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Check out our new programs!
Enjoy the final weeks of fall with us...

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Happening at CCE-Steuben...

We have new leadership!
Theresa McKinley - New CCE-Steuben Executive Director

The Cornell Cooperative Extension of Steuben County association and staff are pleased to announce that Theresa McKinley has been named Executive Director of CCE-Steuben. McKinley succeeds Interim Executive Director Robert S Shirley III. She will lead the local organization in fulfilling its mission to enable people to improve their lives through partnerships that put experience and research knowledge to work. Extension staff and trained volunteers deliver educational programs in several areas including Agriculture, Nutrition, Financial Literacy, and 4-H Youth Development. CCE-Steuben celebrated its centennial year of service to Steuben County in 2018.

McKinley brings a wealth of non-profit experience to the position. Since 2014 she has served Turning Point, Catholic Charities of Steuben as Director, Assistant Director, and Site Coordinator. She strategized and facilitated the organization’s growth, advocated for anti-poverty initiatives, assisted with community outreach, and facilitated projects to raise funding. She was Manager of Communications and Volunteer Support for the Institute for Human Services in Bath and a Prevention Educator for the Steuben Council on Addictions, Catholic Charities of Steuben.

CCE Board of Directors President, Pamela Colomaio, says, "The Board of Directors of CCE-Steuben are excited to have Tess McKinley as our new Executive Director. Tess brings strong skills in program development, grant funding and the leadership that is needed for the success of CCE Steuben as the organization continues its mission for economic vitality and ecological sustainability for the residents of Steuben County."

A Steuben County native, McKinley has been active in the community. She recently received her ILSS Green Belt Certification. She serves on the Rotary International, Food Bank of the Southern Tier Advocacy Committee, the Dormann Library Board, and St Mary's Church, and previously with RSVP of Steuben County and the John Southard Youth Recreation Commission. McKinley received the Robert Turissini Award from Catholic Charities of Steuben for excellent performance.
"I'm looking forward to working with the staff, board, community partners and Cornell University to support Steuben County through our mission of putting knowledge to work." McKinley says, "Cornell Cooperative Extension has strong programs and a great team, and I am excited to take part in strategically growing the association with them."

McKinley received an MA in Management from Keuka College and her BA in Education from SUNY Geneseo. She lives in Bath with her husband and two children.

There's still time to reserve your free space at this event!
Crops, Cows and Critters
How Cornell Cooperative Extension's Regional Agriculture Program Approach is Supporting our Farming Community

Join Cornell Cooperative Extension of Steuben County for its 2019 Speaker Series on Wednesday, October 2 from 6:00-8:00 p.m. at Cider Creek Hard Cider, 6459 Cunningham Creek Road, Canisteo.

Join CCE's Katelyn Walley-Stoll, Business Management Specialist, and Joshua Putman, Field Crops Specialist, as they discuss the program's efforts so far and their initiatives moving forward. This interactive presentation will highlight the agricultural industry, its needs and challenges, and tools Cornell Cooperative Extension can provide to help farmers feed the world.

The Southwest New York Dairy, Livestock, and Field Crops Program (SWNYDLFC) is a new initiative that started in July 2019 as a partnership between Cornell University and the CCE Associations of the 5-county region that includes Allegany, Cattaraugus, Chautauqua, Erie, and Steuben. SWNYDLFC Regional specialists work with Cornell Faculty and Extension Educators statewide to address the issues that impact the dairy, livestock, and field crops industries in New York through educational programming and events, consultations, and on-farm research.

This FREE program includes a cider making tour and tutorial! To reserve your place at this event, call 607-664-2300.
Sign up now for CCE-Steuben's Annual Meeting Dinner & Event!

Tickets for the evening are just $25 per person which includes dinner and trivia. You can register for the event now at [bit.ly/annualccedinner19](https://bit.ly/annualccedinner19). You can register your team for the trivia at [bit.ly/ccetrivia](https://bit.ly/ccetrivia). We look forward to celebrating with you!

**Agriculture Education**
Composting Animal Mortalities Workshop
Friday, October 18, 2019, 1:00 PM - 4:00 PM

Please join us for this informative workshop on how to properly compost farm animal mortalities and road kill on Friday October 18th. Jean Bonhotal from the Cornell Waste Management Institute will lead us in discussion on the subject from 1 to 2:30 pm at CCE Chemung. Then from 3 to 4pm we will have a first hand demonstration of composting methods for animal mortalities at the Town of Southport facilities.

