Dear Extension Partners,

Thanks to all of you who have supported Cooperative Extension during the past year. Whether through volunteer time, program advocacy, or financial donations these contributions are invaluable to Extension programs here in Connecticut.

The role of the New London County Agricultural Extension Council has always been to support Extension programs here in New London County. We are asking if you could please contribute to support the terrific Extension Programs operating from our own New London County Extension Center. With your assistance, we can continue projects to support our 4-H, Healthy Homes, Nutrition Education, Sustainable Landscape Education, and Master Gardener Programs. Reduced Extension Council funds have resulted in a 50% reduction of our support to these worthy programs and that is why we are reaching out for your support. Donations will support supplies for programs, not staff salaries.

Our Extension Center supports a diverse array of projects involving staff who deliver support within our community. Funding dollars have declined over the past few years, yet the need for support has not. Enrollment in after school 4-H programs and campership needs have increased. The Master Gardener program has expanded by both the number of people enrolled and by the diversity of programs offered. Critical nutritional education programs for youth and seniors continue to be in demand.

I appreciate that this time of year brings many requests for donations and we all must make choices about which organizations we can support. Your generosity will help support and continue these valuable programs in New London County.

Sincerely,

Shelly Roy
President
New London County Agricultural Extension Council, Inc.

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Extension Day at Mystic Aquarium
Celebrating being part of UConn Extension with an Extension Partner discount -
Come enjoy a day at Mystic Aquarium!

The New London Agricultural Extension Council, UConn Extension faculty based at the New London County Extension Center, and staff from Mystic Aquarium, will be on hand to host an Extension Day at Mystic Aquarium on Saturday, November 14, 2015.

Registration is available at: http://www.store.uconn.edu/
Healthy Homes News

The Healthy Homes Partnership is a national effort to provide information on how to keep your home safe and healthy. Find us on Social Media! (Facebook, Twitter, and Pinterest)

Spread the word! UConn Extension and the University of Georgia are posting social media messages for the National Healthy Homes Partnership. The purpose is to provide consumers with information on how to create a safe and healthy home. Your health is directly impacted by the health of your home. A variety of topics are posted, from Indoor Air Quality, Lead Poisoning Prevention, Mold and Moisture to Household Product Safety and more. Some of the more recent popular posts focused on National Fire Prevention Week, Halloween Safety, and Energy Saving Ideas. Awareness days, weeks, or months such as First Aid and Community Safety, Fireworks Safety, Radon Action, and Power Outage Awareness also were highlighted. Future topics will include The Great American Smokeout on November 19th and Toy Safety in December.

Education on Healthy Homes is provided to community groups and businesses as well. Over 200 people attended a local employee health fair in September. If your group is interested in a presentation, please contact Mary Ellen Welch at mary.welch@uconn.edu.

Master Gardener Activity 2015

In October, 37 UConn Master Gardeners in the 2015 class graduated and several others became certified Advanced Master Gardeners or advanced further up the ranks. Recently, we recognized 35 master gardeners who volunteered 100 hours or more of service. Pewter pins were awarded: a trowel for up to 249 hours; an oak leaf for up to 499 hours; and a wheelbarrow for up to 749 hours.

What do these wonderful Master Gardeners do? They volunteer time with middle school kids to create and maintain vegetable gardens; garden with folks with disabilities; educate the public about invasive plants; create pollinator gardens; join Wasp Watchers to monitor the invasive Emerald Ash Borer; and much more.

Six short classes were offered this year, open to the public as well as master gardeners, on topics ranging from fertilizers to vernal pools. Several Master Gardeners also participated in Bug Week last July at Storrs. As the end of the year approaches, we are gearing up for the 2016 program, which will be back again in Norwich. Classes start January 5 and go for 16 weeks, followed by 60 hours of office and outreach activity through September. Applications and more information about the UConn Master Gardener program are available at the website: mastergardener.uconn.edu.

Susan Munger, New London County Master Gardener Coordinator

Nutrition and Wellness News

Erica Benvenuti, the Expanded Food and Nutrition Education Program (EFNEP) dietitian provides interactive educational sessions to community groups to help people make healthier food choices. Community members enjoy the demonstrations of how to prepare easy, nutritious meals and snacks. They also have the opportunity for tasting the items prepared. Some community groups are actively involved in the preparation of the food. The EFNEP focus is to help people save money on food and still eat nutritious items on a limited food budget.

