

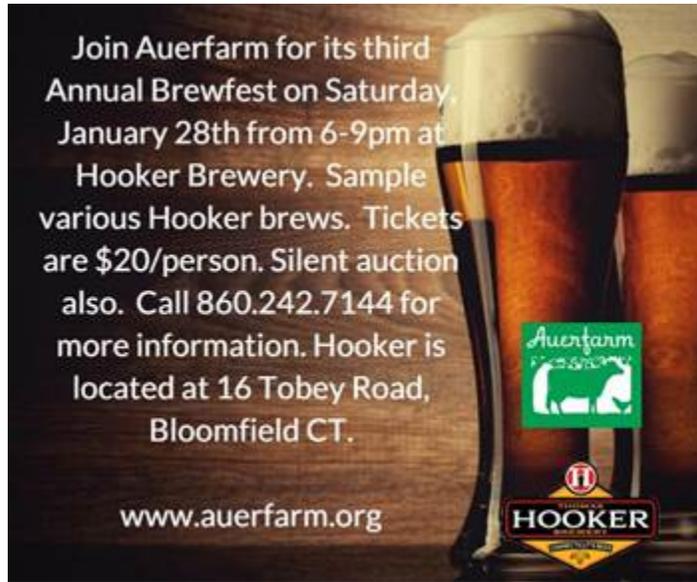
Friday Flash

1/27/17

I will be visiting family 1/27-2/2. Heidi and Gail will be covering the office.

This week:

- ✿ Brewfest to support Auer Farm
- ✿ 4-H Promotion - #SelfLoveSelfie
 - ✿ Uconn Poultry Day
 - ✿ Happy Hoofbeats 4-H news
 - ✿ 4-H and the Focus on Civility
- ✿ CT Horse Symposium 3/4-5/17
- ✿ Public Speaking Workshop - NLC
- ✿ Big E Beef Show - tagging by Feb. 1st
- ✿ Revised Forms for 4-H Club Leaders
- ✿ Ever want a pidgeon project? Now's your chance!
- ✿ 4-H UConn Basketball Day on Feb. 11th Tickets available!



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]

Uconn Poultry Day
Saturday, April 1, 2017. RH arena, Storrs.
go to <http://web.uconn.edu/poultry/poultrypages/> for more information

The Happy Hoofbeats presented over \$250 to Tara Farms Horse Rescue to sponsor Mumbo an elderly pony.



4-H and the Focus on Civility

National Effort to “Restore Civility” is Underway, Looking Ahead to Next Elections

Jan 20, 2017 01:00 am | CTByTheNumbers.info

Being down here in Washington, DC for the inauguration this past week I had an opportunity to see the lack of civility among many first hand. There were so many at the inauguration ceremony yesterday that seemed like Trump’s victory was a won in battle and the other side’s view was not only invalid but should be disregarded as a whole.

When talking to the 5 wonderful young ladies from Connecticut and others here this week, I tried to focus on the importance of understanding another’s views and though they might not be the same as ours they are no less important.

The 4-H Center and the program staff did a wonderful job reminding the 4-Hers about the necessity and importance of a **respectful** dialogue as we explore these often decisive and divisive issues.

I think one of the greatest hallmarks of 4-H is the respect and compassion we try to instill in our young people. I am very much interested in exploring this in greater detail and working to teach all our young people the importance of civility in their daily lives as citizens.

Just my two cents,
Marc

National Effort to “Revive Civility” is Underway, Looking Ahead to Next Elections

ON 01/19/2017 · IN [COMMUNITY](#), [EDUCATION](#), [HISTORY](#)

The National Institute for Civil Discourse (NICD), launched in the aftermath of the shooting targeting Congresswoman Gabby Giffords in Arizona in 2011, has launched a new initiative – Revive Civility.

“Incivility in America has reached epidemic proportions,” organizers point out. “Every day rudeness, disrespect and hostility sideline collaboration and compromise. Sound bites replace sound journalism. Extremes on both ends of the political spectrum stymie productive dialogue. The public, initially worn and weary, is increasingly enraged about how the lack of civility has left government helpless in the face of our nation’s most pressing problems.”

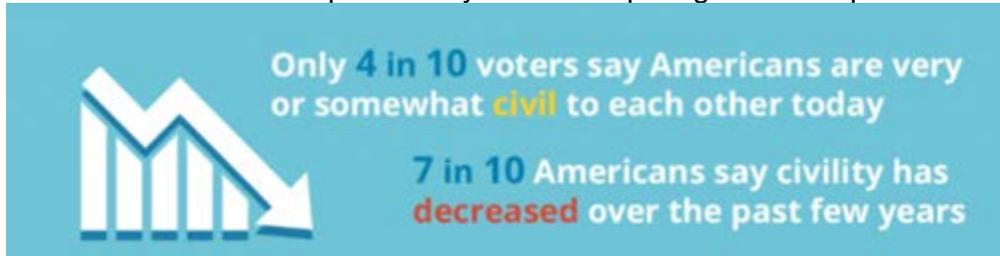
The initiative includes proposed [Standards of Conduct](#), toolkits for citizens, and suggested text messages that emphasize how “civility strengthens our democracy.”