When: Friday October 18, 2019; 1 to 4pm
Where:
- Presentation (1-2:30pm) at CCE Chemung, Room 110, 425 Pennsylvania Avenue, Elmira, NY 14904.
- Demonstration (3-4pm) at Town of Southport, 1139 Pennsylvania Avenue, Elmira, NY 14904.

Cost: $5 suggested donation. Pre-registration requested by 5pm on October 16th.
Contact: Shona Ort at 607-734-4453 (ext 227).

Project Grass Grazing Workshop

Penn Soil Resource Conservation and Development (RC&D) Council announced that it will co-sponsor a Grazing Workshop on October 18, 2019 at the Eric Hamilton Farm near North Bingham, PA from 9:30 AM to 2:30 PM to benefit grazing producers. The field day will be held next to the North Bingham, PA cemetery, north of the Bingham Center Road.

Eric Hamilton will be our host for the field day. They pasture Charolais cross cattle in an intensively managed grazing system. Eric moves 175 cow calf pairs once or twice a day to fresh grass to gain better grazing efficiency and improve forage and soil health.

Russ Wilson, noted adaptive grazing practitioner, from Wilson Land and Cattle Company, will be on hand to discuss maximizing forage yields through evaluation of intensity, duration and timing of the grazing event with the livestock. He will explain some of the advantages of high stock density grazing, time and money saving tips he's learned and stockpiling basics.

Read more here...

The NEW Finger Lakes Farm Country website is now live!
When you think of the Finger Lakes of New York, our deep roots in winemaking likely come to mind. But, the agricultural heritage of this region goes well beyond the vine.
Finger Lakes Farm Country is a regional agritourism program that combines agriculture and tourism to promote the abundance of agricultural resources in the southern Finger Lakes. The communities surrounding these famed lakes located between central and western upstate New York are shifting the focus to food with the Finger Lakes Farm Country initiative, a program meant to create a memorable brand for agritourism attractions and businesses in the area while showcasing educational and recreational activities for visitors to the region.

To sustain local farms and create an environment for entrepreneurism, Finger Lakes Farm Country will promote the region's abundant agritourism resources through a variety of marketing strategies. The partner counties of Chemung, Schuyler, Steuben, Tioga and Yates, along with the Cornell Cooperative Extension and Finger Lakes Wine Country Marketing Organization, invite short- and long-distance travelers alike to taste all this historically agricultural area has to offer.

From farm to table and market to stand, the Finger Lakes accommodates a wide array of agritourism interests. Home to one of the largest farmers markets in the state and some of the most scenic drives anywhere, Finger Lakes Farm Country is fertile ground for exploration.

Visit the website here...

Financial Education this month

**Clear the Clutter**
*Wednesday, October 2, 3:00 PM - 5:00 PM*

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. Cornell Cooperative Extension of Steuben County is offering this free workshop on **Wednesday, October 2 from 3:00- 5:00 p.m.** at the Hornell Library, 64 Genesee St., Hornell.

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.

The workshop is free, but registration is required.
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 **Wednesday, October 16 from 3:00 - 5:00 p.m.** at the Hornell Public Library, 64 Genesee St., Hornell.

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.

The workshop is free, but registration is required.

Unraveling the Alphabet Soup of Medicare
Parts A, B, C & D

Medicare will be re-introducing you to an old time favorite soup - alphabet soup. This time around it may not be as fun to eat, because now it's served to you by the government. You may start to wonder what all the letters mean and if you can make sense of it. Cornell Cooperative Extension of Steuben County can help you navigate the all-too-confusing and complicated Medicare system in their workshop, Unraveling the Alphabet Soup of Medicare: Parts A, B, C & D on these upcoming dates:

- **Friday, October 18 from 1:00-3:00 p.m.** at the Steuben County Office Building Annex, 20 E. Morris St., Bath
- **Tuesday, October 22, from 6:00-8:00 p.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning

Lynda Tull, Associate Advisor with John G. Ullman and Associates, Inc. will give a brief overview of what Medicare is, what your options may be, and a few essential things to know.

The workshop is free, but registration is required.
The above programs are FREE, but please call to register your space: 607-664-2300.

Money As You Grow Bookshelf expands to more libraries

Many parents and caregivers are eager to build a good financial literacy foundation for their kids, but might not feel they have enough time, tools, and confidence. Fortunately, many of the building blocks for financial well-being - like patience, planning, and problem-solving - don't require a lot of financial know-how.

