



Cornell University Cooperative Extension Steuben County



E-News Cornell Cooperative Extension News

December 2009 - Vol 1, Issue 8

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Join our Bath Chamber Spirit contests!

Cornell Cooperative Extension of Steuben County will be offering **two exciting contests in conjunction with the Spirit of Christmas celebration** in downtown Bath on December 4.

They will hold a **Christmas Cookie Contest** at the Cooperative Extension booth from 6:00 - 7:00 p.m. Do you have a cookie recipe that has been handed down through the ages? Do family, friends, or co-workers look forward to the holidays just to get a taste of your cookies? Now is your chance to prove you really do bake the best cookies in the Bath area. Entries must consist of one dozen homemade cookies placed on a disposable plate and labeled on the bottom with your name and phone number. Cookies will be judged and the winner announced after 7:00 p.m.

Bath area restaurants are invited to take part in the **Holiday "Souper Cup" Challenge** by making a batch of their very best soup and serving it up in an 8-ounce cup for judging between 6:00-7:30 p.m. at their place of business. Judging of entries will be done by selected individuals traveling to the businesses and tasting these super soups. The Spirit of Christmas committee also asks businesses to make their contest soups available to the public for a small fee. The contest winner will receive a trophy and bragging rights.

To sign up for the Souper Cup Challenge or for more information on the cookie contest, call Cindy at 607-664-2561 or email cll38@cornell.edu.

Save Energy and Dollars this winter - free info!!!!

Cold weather has arrived, so now is the perfect time to reevaluate the amount of energy you use, and discover ways to reduce your energy bills.

Cornell Cooperative Extension offers a **FREE** workshop called **Save Energy Save Dollars** to explore ways to reduce energy bills through no-cost or low-cost conservation ideas. You can choose which ideas will work best in your home.

Participants in the class will receive an assortment of **FREE** energy saving items. The next class will take place Friday, December 4 from noon to 2:00 p. m. at Corning Community College in the Triangle Lounge in the Commons.

Please call 607-664-2300 to reserve your space!



Who Gets Grandma's Yellow Pie Plate?

This new workshop is creating a lot of interest! Family members use many approaches when dividing emotionally valued assets. Explore the sensitivity of guiding the passing on of personal possessions in the next session of **Who Gets Grandma's Yellow Pie Plate?** to be held on **Tuesday, December 8 from 6:00- 8:00 p.m.** at the Southeast Steuben County Library in Corning..

Topics we will cover include:



- Successful non-titled property transfer
- Initiating discussions about sensitive issues
- Deciding what you want to accomplish
- Determining what "fair" means
- Identifying special objects
- Sharing stories about the history of items
- Analyzing distribution options and consequences
- Managing conflicts

Registration is limited to 25 participants. Cost is just \$15 per person or \$20 per couple which includes a 94-page workbook, refreshment, folder and handouts. For more information contact 607-664-2300

Health Insurance for Farmers and Considerations of a Farm Transfer

Agri-Services Agency (ASA) will host an educational seminar with Cornell Cooperative Extension of Steuben County on **Thursday, December 14 at 11:00 a.m** at the Civil Defense Center in Bath. The seminar will include information about **public health insurance programs and how to Transition Your Farm.**

ASA, a subsidiary of Dairylea Cooperative Inc., was recently awarded a grant by the New York State Health Foundation (NYSHHealth) to help farmers and agribusiness owners obtain health insurance coverage. A recent survey by the nonprofit Access Project says farmers pay twice as much as non-farmers for insurance and out-of-pocket expenses. As a result they constitute a substantial portion of the state's uninsured.



ASA was created to bring affordable insurance programs to farmers and other agribusiness owners. The programs are underwritten by national insurance carriers offering coverage to the agricultural community throughout the Northeast. ASA understands agriculture, having helped thousands of farmers and related business owners with their benefits programs for more than 40 years.

A New York FarmNet consultant will discuss strategies on Transitioning Your Farm after lunch. Topics will range from bringing the next generation on to the farm, selling the farm, starting up a new enterprise and retiring from farming.

There is no charge to attend and lunch will be provided. Registrations are requested by December 12th. To register or for more information contact Cornell Cooperative Extension at 607-664-2300.

Financial Advice for a brighter holiday season...

