

FRIDAY FLASH 1/13/17

4-H Activities are Revving Up!

This week:

- ✿ 4-H Expressive Arts Day looking for workshop volunteers
  - ✿ NLC 4-H Public Speaking updates
  - ✿ Looking for [realistic] model horses
- ✿ Vote now for the NLC 4-H Food Show theme:  
<https://www.surveymonkey.com/r/C5VW87P>
- ✿ Microwave Cooking Workshop for 4-H'ers
- ✿ UConn looking for participants for Grape study
- ✿ Save the date: Expressive Arts Day, March 18
  - ✿ Tufts Summer Veterinary Program
- ✿ Applebee's Flapjack Fundraiser for the Teen Ambassadors!

*Next Fair Meeting: February 6, Potluck 6:30 Valentines, meeting 7:00 ending by 8:30 firm*

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*The 2017 Expressive Arts Day, March 18, is looking for volunteers to help with morning workshops!*

*If you can LEAD a workshop in **arm knitting, zentangle, food art, or line dancing** (not necessarily just country, Superman, Cha-Cha-Slide, etc)*

*If you would like to ASSIST in a workshop for **food art, fairy houses, or felting***

*Please contact Pam Gray [pamela.gray@uconn.edu](mailto:pamela.gray@uconn.edu) ASAP!*

*Thank you!*

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**New London County 4-H  
Presentation Program  
in County Extension Center  
County Competition**

**February 24, 2017, 6:30 p.m.**

Local Contests:

Griswold Congregational Church, 878 Voluntown Road, Griswold  
hosts: Barnyard Buddies, 2/3, 6:00 pm  
Contact to register: Rob Sawyer, 860.705.5315 [rob@thesawyerfarms.com](mailto:rob@thesawyerfarms.com)  
Subase Youth Center, 29 Hickory Drive, Groton  
hosts: 4-H Seals, 2/17, 4:30 pm  
Contact to register: Gail McCloud, [ssn690@aol.com](mailto:ssn690@aol.com)  
Fields Memorial School, 8 Bozrah Street Extension, Bozrah  
hosts: Happy Hoofbeats, 2/16, 5:30 pm  
Contact to register: Peggy Sise, [rssandmps@gmail.com](mailto:rssandmps@gmail.com)  
NLC Extension Center, 562 New London Turnpike, Norwich  
hosts: Lebanon Dairy & Beef, 2/17, 6:30 pm  
Contact to register: Susan Davis, 860.428.2647, [sbrettdavis57@yahoo.com](mailto:sbrettdavis57@yahoo.com)  
North Stonington: TBD

See attached forms and flyer  
Visit our website for tips and info  
[http://www.newlondoncounty4h.uconn.edu/New\\_London\\_County\\_Forms.php](http://www.newlondoncounty4h.uconn.edu/New_London_County_Forms.php)

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**Do you have any model horses packed away or up on a shelf that are not being played with or used any longer? The CT 4-H Horse program is offering workshops and competition for a Model Horse Show. These models are along the lines of Breyer, Stone, or Schleigh model horses. Your donation to your local 4-H office will give a 4-H'er who doesn't own one of these models already an opportunity to compete in this 'Horseless Horse Show' event.**

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### **Microwave Cooking Class**

Great Goats is hosting a Microwave cooking class on January 16, at 10:30 at the extension center in Norwich. Any 4-h member is invited to participate. Parents are asked to stay. This is not a drop-off activity. There may be dairy or gluten products used. Please RSVP to Amy Vaillencourt Smith or [cdroflebnon@aol.com](mailto:cdroflebnon@aol.com) so we can be sure to have adequate supplies.

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### **Do you enjoy eating grapes?**

**Are you interested in finding out if grapes are good for your health?**

The Department of Nutritional Sciences

Is seeking

Volunteers to participate in a 13-week research study to investigate the effects of grape powder ingestion on improving cholesterol levels and reducing risk for heart disease

We are looking for participants who are:

- Between 30 and 70 years
- Do not have a history of diabetes mellitus, cardiovascular disease, stroke, renal problems, liver disease, or cancer
- Not taking high-dose aspirin or anti-inflammatory medications, or any triglyceride- or glucose-lowering medications/supplements
- If you have one or more of the following, you may be eligible: high blood pressure or taking blood pressure medication, high blood triglycerides, high fasting glucose, low HDL or high waist circumference

Benefits of participating:

- Free cholesterol testing, diet analysis, and other lab results
  - You will be compensated for your time
  - You may improve risk factors for heart disease

To inquire about participating in the study contact:

Quinn Duclos, Graduate Assistant

Email: [quinn.duclos@uconn.edu](mailto:quinn.duclos@uconn.edu)

This research study was approved by the UConn IRB, Protocol #H15-218

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**Adventures in Veterinary Medicine**

Dear 4-H Leader, Volunteer, or Mentor:

Do you know an aspiring veterinarian? [Adventures in Veterinary Medicine](#) (AVM) is a fun and engaging career exploration program for middle and high school students interested in pursuing a veterinary career. We invite your 4-H youth to apply to AVM and discover if this exciting career is right for them!

AVM attendees will explore the wide variety of opportunities available within veterinary medicine and see first-hand what attending veterinary school is like. Lectures by Tufts faculty and vet students, interesting laboratories, demonstrations, and hands-on activities with animals.

Applications for summer 2017 are now available! For more information on the program, including dates, eligibility, and tuition please [visit the AVM website](#) or email [AVM@tufts.edu](mailto:AVM@tufts.edu).

**Adventures in Veterinary Medicine**  
Cummings School of Veterinary Medicine  
Tufts University  
200 Westboro Road  
North Grafton, MA 01536  
Phone: (508) 839-7962  
Fax: (508) 839-7952

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Get your tickets now at the Extension Center or from any CT 4-H Teen Ambassador!  
Support our teens who will be attending Citizenship Washington Focus this summer!

**I'm Attending an Applebee's Flapjack Fundraiser Breakfast**

New London County 4-H Camp  
\$9 per person

When: Saturday, January 28 8 a.m. – 10 a.m.  
Where: Applebee's Neighborhood Grill & Bar  
350 Long Hill Rd  
Groton, CT

 **applebees.com**

© 2008 Applebee's IP LLC. Valid at participating restaurants. Ticket valid for pancake event only. Applebee's menu items are not included as part of purchase.

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*I'm not sure if it's winter or spring with this weather! But I am grateful to have thus far escaped the nasty cold and flu going around.*

*Have a great weekend, everyone.*

*Ms. Pam*