Cornell Cooperative Extension of Steuben County successfully piloted The Money as You Grow Bookshelf at the Dormann Library in Bath in June. The 4-session series is a family financial education program that uses children's books to help families learn key money concepts through reading, play, and quiet one-on-one talks. Children hear a story and do activities while the parents talk with our Financial Educator.

And now the program is coming to the Wayland Library on October 3 and to the Nonnie Hood Parent Resource Center in Corning on November 1. Follow the link below to learn more and to sign up!

Read more here...

ANNOUNCING:
ONLINE Pyramid Approach to Financial Health Video Series

With the support of an Innovation Grant by Cornell Cooperative Extension Administration, Nancy Reigeltsperger, Financial & Consumer Educator and Carla Dawejko, Communications Coordinator, have unveiled an online financial instruction video series entitled the Pyramid Approach to Financial Health.

The series is designed to help people understand the basic building blocks of sound financial management and the steps you need to follow to build success. The bottom rungs create a strong secure foundation for building financial stability and wealth accumulation - cash and credit management. The top building blocks of home stability, estate and financial planning, and asset protection each rely
upon the strength and stability of the personal finance strategies used in the blocks below them.

In creating the Online Pyramid Approach to Financial Health, CCE-Steuben collaborated with local professionals to share their expertise around several of the topics. Appreciation goes out to Certified Financial Planner Amy Irvine of Rooted Planning Group; Elder Law Attorney Patrick Roth; Nancy Williamson, CEO of ServU Credit Union and Pam Colomaio, Assistant Vice-President of Chemung Canal.

Our vision is that in today's busy world, participants can view the videos at a time that is most convenient for them and can select the topics that are of most interest to them. The videos provide a brief overview of the financial topics and do not replace the full financial workshops provided by Cornell Cooperative Extension. To find the online series, visit here.

We invite you to take a look at the series and would appreciate any feedback.

SAVE THE DATE:

6th Annual Southern Tier Women's Financial Conference

Don't miss the discount deadline for signing up for the conference. After October 18, the $25 registration fee will be raised to $35. Call 607-664-2300 to make a reservation.

Scholarships are being offered!
To apply visit:


For the lineup of keynotes and other hot topics, visit the conference website here. To register your tickets online now visit bit.ly/womensfinanceconf19.

Nutrition Education: Finger Lakes Eat Smart New York!

Need another reason to be active?

Fall is here and kids are back to school. What better time to try out new healthy habits as a family? Regular physical activity is one of the most important things we can do to improve
A recent government report showed that active people are healthier than people who are not active.

- Active people are less likely to get chronic health problems. This includes heart disease, high blood pressure, diabetes, and some cancers.
- If you already have a chronic health problem, you can keep yourself healthier by becoming more active! If you are more active:
  - You will have a decreased chance of getting other chronic health problems.
  - It will be less likely for your chronic health problem to get worse.
  - You will also have a better quality of life.
- Children benefit a lot when they are active.
  - Active kids are able to think better and focus more at school.
  - Active kids have stronger bones.
  - Active kids are more likely to have a healthy weight.
- Active people also sleep better and feel better than people who are not active.

Many health benefits happen right away! If you are more active, this will immediately improve your blood pressure and your sleep. Being active will also help you think clearly during the day. Even light physical activity, like walking, will make you feel better and improve your health.

So how much physical activity is recommended? Adult should get at least 2 ½ hours of activity each week. Children aged 6 to 17 years need at least 60 minutes each day.[iv]

Here are some activities to try with your family!

- Light activities include walking at a slow pace or standing while working.
- Moderate activities include walking at a fast pace, riding your bike, or doing yoga. Other activities include house chores, like sweeping, or playing with your kids.
- Hard activities include walking very fast, running, or playing sports. Other activities include shoveling snow or mowing the lawn by hand.

For more tips on being an active family, visit flesny.org.

Cooking Matters for Adults

Adult attendees will prepare healthy recipes together each week and participate in hands-on nutrition activities. Come learn how to cook healthy meals on a budget, understand food labels, and get fundamental food preparation skills. Registration required, please call 607-664-2300 to sign up, limited to 10 attendees. Attendance for all six weeks is requested. No childcare is available, sorry. Upcoming locations are:

**Oct. 28, Nov. 4, 18, 25, Dec. 2, 9**
6:00-8:00 p.m.
Pantry of Angels
682 County Route 115
Lindley, NY 14858

Oct. 23,30, Nov. 6,13,20,27
10:00-11:30 a.m.
Salvation Army Food Pantry
32 Denison Parkway East
Corning, NY 14830

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FLESNY October Recipes:

- Apple Corn Chili
- Pumpkins and White Bean Soup
- Apple Cinnamon Wrap & Roll
- Fall Vegetable Salad

For more information about healthy eating and active living in the Finger Lakes, check out Finger Lakes Eat Smart New York and like us on Facebook!