Pointing out that “research found that most people think mocking or making fun of a political opponent, making disrespectful or demeaning statements, refusing to listen to arguments of different points of view, or making exaggerated statements that misrepresent the truth are all uncivil behaviors.”

In 2017, “reviving civility is more important than ever” and NICD plans to continue to champion “respectful interactions” in media, legislatures, and the public. The organization will also educate “the next generation on the importance of civility and ways in which respectful dialogue and interaction between a variety of viewpoints can be created in your own life.”

The 2016 campaign, NICD points out, “brought political incivility directly into living rooms across America,” pointing out that candidates used “disrespectful remarks, name calling,” insulted various members of minority groups, and “the tone of the campaigns has also led to physical violence. Uncivil words have led to uncivil actions and are the direct result of the nature of the rhetoric expressed by those competing to lead in public office.”



NICD points out that:

- 2 in 3 voters say the 2016 election has been less civil than other elections.
- 6 in 10 agree with the statement “The 2016 election will go down as one of the most negative elections.”
- 4 in 10 voters say Americans are very or somewhat civil to each other today.
- 7 in 10 Americans say civility has decreased over the past few years.

The honorary chairs of NICD, a nonprofit organization, are former presidents George H.W. Bush and Bill Clinton. Among the honorary co-chairs is former U.S. Supreme Court Justice Sandra Day O’Connor.

CT Horse Symposium

Please mark your calendars for March 4 and 5 for the CT Horse Symposium to be held at UConn's Horsebarn Hill Arena. More info can be found at this link:

<http://animalscience.uconn.edu/horseSymp/index.php>

We will feature clinician Caroline Mercier on Saturday Morning who will conduct sessions regarding Finding the Natural Balance of Horse and Rider to Improve Form Over Fences, with flatwork, poles, and jumps respectively in the three sessions from 9-12.

The UConn Drill Team will perform at 12 PM Saturday. There will be food available for lunch. Saturday afternoon features Jeff Morse of Green Meads Farm who will conduct sessions regarding Improving Your Driving Performance with sessions about the separation of labor and management, bending the driving horse and the fourth aid in sessions from 1-4.

UConn horses will be available for use for experienced riders for Caroline's clinic and experienced horse handlers for Jeff's clinic for a modest fee.

If you are bringing your own horse, you will need to complete the equine health form available online, please make sure that your horse is up to date on all required vaccinations. You will also need to complete a 3 day temperature log for the 2 days prior to and the day of the clinic. Also if you are out of state you will need to bring a veterinarian's certificate.

Sunday is Hands on Horse Science Day, from 9-12 participants will participate in hands on 45 minute sessions on microchipping, myofascial release therapy, vital signs, saddle fitting for the English horse, saddle fitting for the Western horse, and basic first aid.

Sunday at 1 PM there will be a UConn Polo Match.

There are reduced rates for youth, retirees, UConn students and 4-H members/leaders. Stay tuned for a new online registration system, but you can also use the paper copies to register available on the website. Riders/drivers should register by March 1.

Sponsors and vendors are needed so please spread the word to them, sponsor/vendor forms available online. Forms preferred before March 1 if possible.

Contact jenifer.nadeau@uconn.edu with any questions.

Hope to see you there!

Public Speaking Workshop Hosted by Classy Caprines

Next Thursday, January 26th at our meeting, my good friend 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 my entire club!). I would certainly welcome other clubs who would like to come. We meet from 7-8 here at the house, 15 Swanty Johnson Rd, Uncasville.

Sincerely, Jenn Rudke

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 1st.

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

Revised Forms for 4-H Club Leaders

Club leaders should be familiar with these forms and policies. If your club is going on a field trip, the Risk Management form should be filled out and a copy sent to the 4-H Office.

The following & attached documents have been revised and are on the CT 4-H web site:

- ✿ Risk Management Guidelines for UConn Extension Employees and Volunteers*
- ✿ Risk Management Planning*
- ✿ UConn Extension Faith Based Expression Guidelines*

If you would like a pidgeon project!
Contact Kimmy Jones franklinfarm155@yahoo.com



4-H UConn Basketball Day on Feb. 11th

Three of our county 4-H programs have signed up for 4-H UConn Basketball Day on Feb. 11th. If you have 4-H members and volunteers who are interested in participating they can contact Mike Gerber directly to purchase tickets. (Middlesex County 4-H has extra tickets to purchase). The flyer is attached. They have until Friday to purchase the tickets. Kids will be involved in several fan experiences as well if numbers permit. Please make sure that they mention they are with 4-H. Mike's contact information is below.

Mike Gerber

Sales Consultant

University of Connecticut – Division of Athletics

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Storrs, CT 06269-3078

860-486-8190

www.uconnhuskies.com

I'm looking forward to visiting my dad, daughter and her family, and brother and his family. I hope you all get some quality time with someone you love this week!

Hugs,

Ms. Pam