

Friday Flash

1/20/17

Thinking of our CT 4-H Delegates to the Inauguration today!

This week's news:

- ✿ Food Show Theme!
- ✿ Public Speaking for New 4-H'ers Workshop
  - ✿ NLC Public Speaking
  - ✿ Big E Beef Show- tagging by Feb. 1<sup>st</sup>
  - ✿ Looking for [realistic] model horses
  - ✿ CWF Teens Flapjack Fundraiser
  - ✿ Butter & Beef 4-H Club news
  - ✿ 4-H Promotion- #SelfLoveSelfie
  - ✿ Pidgeons need homes

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**New London County  
4-H Food and Nutrition Show**

March 25, 2017

1:00-3:30

New London County Extension Center

Theme: **Special Occasions**

Poster Theme: What's Your Diet? –gluten-free, allergy, etc

See attached information and our website [here](#)

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**Public Speaking for New 4-H'ers Workshop**

**Hosted by Classy Caprines 4-H Club**

January 26<sup>th</sup>, 7:00-8:00

15 Swanty Johnson Road, Uncasville

Carol Moore is coming to give a talk on public speaking. Carole is a retired high school English Literature teacher, and a wonderful person. The focus is towards

the kids who have never participated in the 4-H public speaking events ( which is our entire club!). We welcome other clubs who would like to come.

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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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**Big E 4-H Beef Show**

Hello everyone-

I need to know the 4-H'ers that want to enter the ESE 4-H Beef program. I need to tag steers by February 1<sup>st</sup>.

Contact me with names and the number of animals.

Thanks

Laura A. Marek

UConn- Extension Educator-4-H Program

860-626-6240

[Laura.marek@uconn.edu](mailto:Laura.marek@uconn.edu)

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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 Schleich 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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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](http://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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### Butter & Beef 4-H Club News

During our December meeting our club made cookies and went caroling to elderly families in town. We also shopped for two families in need for the town of Ledyard. We also made two baskets for Christmas dinner for two families in Ledyard also.

Thanks, Butter & Beef Club Reporter,  
Mackenzie P



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**4-H Promotion: #SelfLoveSelfie  
Valentine's Day!**

Instead of declaring love for your Valentine this February 14, declare love for yourself! This Valentine's Day, 4-H invites you to share your own Self-Love Selfie on social media. Grab your camera and strike a

pose to highlight your self-worth, self-love and self-esteem with all of your friends and invite them to participate.

1. Post your own Self-Love Selfie to your social media channels using the hashtag **#SelfLoveSelfie** between now and February 28, 2017.
2. Don't forget to add a sentence or two about what you love about yourself and the unique character traits that make you YOU.
3. Share with your friends and invite them to participate! We want to see lots of self-love out there this Valentine's Day!

### **Sample Posts:**

Share what you love most about yourself all month and post your #SelfLoveSelfie for the world to see! There's no greater love than the love of self! Join me in sharing a #SelfLoveSelfie and showcase your self-esteem and self-worth!

What do you love most about you? @4H wants you to declare your self-love all month by posting your best #SelfLoveSelfie!

This Valentine's Day, I declare my love for me! Join me in highlighting your self-worth with a #SelfLoveSelfie [selfie]

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If you would like a pidgeon project!  
Contact Kimmy Jones [franklinfarm155@yahoo.com](mailto:franklinfarm155@yahoo.com)

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*Have a great weekend, everyone!*  
*How many of us have already given up on the New Year's Resolution? Mine*  
*is going strong so far!*  
*Ms. Pam*