Reprinted from the Institute of Consumer Financial Education E-News

Christmas Giving That Gives In Economic Hard Times

by Jim Garnett, a/k/a Ask Mr. G. and a member of the ICFE's Board of Educational Advisors

It is best to pay for Christmas without using credit. This can be accomplished by using Christmas clubs, change in a bottle, or buying gifts little-by-little during the year. This will avoid the "December demand" on your finances. A couple in my office recently told me they "did not spend one red cent for Christmas; they put it on the credit cards!" Unfortunately, this is not an unusual perspective for Americans.



If you do use credit cards, pay off the balance at the end of the month. A \$1000 Christmas charged on credit cards and paid

off at monthly minimum payments will take you eight years and \$900 interest to pay off. That means that little Katie's kindergarten Christmas will be paid off as she graduates from eighth grade! Not a good practice!

Determine in advance what you can actually afford to spend for Christmas. Come up with a dollar amount and stick to it! Impulse buying usually results in spending more than we should. A certain gift may be "just perfect" for your friend but that does not mean you can afford to buy it.

Buy a few generic gifts in bulk that can be divided and given to male or female. Decorative candles, for instance, can be divided, individually wrapped, and given to separate individuals.

Remember that Christmas "shopping" is not necessarily synonymous with Christmas "giving". Some of the most appreciated gifts are those in which you give of your time and talents. Things like cookies, candies, free babysitting, or even backrubs make excellent Christmas gifts.

Don't buy yourself a Christmas gift! Someone calculated that last year 69% of Americans bought themselves a gift. Focus on Christmas giving, not Christmas receiving.

Give a special gift to a needy individual, family, or organization. It does our hearts good to occasionally give anonymous gifts to those who can never repay us.

Invite an away-from-home college student to your home for the holiday.

Send a special Christmas "care package" to a deployed military someone.

Remember Whose birthday we are celebrating at Christmas. Some families bake a special birthday cake for Jesus as a reminder of "the reason for the Season" to their kids and grandkids.

Tips for a Money/Stress Free Holiday

The Consumer Credit Counseling Service of Central New York offers Tips for a Money-Stress Free Holiday at the following link:

<http://www.credithelpny.org/about/news.asp?nid=57>

What's in your bag?

How many times have you experienced the unpleasantness of the handle or the bottom of a shopping bag breaking on you? Consumers have found a way around this annoyance by using reusable bags. These types of bags are great for the environment, are stronger than paper or plastic bags, and can be used again and again. They last for 3 to 10 years or longer, making them a smart choice. But, as with everything that is reusable, they need to be maintained.

In a short amount of time, bacteria such as coliforms and E. coli and various species of molds can start to grow in your reusable bags. These microbes pose a food safety risk leaving you with possible food poisoning, intestinal distress, and in some cases, kidney failure.

Meat and produce naturally have traces of bacteria that transfer onto the shopping bags because of accidental leakage from the package. Since bacteria reproduce every 15 to 20 minutes, the next time you use those same bags, the bacteria may have multiplied and could contaminate the new items.

But don't stress, there are two simple things that you can do to prevent yourself and your family from getting sick:

1. Meat and produce items need to have their own separate bag, and should be used for that purpose only. This simple step will help prevent cross-contamination.
2. Wash the reusable bags that are for meat and produce after each use. The other reusable bags can be washed once a month depending on their usage. The best way to wash these bags is to let them soak in warm water mixed with a little anti-bacterial soap. Then turn them inside out and let them air dry. Make sure they are completely dry before you use them again.

As with everything reusable, you need to take the necessary precaution to prevent cross-contamination. You wash your clothes -- so why not wash your reusable bags!

Stephanie's Picks!

1. Asian Longhorned Beetle infestation found in Massachusetts. For more information about this devastating invasive pest in woodlands visit <http://www.smithsonianmag.com/science-nature/Invasion-of-the-Longhorns.html?c=y&page=1>

2. Improve your mood by enjoying nature. For further information visit <http://www.msnbc.msn.com/id/33243959/ns/health-behavior/>

3. Buy Local! Several florists in the area also make Holiday wreaths and some even provide wreath making workshops. Check with a local florist before purchasing from out of town!



4-H Update....

