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

IN THIS ISSUE
Thankful for our farmers!
Learn some financial tips from the professionals!
Thanksgiving recipes
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Join us for several 4-H workshops

Happening at CCE-Steuben...

Join women for a fun, financial-savvy day together!
Register now for the 6th annual Southern Tier Women's Financial Conference - November 16 at Watson Homestead in Painted Post, NY. More details are on our website.

The three creators of this wonderful conference say it best:
Join Our Team!
Cornell Cooperative Extension of Steuben County has an opening for a full-time, SNAP-Ed Senior Nutritionist Regional Supervisor for the Bath, NY office. Applications are due November 12.

Application information can be found here

We are looking for fundraising auction donations for CCE-Steuben's Annual Meeting Dinner & Event!
We are looking for donations for our auction baskets to help us make this the best Annual Event ever! If you can help, please find the donation request letter here and the donation form here. Just give us a call at 607-664-2300 if you need us to pick up your donation!

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. You can register your team for the trivia at bit.ly/ccetTrivia We look forward to celebrating with you!

**Agriculture Education**

**Letter to the Community...**

Dear Steuben County,

I have been learning so much about the farming community in our county since I have joined the Cornell Cooperative Extension team in Steuben. People have stopped in to share information with me at our office in Bath, our county agriculture educator and regional agriculture educators have been teaching me about their work, and I have toured various farms alongside the Farm Bureau.

A few common themes keep coming up that are important for the public to know: With more technology, research and education - farmers are producing more with a lot less of an imprint. I was also very impressed
with how well animals are taken care of all of the farms I visited.

Steuben County is one of the largest farming communities in New York State. We have more acres dedicated to farming compared to many of our neighbors. Our agriculture industry brings hundreds of millions of dollars into the community with its products and tourism. Everyone I have talked to has shared the same thought: farmers need your help - buy local farm products (such as dairy, meat and produce), and advocate for others to do the same.

You can also help a local farmer by instilling the importance of agriculture to our youth so that farming will continue beyond the current generation in our county. Encourage youth to partake in 4-H, Future Farmers of America, and advocate for schools to start and/or expand their own agriculture programs.

I would love to hear more from folks in the county about how Cornell Cooperative Extension of Steuben can better support you. Please feel free to reach out to me at 607-664-2301 or at tsm223@cornell.edu. Thank you for the warm welcome many of you have shared, and I am looking forward to working with all of you for many years to come.

Theresa (Tess) McKinley,  
Executive Director of Cornell Cooperative Extension of Steuben County

Dairy Market Watch Newsletter is now available

Dairy Market Watch is an educational newsletter to keep producers informed of changing market factors affecting the dairy industry. Dairy Market Watch is published at the end of every month, funded in part by Cornell Pro-Dairy, and is compiled by Katelyn Walley-Stoll, Business Management Specialist with Cornell Cooperative Extension’s Southwest New York Dairy, Livestock & Field Crops Program. It is available for your use, with credit, in newsletters, mailings, educational handouts, etc. - or just to keep up-to-date on the market issues affecting our dairy industry!

Download the October 2019 issue here

AMS Discussion Group meetings planned
In November of 2019, there will be three introductory AMS Discussion Group meetings consisting of a short presentation on "Milk Quality Management" in AMS systems, along with discussion on the format of future meetings. To begin, the three meetings will take place in Cortland, Ellicottville, and Mt. Morris, New York. Further AMS Discussion Groups and locations will be scheduled during each of the initial meetings, and will address topics that reflect the interests of the attendees.

The focus of the AMS Discussion Group is to allow AMS owners and managers to share current AMS management strategies with each other in order to improve AMS efficiencies, profitability, and sustainability. There will be a topic of discussion, and short presentation for each AMS Discussion Group meeting, but the main portion of each discussion group will be the interaction between AMS owners and managers.

Registration for these discussion groups is $15.00/person and includes dinner. [To register online, and choose your location.](#)

To register by phone, contact: Brandie Waite at 585-343-3040 x138

If you have any questions or comments, please contact the following: [Rick Watters, PhD](#) at 585-786-2555, [Margaret Quaassdorff](#) at 585-405-2567

### Berry Growers Workshop

CCE Allegany County and Harvest New York are putting on a growers meeting on Thursday, November 14 hosted by Alfred State College. The College Farm is located at 1254 State Route 244, Alfred. The program is intended to aid the potential and established grower.

WNY Berry Specialist Esther Kibbe will be the speaker. She serves growers with support on pest management, variety selection, fertility, and cultural management for strawberries, blueberries and raspberries. Esther brings a wealth of berry background having worked for Driscoll Strawberry Associates as plant breeder and global trainer for scientific staff, and a consultant for a number of farmers in Western New York.

Registration is required by November 11. [Download the registration form here.](#)
Financial Education this month

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, November 8, from 9:30-11:30 a.m.** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning
- **Monday, November 25 from 1:00-3:00 p.m.** at the Steuben County Office Building Annex, 20 E. Morris St., Bath
- **Tuesday, December 3, 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.

