grain and livestock farm in Southern Indiana. In 1991 he received his DVM from Purdue University and then spent two years in dairy practice in Eastern Pennsylvania. In 1993 Jerry and his wife, Dr. Karen, purchased Spring Mill Veterinary Service, a mixed animal practice in Mitchell, Indiana where he continues to practice. In 2000 he became a diplomate of the American Board of Veterinary Practitioners in Beef Cattle. He works with his beef cattle clients on their vaccination programs and is involved with the Indiana Beef Evaluation and Economics Feeding Program (IBEEF), a retained ownership program through Purdue University. Jerry is currently president and general manager of the Springville Feeder Auction, which is a local farmer owner feeder calf marketing cooperative. He is also a member of AABP and the Society for Theriogenology. Jerry joined Multimin USA in March 2018.

Registration at 5:30 pm, Dinner at 6 pm with program to follow. Pre-registration is requested by Friday, November 30th. Cost for the workshop is $15/person, includes buffet dinner, beverage and dessert.

For more information contact: Lynn Bliven, Agriculture Issue Leader, CCE Allegany County at 585-268-7644 ext.18 ljbliven@cornell.edu or Barb Benjamin at 585-610-6536 barb.benjamin23@yahoo.com

This program will serve as a BQA Re-certification workshop. If you are Level 2 BQA Certified you will need to provide an updated Veterinarian Client/Patient Relationship (VCPR) form, if needed please request a form when you pre-register. The Program is Sponsored by Multimin USA.

Registration at 5:30 pm, Dinner at 6 pm with program to follow. Pre-registration has been extended - you are invited to call in your reservations and pay at the door. Cost for the workshop is $15/person, includes buffet dinner, beverage and dessert. For more information contact: Lynn Bliven, Agriculture Issue Leader, CCE Allegany County at 585-268-7644 ext.18 or Barb Benjamin at 585-610-6536.

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Financial Education this month

Have a Budget Friendly Holiday

While it is great to celebrate the holidays and share generosity with your loved ones, every year too many families get overextended financially due to too much shopping/spending. So think about having a budget friendly holiday by:

- Make a list and check it twice - Make a list of everyone you need to buy for, big or small. Then make a list of gifts you'd like to buy -this helps to eliminate impulse buys.
- Remember credit cards represent debt, not money! Each time you use one, it is like taking out a loan. Remember that access to buy and ability to afford are not the same. Credit gives us access, money gives us ability.
- Determine how much you can afford to spend before heading out to shop. Keep receipts. Create a holiday budget and set limits. Include expenses such as decorations, cards, postage, gift-wrap etc.
- Cut back on the gift-buying pressure. Set expectations ahead of time; consider a lower-cost gift exchange with a spending limit.
- Research, especially big purchases, to find the best deals.
- Beware of online shopping, people often spend more than they intend to when shopping online because the money doesn't seem as "real" as it does when paying cash. One click can drain your bank account fast. Be careful of impulse buys.
- Understand how gift cards work. Some come with costs, restrictions, or an expiration date.
- Protect your personal information. Identity thieves are looking for your private information. Be aware of holiday scams.
- Don't get roped into extended warranties and unnecessary accessories.
- Be generous to those in need; set aside some time and money to help those in need!

Free Workshop on Long Term Care Planning

Join us in our new office space for this workshop!

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 Monday, December 17, 2018 in Conference Room B at the Steuben County Office Building Annex, 20 East Morris Street, Bath.

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.

**Free workshop will help you lower your energy bills**

Cornell Cooperative Extension of Steuben County wants to help you save some of those dollars you will spend on heating your home this winter! Spend a couple hours with Energy Educator Nancy Reigelsperger in our FREE Save Energy Save Dollars class on **Tuesday, December 18** from 9:00-11:00 a.m. at the St. Thomas Church, 122 Liberty Street, Bath.

The best way to save money is to pay less in your energy bills. So we are going to concentrate on reducing those winter energy bills by discussing a few no-cost or low-cost conservation ideas. Those who have attended previous workshops have raved about how important and timely this information is. Don't miss out on these money-saving tips! Each participant will receive a FREE energy saving item.

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

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

**Add Years to Your Life, and Life to Your Years!**

Physical activity is important for your health and well-being. Adults who are physically active are less likely to get chronic diseases such as diabetes, heart disease, high blood pressure and some cancers, as compared to sedentary adults. Physical activity can also help relieve stress and anxiety and boost your energy levels. People of all ages, shapes, sizes and abilities can benefit from a physically active lifestyle.

According to the Physical Activity Guidelines for Americans, adults should engage in aerobic activity and strengthening exercises on a regular basis. Adults need 2 ½ hours (150 minutes) of moderate aerobic activity each week, such as brisk walking, gardening, dancing or bicycling. The guidelines also recommend doing strengthening activities at
least 2 days a week, making sure to choose exercises that work all major muscle groups (i.e. legs, hips, back, abdomen, chest, shoulders, and arms).

In 2008, the Physical Activity Guidelines committee published a report highlighting the role of physical activity in "reducing the risk of depression and cognitive decline among adults." Over the past 10 years, advancements in research have improved our understanding of the relationship between physical activity and mental health outcomes. In 2018, the committee published a new report outlining the positive impacts of physical activity on cognitive function and quality of life among adults. The report also found that physical activity reduces anxiety and depressive symptoms and improves sleep outcomes in adults.

Finding time for physical activity can be challenging but even small changes can make a difference. Try some of these tips to get more active and also check out the Move Your Way Activity Planner!