EFNEP: Helping Families Eat Better for Less!

October is Apple Month

Nothing says "it's fall" in Western New York more than the fresh, local apples being sold at farmers' markets, farm stands and in the supermarket. Many orchards allow families to pick their own apples, which is a great way to spend a sunny, crisp weekend day together. To find U-Pick locations, visit http://www.nyapplecountry.com/pick.php.

Store apples in the crisper drawer of your refrigerator to keep them crunchy and delicious. The cool air helps to preserve and keeps them fresher than apples stored at room temperature. Avoid storing them near foods with strong odors like onions. Storing apples with broccoli, cauliflower, cabbage, cucumbers or leafy greens can damage the vegetables, as apples give off a gas that can cause other fruits and vegetables to spoil more quickly.
Research shows that apples are a good source of fiber, vitamin C and pectin, which is a soluble fiber that can help lower cholesterol. They make a great, on-the-go snack and are a great ‘fast food’ - just wash and eat! Try adding raw apples to salads and sandwiches, dipping slices in peanut butter for a healthy snack or cooking apples to make your own, fresh applesauce.

Meet the EFNEP Team!

Read the current 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

National 4-H Week

The anticipation is building for National 4-H Week, during which millions of youth, parents, volunteers and alumni across the country will be celebrating everything 4-H. Steuben County 4-H will observe National 4-H Week this year by showcasing the
incredible experiences that 4-H offers young people, and will highlight the remarkable 4-H youth in our community who work each day to make a positive impact on those around them.

The theme of this year’s National 4-H Week is Inspire Kids to Do, which highlights how 4-H encourages kids to take part in hands-on learning experiences in areas such as health, science, agriculture and civic engagement. The positive environment provided by 4-H mentors ensures that kids in every county and parish in the country – from urban neighborhoods to suburban schoolyards to rural farming communities – are encouraged to take on proactive leadership roles and are empowered with the skills to lead in life and career.

One of the most anticipated events of National 4-H Week every year is 4-H National Youth Science Day, which sees hundreds of thousands of youth across the nation taking part in the world’s largest youth-led STEM challenge. The exciting theme for this year’s challenge is Game Changers, which will run throughout October. Developed by Google and West Virginia University Extension Service, Game Changers will teach kids coding skills through fun exercises including gaming, puzzles and physical activity.

To learn more about how you can get involved, visit http://www.4-h.org/.

About 4-H:

4-H, the nation's largest youth development and empowerment organization, cultivates confident kids who tackle the issues that matter most in their communities right now. In the United States, 4-H programs empower six million young people through the 110 land-grant universities and Cooperative Extension in more than 3,000 local offices serving every county and parish in the country. Outside the United States, independent, country-led 4-H organizations empower one million young people in more than 50 countries. National 4-H Council is the private sector, non-profit partner of the Cooperative Extension System and 4-H National Headquarters located at the National Institute of Food and Agriculture (NIFA) within the United States Department of Agriculture (USDA).

Learn more about 4-H at www.4-H.org, find us on Facebook at www.facebook.com/4-H and on Twitter at https://twitter.com/4H.

Fall Tractor Supply Paper Clover Campaign
October 9 - October 20, 2019

We’ll be looking for clubs to help sell Paper Clovers in all 3 Steuben TSC locations! Please contact the stores directly to arrange times (and
let us know at the 4-H Office too! We'll be offering the Club Incentive program, where the club who sells the most Paper Clovers gets $50! (Incentive form must be completed and signed by a manager and received by the deadline).

American Dairy Goat Assoc. Pre-Judges Training Conference Saturday, October 12, 2019, 9:00 AM - 4:00 PM

Hosted by the New York State Dairy Goat Breeders Association and the Cornell University Sheep & Goat Program. Do you want to learn more about judging dairy goats and how to better select your own animals? Peter Snyder (advanced judge and approved instructor) will be conducting this workshop on Saturday, October 12, 2019.