The **4-H Tractor Course Registrations** are due January 8, 2010. For more information visit putknowledgetowork.com

REMINDER! Current 4-H members must be re-enrolled by Jan. 4 to be eligible to participate in 4-H classes at the fair.

The **2010 Holstein Calf Scholarship Award** deadline is Monday, March 1, 2010

This calf will be awarded to the winner during the New York Junior Holstein Association's Spring Holstein Carousel, April 9-12, 2010. Juniors who have previously applied and not been selected to win the calf are welcome to resubmit applications. More information on the scholarship and the applicaiton form can be found at: www.nyholsteins.com



The **NYS 4-H Foundation Scholarship** program deadline is Monday, February 15, 2010. This application has been shortened, as we are no longer asking for financial information from applicants. Additionally, the eligibility requirement on age has been changed to read that the applicant must be eligible for 4-H enrollment at the time of application.

Eligibility. The NYS 4-H Foundation and generous sponsors are pleased to provide scholarships to members for their accomplishments as a result of 4-H experiences, and to support future educational goals.

Eligibility Requirements

- * Applicant must be eligible for 4-H enrollment. Youth who have reached their nineteenth birthday before January 1, 2010 are not eligible to apply for scholarships.
- * Applicant must have been a 4-H member in New York State, or participated in a Cornell Cooperative Extension 4-H Youth Development Program for at least one year.
- * Applicant must be enrolled or planning to enroll in an accredited university, college or technical school.
- * Applicant must have a current grade point average of at least 2.0 on a 4.0 scale unless otherwise stated for specific scholarships.

Selection Criteria

- * Demonstrated personal growth and development through 4-H projects and activities.
- * Held leadership roles in 4-H and other organizations.
- * Active in community or public service activities.
- * Sense of direction in future educational goals.
- * Academic record

Scholarship Application Procedures.

Download the following form and follow the instructions carefully.

Applications can be sent electronically as an attached file to

lindah@nys4hfoundation.org

or mailed to NYS 4-H Foundation, 220 Herald Place, Syracuse, NY 13202. The application and all required materials are to be received **NO LATER THAN FEBRUARY 15**. Notification of scholarship awards will be made in June.

Distribution Procedures. Awards will be distributed upon completion of the first semester of enrollment at the university, college or technical school. Prior to receiving the scholarship award, recipients will need to provide the NYS 4-H Foundation office:

- * A collegiate or technical school academic transcript for the completed academic term showing a cumulative grade point average of at least 2.0 on a 4.0 scale or academic good standing on another scale.
- * A copy of current term fee slip or other document that confirms continued enrollment at the university, college or technical school.

Please note that there are some changes in the application and eligibility requirements for 2010.

Upcoming Agriculture workshops...

Keeping More Dollars on the Farm Using New & Traditional Herd Health Surveillance Tools Is the Focus of 2010 Winter Dairy Management Workshop January 15th

PRO-DAIRY's 2010 Winter Dairy Management Workshop Tour will feature tools farms can use to optimize farm income by monitoring and managing milk quality, foot health and overall herd wellness. The tour will stop in Steuben County **January 15th** at the Civil Defense Center in Bath.

At any milk price, no one likes to see dollars that could be held onto leaking away. Quality Milk Production Services' new bulk tank surveillance program used in concert with proven milk quality assurance tools can help dairymen to maximize saleable outputs (milk). Dietary nutrients (inputs) will produce more salable product when they are not being siphoned off to fight disease. Dairy managers will be rewarded by capturing the maximum quality premium and probably making a little more milk too. An opportunity to get your own surveillance data at a reduced rate will be included with the registration information.

A herd-level foot health assessment can help point you towards health and comfort issues that can often

be improved with minimal investment. This new tool from the New York Cattle Health Assurance Program brings uniformity to the measuring technique. Once learned it can be used to gauge foot health improvement made through changes to the many interwoven aspects of herd management that impact lameness in dairy cattle. Sound feet and legs are a key indicator for the animal welfare audit programs welling up in the countryside. Capturing more on-farm dollars is the primary reason to use foot health assessment to get to the bottom what is causing lameness in a herd. Having a "leg up" on any kind of welfare scoring is a bonus.

Cost: \$20.00 for the first person (\$10 each additional person from the same farm), includes handouts & lunch. To receive registration information contact CCE-Steuben at 607-664-2300 or email Kerri at ksb29@cornell.edu.

