

Friday Flash
(Wednesday) February 8, 2017

This week in the news:

- ✿ Next Fair meeting Feb. 7
 - ✿ 4-H #SelfLoveSelfie
- ✿ Community Foundation Of Eastern CT Scholarships
 - ✿ FRESH New London job opportunity
- ✿ Position Opening National 4-H Council Youth Advisory Committee
 - ✿ Participants needed for Uconn dietary study (compensated)
 - ✿ 4-H opportunity- Winter Farmer's Market
 - ✿ WINTER ESCAPES AND SPRING ADVENTURES
 - ✿ Public Speaking Info
 - ✿ Food Show info

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

**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]

Our Vision: A healthy, thriving, sustainable Eastern Connecticut.



Community Foundation
of Eastern Connecticut

**We're ready to help hundreds of students
in Eastern Connecticut
pursue their educational dreams!**



We are one of the largest college scholarship providers in Eastern Connecticut... thanks to the generosity of donors who, over the past 34 years, have created 106 scholarship funds here at the Community Foundation to help create opportunities and access for young people and others seeking education and training.

**Visit our website to view deadlines, the list of
scholarships
and their criteria - and to apply!**

[Community Foundation Scholarships](#)

*Please forward to anyone you know who might
benefit from a scholarship!*



Who: FRESH New London

What: Hiring a New Urban Farm Manager

Why: To grow food, connect communities, and empower youth

Where: New London, Connecticut.

When: Now! Job search closes February 15th, targeted start date is March 15, 2017

You need more information?

The job description, qualifications and application process is all online at

<http://tsne.org/urban-farm-manager-fresh-new-london>

National 4-H Council Youth Advisory Committee Positions

Dear Colleagues:

Prior to the holidays, I shared with you that National 4-H Council's Board of Trustees voted in favor of changing its composition and governance structure – in order to maximize Council's fundraising support of Extension. One of the changes includes the development of a **Youth Advisory Committee**.

Starting next week, we will be recruiting to fill positions on this new committee. We will be looking for 4-H alumni who are creative thinkers, can influence their peer networks and have the ability to lead large-scale initiatives. Our application process will be similar in nature to those we have used for Youth Trustees and Youth in Action Awards.

Council is asking for nominations to help us find nine (9) accomplished former 4-H'ers who can provide counsel, work on strategic initiatives and help grow our network of young 4-H alumni. These young alumni should be between ages 18 and 23 and be proven leaders. For a full list of criteria, please see the

[Youth Advisory Committee guidelines](#).

- **Nominations:** 4-H alumni can be nominated, or can nominate themselves, by sending an email with their name and email address to YACApplications@4-H.org. **Nominations are due by 5 pm EST on March 2, 2017.**
- **Applications:** Once nominated, candidates will receive an invitation only link where they can submit their application online. **Applications must be received by 11:59 p.m. on March 17, 2017.**

We will be accepting applications February-March, and reviewing/interviewing applicants April and May for a June 2017 election.

Specific details on the application process, selection criteria, time commitment and key dates will be sent to all 4-H and Extension professionals in the coming days. Don't hesitate to reach out to me or to Tristiaña Hinton (thinton@4-H.org or 301-961-2907) if you have questions.

Thank you,
Andy Ferrin
 SVP, Chief Strategy Officer
 National 4-H Council
aferrin@4-H.org
 Office: 301-961-2972 | Mobile: 301-792-2139

Participants needed for dietary study
Please share!

Please consider being part of this study or passing the work about it. We need participants, and you will be helping out science. It is a fairly simple study with the objective of investigating the beneficial effects of a Chinese plant extract dietary supplement. It is safe, and in compensation for your participation you will be paid. Feel free to contact us for more information.

The Department of Nutritional Sciences at the University of Connecticut is seeking men and women to participate in a 27-week intervention examining the effects of TA-65, a dietary supplement, on insulin resistance and blood glucose

Eligibility for the study requires men and women who are:

- Between 32 and 70 years
- With metabolic syndrome (have ≥ 3 of the following characteristics): high blood pressure, high plasma triglycerides, high fasting glucose, low HDL or high waist circumference
- No history of diabetes, cancer, liver disease, renal disease or heart disease

- Not taking glucose-lowering medications
- Benefits of participating:

- Free cholesterol testing and other lab results
- You will be compensated for your time (\$350 for full participation)

To inquire about participating in the study contact:

Maria Luz Fernandez, Principal Investigator: [860-486-5547](tel:860-486-5547)

Email: maria-luz.fernandez@uconn.edu or

Diana: Graduate Assistant [860-486-3633](tel:860-486-3633)

Email: uconnTA65@gmail.com

This research study was approved by the UConn IRB, Protocol # H14-278

Hello Everyone,
The University of California has begun recruitment for the Area CE 4-H Youth Development Advisor serving San Joaquin & Stanislaus Counties. Please extend the attached announcement to your networks and anyone you feel might be interested.

Thank you,

Shannon J. Horrillo, MS, PhD

Youth, Families, & Communities Statewide Program
Associate Director of 4-H Program & Policy
University of California, Agriculture & Natural Resources

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sjhorrillo@ucanr.edu

<http://4h.ucanr.edu>

Cold Spring Farm Winter Farmer's Market

If a club is interested in promoting 4-H, we are welcome at the Cold Spring Farm Winter Farmer's Market.

Sundays 10-1:00

46 Town Road, Colchester

Call 860-316-8368 for more info.

CONNECTICUT STATE MUSEUM OF NATURAL HISTORY
& CONNECTICUT ARCHAEOLOGY CENTER

WINTER ESCAPES AND SPRING ADVENTURES

Molecular Plant Remains at Archaeological Sites, A Sea Vegetable Saga, The Winter Milky Way, Bone Identification Workshop, Scientific Illustration – Insects, An Archaeologist's View of Life in Seventeenth-Century Maine, Plymouth Plantation Day Trip, Exploring Connecticut's Towns – Whitneyville, People & Oceans: From Robust Frontiers to Fragile Environments History, and Management of Timber Rattlesnakes are a few of the activities and talks being offered this season by the

Museum and Archaeology Center. Don't miss out on exciting special events, workshops, field learning programs, and notable presentations.

**For Program Descriptions, Prices, and Registration Information
visit www.mnh.uconn.edu/mnhcurrentcalendar.htm**

**New London County 4-H
Public Presentation Program
New London 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
- Subase Youth Center, 29 Hickory Drive, Groton
hosts: 4-H Seals, 2/17, 4:30 pm
Contact to register: Gail McCloud, 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
- 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
- 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

**New London County Food Show March 25, 1:00pm
Location TBD**



Theme: Special Occasions!
See attached information!

*Have a great weekend everyone! I'm back and miss my family like crazy
already!
Ms. Pam*