1. Make active choices throughout the day.
   1. Take the stairs instead of the elevator, go for a 10-minute walk during your lunch break, or park further away from work and walk.

2. Try breaking up your activity into 10-minute chunks. Remember every little bit adds up!
3. Start slowly and build up over time.
   1. Ease yourself into physical activity to prevent injury.
   2. Once you have a regular routine, try increasing your weekly active time or the intensity of your activities. Turn a brisk walk into a jog or walk more often.

4. Be active your way.
   1. There are many ways to be active, such as biking, gardening or dancing.
   2. Choose activities that you enjoy and fit your lifestyle.

5. Plan activities with others.
   1. Join a walking group or attend fitness activities at your local community center.
   2. Start a weekly activity challenge at work or with friends.
   3. Plan fun activities to do with your kids. Winter is the perfect season to try sledding, skating, or playing games in the snow!

By committing to increasing your physical activity, you will not only "add years to your life, but life to your years!"

FLESNY December Recipes:

- Gingerbread Pancakes
- Holiday Roasted Butternut Squash
- Cranberry Walnut Coleslaw
- White Chicken Chili
• **My Plate Holiday Makeover**
• **Make Celebrations Fun, Healthy and Active**

For recipes, resources and events near you:
Visit [Finger Lakes Eat Smart New York](http://campaign.r20.constantcontact.com/render?m=1102564308376&ca=8c6b5389-78bb-43d5-a4f0-262addcc1343) and like us on [Facebook](http)!

## 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 to save yourself a trip to the store.

- **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. Fresh herbs do not substitute well in every recipe, but they do 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
- **Kosher salt** - 1 teaspoon: Use 1/2 teaspoon table or sea salt

### Holiday Recipes that Use Raw Eggs

Many of us have old family recipes that call for using raw eggs in recipes that are not cooked. 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.

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

Join the 4-H Livestock Advisory Committee

The 4-H Livestock Advisory Committee is seeking new members. The next meeting is Thursday, December 6, 6:45 p.m., South Conference Room, Steuben County Office Building, 3 East Pulteney Square, Bath.

Cornell Cooperative Extension of Steuben County’s 4-H Program is offering dog obedience classes for youth

- Howard Classes: Howard Community Building, Hopkins Road, basement weekly on Tuesdays at 5 p.m
- Bath Classes: Thursdays December 6 and December 20 at Hillside Children's Center, 7320 Snell Hill Road, Bath at 6 p.m. Follow class updates on the Steuben County Canines FB page

Dogs must have current vaccinations for rabies. Dogs must also have current vaccinations as appropriate for their age for distemper, hepatitis, parovirus and leptospirosis. It is highly recommended to also have your dog vaccinated for Bordetella and Parainfluenza virus. Participants should consult their veterinarian for
further information about these vaccines as well as internal and external parasite control programs. Please provide a copy of updated vaccinations to Kim at the CCE-Steuben Office.

Please note that any aggressive dog or any dog from the prohibited breeds of dogs list on our website are not allowed due to insurance.

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

The NYS Fair Dog Show is Saturday, August 17, 2019

**Robotics Meetings**

Ages 8-18 welcome!
Where: Howard Community Building, Basement
When: The December schedule is December 3 and 17 from 6:00 - 7:30 p.m.

Contact Marlaina Bennett at 607-661-6383 or Kim Randall at 607-664-2571 with any questions.

The NYS 4-H Robotics Challenge gives youth the opportunity to work with others to build and program a robot and demonstrate what they have learned in a friendly competitive event. New in 2018 Part 2 - Maze

Click here for more information about the [2018 NYS Fair Robotics Challenge](#).

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**Dairy Goat Resource Available**

The CCE-Steuben Office has available for loan "Storey's Guide to Raising Dairy Goats 5th Edition" from funding received through the Willman Fund at the Department of Animal Sciences at Cornell University. This best-selling handbook is packed with detailed information on breed selection, feeding, fencing, health care, dairying and marketing dairy goats. It's been the trusted resource on the topic for farmers and homesteaders since it was originally published in 1975, and the new edition - completely updated and redesigned - makes Storey's Guide to Raising Dairy Goats more comprehensive and accessible than
In-depth sections explain every aspect of milking, including necessary equipment, proper hand-milking techniques, and handling and storing the milk. New color illustrations show each stage of kidding, and substantial chapters on dairy goat health and breeding include the most up-to-date research and practices.

**Livestock Judging Practice Session**

There will be a Livestock Judging Practice session on Sunday, December 16 at 1 p.m. at the Erie County Fairgrounds, Hamburg NY. This session will be geared towards older 4-H members with some livestock judging experience (no cloverbud members please). Please contact [Jason Corey](mailto:Jason.Corey@fcenta.org) at 479-263-7771 if you are interested in attending this practice session so that you can receive more information when it becomes available. Also please let [Kim Randall](mailto:Kim.Randall@fnr.gov), 4-H Educator, know at 607-664-2571 that you are interested in attending.

**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](mailto:Kim.Randall@fnr.gov) at Cornell Cooperative Extension at 607-664-2571.

**Southern Tier Outdoor Show**

**Looking forward to our 13th annual Southern Tier Outdoor Show**

The dates for the 2019 show will be **October 12 and 13**. It will be held at the Steuben County Fairgrounds for the third year running and we are already planning some new activities and attractions. Stay tuned in the New Year as we unveil the details!

To help us bring the best kind of vendors and attractions to the show, will you please fill out the following survey,
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.

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