Registration fee of $35 due by October 4, 2019 (includes lunch & instructional packet) Late registrations accepted, but lunch will not be guaranteed. Checks should be made payable to NYSDGBA.

Read more here...

4-H Fall Fund Raiser has started! 4-H Cuba Cheese & Wilson Beef Farms Snack Sticks

Profit from this sale benefits the clubs and the county 4-H Activity Fund- which provides funding for 4-H awards and award trips. (Independent members receive a gift card for their profit)

Orders and Payment are due to 4-H Office by Friday, October 25th by 4:30pm. Pick-up Day: Wednesday, November 20th at the Civil Defense Center.

For more information or to get an order form, call Loree at 607-664-2571.

SAVE THE DATE
October 19  9-noon
Location TBD
Fall Crafting "Day"
Join us for 1 or all three hands-on crafting sessions!
Limited space available!
More info coming soon! Call 607-664-2300 for details!
Science Sampler Day Save the Date

The STEM Program Work Team is hosting 4-H Science Sampler Day on November 2, 2019 at Cornell University. The event will be from 10:30 AM to 5 PM and is open to youth in grades 5 - 8.

Cost $5, boxed lunch included.
The day begins at 10:30am- event ends at 5pm.
Youth can choose 3 of the following workshops: Soling Painting, Coding with Scratch and More, Wearable Electronics, Social Media Test Drive, and/or Outdoor Cooking.
Registrations due October 7th.
Contact Jenny if you have questions and for registration information!

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

Ages 8-18 welcome!

Where: Avoca Central School Bus Garage - Conference Room

When: 1st and 3rd Monday's of the month starting October 7 through June 2020.
6:00 - 7:30 p.m.

Please contact Kim Randall at 607-664-2571 or Bill McFeaters at 607-738-4849, if you are interested in attending or with any questions you may have.

Any youth 8-18 years old as of January 1, 2020 interested in learning how to build and program a robot to perform various tasks using a Lego Mindstorms EV3 is welcome to become a 4-H member to be eligible to participate in the Steuben County Robotics Program. 4-H members will also have the opportunity to participate in the 2020 NYS 4-H Robotics Challenge at the NYS Fair. 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.

Read more here...

4-H Dog Obedience Classes for Youth

Cornell Cooperative Extension of Steuben County’s 4-H Program is offering dog obedience classes for youth. Youth must be an enrolled 4-H member. Please make sure that the CCE office has a current rabies certificate for your dog or you will not be able to participate until it is current.
If you will be using a different dog or this will be your first time attending please contact Kim Randall at 607-664-2571 with the breed and age of the dog.
• Howard Classes: 2nd and 4th Tuesdays of each month at 5 p.m. at Howard Community Building, in the basement, Exit 35 off I-86, Hopkins Road. The October dates are October 8 and 22.
• Bath Classes: Hillside Children's Center, 7320 Snell Hill Road, Bath. Will continue in the fall. Dates and Times TBA. Follow class updates on the Steuben County Canines FB page

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

Community Events

The Second Annual
STEUBEN COUNTY HISTORY AWARENESS WEEK
October 1-October 5, 2019
Featuring
200 YEARS OF AGRICULTURE:
Crops, Critters, and Farm Life in Steuben County
Honoring the 200th Anniversary of the Steuben County Fair
Hours at the Steuben County Fairgrounds
Horticulture Building
Open to the Public:
Tues-Fri: 2 PM-6 PM
Sat: 10-12 PM
School Groups By Appointment

Program Finale:
Howard Community Center
Sat: 1-4 PM

Find out more information:
@steubenhistoryweek on Facebook, or
www.steubenhistoricalsociety.org/events.htm

Steuben County historians, historical societies and local history enthusiasts are excited to announce our second annual local History Awareness Week. The event will center on the history of agriculture in the area and how it has evolved over the past 200 years.

Don't miss the 13th annual Outdoor Show
Stay in touch with the show on Facebook at SouthernTierOutdoorShow and on Instagram at STOutdoorShow.

For more information visit SouthernTierOutdoorShow.com. To contact the show call Carla Dawejko at 607-857-1977, email SouthernTierOutdoorShow@gmail.com, or write Southern Tier Outdoor Show, PO Box 134, Big Flats, New York 14814.
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 of Steuben County
20 East Morris Street | Bath, New York 14810

Administrative and Educator Phone Numbers
607-664-2300 | crd24@cornell.edu | http://www.PutKnowledgeToWork.org

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.