EFNEP programming includes a pre and post behavioral change assessment. EFNEP interactions have helped motivate and empower individuals to make healthier food choices and become more physically active.

Recent community groups receiving EFNEP services include attendees at farmers markets, adult education classes, after school cooking programs, and in-school health and nutrition classes. Some activities have highlighted sugar content of beverages, label reading, cost and fat/calorie content of fast foods, and finding healthy deals in grocery store fliers.
Sustainable Landscape News

Vickie Wallace, Extension Educator and Program Director of UConn’s Sustainable Turf and Landscape Program, is part of a team of Extension IPM specialists that continues to support Integrated Pest Management (IPM) education. One focus of Ms. Wallace’s program is directed toward the educational training of municipal and school grounds managers that work to maintain safe athletic fields and grounds without the use of pesticides. In 2014, weather stations were placed in 16 schools districts across Connecticut, with two weather stations located in New London County. In 2015, two more stations were placed here in New London County. Stations are located in East Lyme, Lebanon, Stonington, and Montville. The intent of the program is to incorporate weather station data as part of the pest and cultural management protocol in pesticide-free turf care programs. Ms. Wallace is also involved with a multi-state research project evaluating the use of repetitive overseeding as part of a pesticide free athletic turf care program. Fifty fields across Connecticut, New York and Maine are participating in this project. East Lyme is one of the towns in Connecticut that has volunteered to participate with this project. Ms. Wallace is involved with a Connecticut Department of Energy and Environmental Protection (DEEP) sponsored research project that is evaluating the efficacy of minimum risk products approved for use on school ground properties.

A weed herbarium, initiated in the fall of 2014, was expanded in size this growing season. Funded by the Master Gardener Foundation and thanks to the efforts of a dedicated master gardener intern, the New London County weed herbarium is a source to aid in the identification of weeds common to home lawns and gardens. It will be used as a component in future Master Gardener and Sustainable Landscape Education Programs.

New London County 4-H

Community-based and School-based 4-H programs are growing in New London County!

Kids engaged in community-based 4-H Clubs are: expanding leadership and citizenship skills in clubs like 4-H Teen Ambassadors and New London County Fair Board, exploring animal husbandry in clubs like Great Goats & More and Butter & Beef 4-H Club, or honing their computer programming and engineering skills in the Bozrah Bots and Lego City clubs. Award trips for teens, such as the week-long Citizenship Washington Focus, or the 4-H Conference Center in Washington DC, National Dairy Conference in Madison, Wisconsin, or acceptance into the animal shows at Eastern States Exposition, encourage our youth to stay involved in 4-H and open new avenues of learning, self-discovery, and friendships that cross club and state borders.

School/4-H Community partnerships are growing as well. Kids enrolled in the afterschool programs Bridges and Aspire in Norwich Public Schools participate in 4-H activities. 4-H is in the classroom at Winthrop Elementary Science Magnet School, involving hands-on activities through 4-H STEMtastic! and 4-H Bugs! Our local libraries partner with us to provide summer 4-H programs that reflect the CT yearly reading theme and incorporate literacy in experiential learning activities.

Our active 4-H Military Partnership thrives as well. There are community-based clubs that meet at the Anchors Landing Community Center and the Youth Center. School-age and Teens programs at the Subase Youth center participate in the New London County 4-H Fair, 4-H Public Speaking, and other county and state programs. There are active project clubs at the Subase Library and the National Guard Armories across the state.

These outstanding 4-H programs are supported in part by the New London County Extension Council. Your generous contribution to the Council will impact the youth in our communities, helping them to become productive citizens of the future.
Donor Response Form

Name ________________________________________________

Address ________________________________________________

Email Address ________________________________________________

Amount of Donation $_________

Please use my donation to support: _____ 4-H Programs   _____ Healthy Homes

_____ Master Gardener Program   _____ Nutrition Education   _____ Sustainable Landscape Program

__________________________ Other (please specify)

Please make check payable to NLC Extension Council and return to 562 New London Turnpike, Norwich, CT 06360.