Save the Date!!!

NY Beef Quality Assurance Program will be held February 6, 2010

from 10:00 a.m. - 2:00 p.m. at Forty Dollar Road Farm in Campbell.

Beef Quality Assurance (BQA) is a voluntary program focused on training cattle producers in feeding, management and breeding practices that assures the consumer that they are producing safe, wholesome beef of the highest quality. It is based on national guidelines and scientific research with the purpose of enhancing carcass quality and safety, thereby protecting the consumer confidence in our beef supply.

BQA Certification

Producers can obtain BQA certification by completing the following requirements:

- Attend a classroom training and/or self-study to satisfactorily pass a written test
- Attend a chute side training
- Establish a Veterinary/Client/Patient Relationship
- Signing a BQA contract

Topics covered during the certification process include safe handling of health care products, injection site location, increasing the effectiveness of vaccines, reducing drug residues, safe animal handling, animal welfare and record keeping. Currently, cattle that are properly vaccinated and managed are worth more to the owner due to increased sale weight. Increasingly the market place is seeking cattle that have been raised using BQA principals and eventually, this will lead to higher prices for cattle from BQA certified producers.

Watch for more information regarding registration in January!

Human Development research from Cornell University

The Fall Issue of **Human Development Today E-News** is now available online. This quarterly newsletter highlights finding from cutting edge research at Cornell and how these lessons can be applied to practice and public policy.

To view the Fall issue, visit:

http://www.human.cornell.edu/che/HD/Outreach_extension/upload/HD-Today-e-News-Fall-09.pdf

To subscribe to this newsletter, visit:

http://www.human.cornell.edu/che/HD/Outreach_extension/newsletter.cfm

New Adult Education Series begins in January in Corning....

The Cornell Cooperative Extension of Steuben County Adult Education Program is developing a new series scheduled to begin in January entitled **Estate Planning Survival Guide: Critical Information You Should Know when Planning Your Estate.**

Part One will include the **Estate Planner's Toolkit: Five Crucial Documents Essential in Every Estate Plan**, plus a few more that your should consider!

Part Two will be **The Other Bucket List: Things to Do After You Die.** What is "Probate" and how will it affect your loved ones?

Part Three covers **The Great Debate: Wills versus Revocable Trusts.** When should you consider using a revocable living trust?

And Part Four will cover **The Deadly Dozen: Twelve Fatal Mistakes Commonly Found in Estate Plans.**

A small fee, location, and dates will be announced in next month's E-news. Watch for details or email Carla at crd24@cornell.edu to receive updates when they are made. For additional information call 607-664-2300.



Cooperative Extension's Annual Business Meeting is Dec 10

The **2009 Annual Meeting of the Cornell Cooperative Extension of Steuben County** will be held on **December 10, 2009** beginning at 6:00 p.m. at the Steuben County Office Building. Again this year, the format will be dinner and social time followed by a business meeting with the sole purpose of conducting the last quarter business (annual elections, financial and program reporting) that is required by the association's constitution. the **Annual Dinner and Fundraising Auction on March 19, 2010**, location to be announced soon, will feature a delicious meal, an interesting and informative presentation, and lots of fun with live and silent auctions of donated items of interest. This year's topic will continue on the theme of sustainability, with interesting content on green living and renewable energy.



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The December 10 meeting will include a presentation of the 2009 Annual Report, an Executive Director update and outlook for 2010, a report of 2009 election results, announcement of the Association Reorganizational Meeting in January, and comments, concerns and suggestions.

Those planning to attend should RSVP at 607-664-2300.

The Cornell Cooperative Extension educational system enables people to improve their lives and communities through partnerships that put experience and research knowledge to work.

Be a part of Steuben County's bio-mass demonstration project! Cornell Cooperative Extension of Steuben County is embarking on a pilot program to engage Steuben County in providing sustainability for jobs, agriculture and our local economy. The plan involves the purchase of \$300,000 in grass pelleting equipment for a grass bio-mass demonstration project in Steuben County. This working model will employ local farmers in producing grass, and provide local energy for residents. Your donation will help make this project a reality. For more information contact Tom Tomsa at 607-664-2301 or visit [our donation page](#) to contribute to the Renewable Energy Capital Campaign.

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Cornell Cooperative Extension of Steuben County

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