### Are you prepared for the challenge of Who Gets Grandma's Yellow Pie Plate?

Family members use many approaches when dividing emotionally valued assets following a death in the family. Who gets personal property is an issue frequently ignored until a crisis occurs. Are you prepared for the challenge?

Join Cornell Cooperative Extension of Steuben County for a free session of Who Gets Grandma's Yellow Pie Plate from **2:00-4:00 p.m. on Tuesday, November 12** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.

Explore the sensitivity of guiding the passing on of personal possessions with CCE-Steuben Financial Educator Nancy Reigelsperger. Some of the highlights of their workshop include:

- Successful non-titled property transfer
- Initiating discussions about sensitive issues
- Determining what "fair" means
- Identifying and sharing stories about the special objects
- Managing conflicts
- Necessary legal estate documents.

Registration is limited to 25 participants.

### Free Workshop on Long Term Care Planning

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 **2:00-4:00 p.m. on Thursday, November 14** at the Southeast Steuben County Library, 300 Nasser Civic Center Plaza, Corning.
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.

SAVE THE DATE:

- **Five Critical Estate Planning Documents** - December 10 6:00-8:00 p.m. in Corning
- **Long Term Care Planning** - December 11 2:00-4:00 p.m. in Bath

The above programs are FREE, but please call to register your space: 607-664-2300.

**Nutrition Education: Southern Finger Lakes Eat Smart New York!**

**Be Safe and Be Active While Enjoying Your Thanksgiving Holiday**

- Does Thanksgiving prep have you stressed out? Make it easier by planning ahead to properly thaw and cook your turkey and safely store your Thanksgiving leftovers. We have tons of tips to help you make this year's Thanksgiving turkey the best! Try a holiday makeover on your Thanksgiving meal this year. Learn ways to modify the sweets, bake healthier, and brighten your meal with tips from MyPlate.

- During this time of the year there is so much to be thankful for, but it's very easy to eat too much and exercise too little. Here are some tips for enjoying your turkey but still staying active.

**Southern FLESNY November Recipes:**
November News from Cornell Cooperative Extension of Steuben County

- Pumpkin Mac n Cheese
- Pumpkin and White Bean Soup
- Mashed Turnips and Potatoes
- Holiday Roasted Butternut Squash

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 three 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 eight hours.
- Remember to remove the giblets before cooking. Cook your turkey until the internal temperature reads 165 °F. Safely roast your turkey in a 325 °F oven. An unstuffed, 15-pound turkey will take about four 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 touch the bone.
- If you stuff your turkey, stuff it loosely. For safe stuffing, it must also register 165 °F 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 two hours.
- Cut the meat off the turkey carcass and refrigerate separately from the stuffing.
- Keep leftovers 3-4 days and reheat to 165 °F.
- Visit here for more holiday food safety information.

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.
Fall Crafting Day - November 11

For Youth 8 & Up - 4-H and non-4-H youth! Join us for some fall crafting Monday, November 11th noon - 3 at the County Annex Building. We'll be making Patchwork Pumpkins, a festive Fall Wall Hanging and more!

Pre-registration is REQUIRED by November 4th. Visit our website for the registration form. Just $5 for enrolled 4-H members, and $10 for non-4-H. Call or email with any questions! 607-664-2300 or jmg422@cornell.edu.

County Fall Public Presentations
Saturday, November 9, 2019 from 9:00 am-noon
N. Cohocton Methodist Church
Registration form due Monday, November 4th
For more information contact Loree 607-664-2571 or las65@cornell.edu

Fall Floral Arrangement!
November 20th
Register by November 13!
6 - 8 p.m.
Civil Defense Building, Bath, NY
Celebrate the season and make a take-home fall floral arrangement, just in time for Thanksgiving!
Ages 8 and up!
$20/youth
Limited space available!
More info can be found on our website soon!

Evergreen Wreath Making Workshop!
December 8th
Register by December 2
1 - 3 p.m.
Civil Defense Building, Bath, NY
Celebrate the season and make a take-home green winter wreath just in time for the holidays!
Ages 8 and up!
$20/youth
Limited space available!
More info can be found on our website soon!

Steuben County 4-H Robotics Program Welcomes New Members

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 the month at 5 p.m. at Howard Community Building, in the basement, Exit 35 off I-86, Hopkins Road.
- Bath Classes: Hillside Children's Center, 7320 Snell Hill Road, Bath. November 7 and 21 at 6:00 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 at 607-664-2571.

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**Community Events**

**Free workshop on Medication Safety for Older Adults**

Project Care, sponsored by the Steuben County Office for the Aging, is hosting an informative workshop; "Medication Safety for Older Adults" on **Wednesday, November 13th at 9:30 a.m.** Led by Stacey O'Dell, Prevention Educator for the Steuben Council on Addictions, this training will look at signs and symptoms of elder substance abuse, medication safety, keeping elders safe from medication victimization, tips for caregivers and more.

Make plans to join us for this free workshop.

Download the flyer for additional information.

Preregister now at [www.SteubenCoNY.org/RSVP](http://www.SteubenCoNY.org/RSVP) and click on the "Upcoming Events" tab, or call the Steuben County Office for the Aging at 607-664-2298.

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**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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