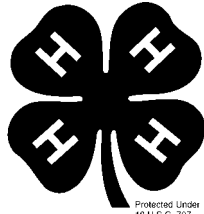


## THE LUCKY 4-H'ERS GAZETTE



Volume 10 Issue 4  
July-August 2009

### MONMOUTH COUNTY FAIR: WHERE THE 4-H FAMILY GROWS

#### Inside this issue:

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What do you think of when you think of the county fair? 4-H of course. Within the county, the state and this country people have unforgettable memories of their 4-H experiences at the county fair. For 4-H'ers, it is a time when they feel their accomplishments are celebrated before the large fair going public. The fair is a place where lifelong friendships are forged. Future career goals are often developed through the positive experiences 4-H'ers have in their fair project areas.

Many 4-H volunteers trace to the fair the time when they first decided to become 4-H volunteers. Impressed by the pride, spirit and camaraderie they see at the county fair, these volunteers decide that they want to be part of such a positive life skills development program as 4-H. At the county fair, 4-H Alumni return much as they would to a school or family reunion. Coming to the fair, they are, in essence, coming home. An event of such impact and scope as the county fair requires the involvement of many volunteers. Without the outstanding support of the Monmouth County 4-H Association volunteers, the fair would not be a reality. Many hands are needed in a variety of areas such as fair setup and breakdown, food booth, promotion, judging, etc. You have heard the phrase, "many hands make light work." Why not add your hands to making the work load lighter. Call 732-431-7263 if you would like to volunteer.

Thank you to the Monmouth County Park System for being such an outstanding partner in making the 4-H fair a reality. We look forward to seeing all of you sometime during the county fair. Come join us at the fair in "Making the Best Better."

#### FAIR HOURS:

<b>July 22—24</b>	<b>5pm—11pm</b>
<b>July 25</b>	<b>11am—11pm</b>
<b>July 26</b>	<b>11am—6pm</b>

**DEADLINE FOR NEXT NEWSLETTER – August 14, 2009**  
**PUBLICATION September-October**

**NEW LEADERS:**

**Navin Boggavarpu**—Co-Leader for Raging Reptiles

**Wendy Mowaswes**—Co-Leader for Better Together



### 14 CARROT RABBIT CLUB

Mackenzie L. Pak  
Cynthia A. Pearsall  
Nadine M. Pearsall  
Matthew Yucht

Maggie A. Ciufu  
Imani C. DeAngelo-Cobbs  
Hannah Dresher  
Sam Dresher  
Zack Dresher  
Amber S. Gorney  
Samantha N. Gutierrez  
Belinda A. Hecht  
Carly L. Herman  
Larissa N. Hurley  
Patricia L. Hurley  
Shauna L. Hurley  
Katelyn M. Kennedy  
Ashleigh M. Lathom  
Onika E. Lathom  
Anna Levci  
Francesca Levci  
Destinee H. Maldonado  
Victoria M. Massaro  
Brian C. McDonald  
Kayle F. Nocera  
Kelly P. O'Donnell  
Emily K. O'Neill

MaryCate Ottolaine  
Makayla Pak  
Jaya A. Patten  
Samantha Potenza  
Emily Regan  
Leah Sandow  
Kelsey A. Seaman  
Josie P. Shannon  
Gianna C. Spinale  
Matthew J. Truisi

### ANIME/MANGA

Darian D. Atkinson  
Brandon D. Hakim  
Andrew M. Perez  
Bryan W. Perez  
Ben H. Shoemaker

### BACKSTAGE TO BROADWAY

Shannon M. Bley  
Megan Callahan (**note incorrectly reported in last newsletter**)  
Margaret R. Capasso  
Victoria R. Capasso

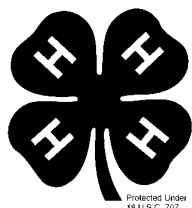
### NATURE'S NAVIGATORS

Kristen Redding



*Ellen Williams*

Ellen Williams  
4-H Agent



Virginia Krzyzanowski  
4-H Program Associate

Mariela Osorio  
Monmouth 4-H Cares Program Liaison

Rita Silvestri and Gladys Tarantino  
4-H Secretaries

#### 4-H Mission Statement

The Rutgers Cooperative Extension 4-H Youth Development program uses a learn by doing approach to enable youth to develop the knowledge, attitudes and skills they need to become competent, caring and contributing citizens of the world. The mission is accomplished by using the knowledge and resources of the land grant University system, along with the involvement of caring adults.

# Heard Around The 4-H Clover

## 4-H HEALTH & SERVICE CLUB

By: Joan Lynch, Leader



4-H Health & Service Club at Academy of Allied Health and Science has currently 75 active members. We will be sending 30 of these very active members off to college this year. Most of the 30 active members have been active for all 4 years! Their 4 year commitment has made this club what it is today. We run September to June and have meetings at lunchtime twice a month but service is often outside of the building. In July students have participated in Monmouth County 4-H Fair and have served up food, popcorn or have gotten wet in the dunking booth!

We have offered at least two service projects a month in addition to the 4-H County's program offerings (see list of activities below). As an advisor, I cannot tell you how well a club can run; based on the officers who lead them and our enrollment should be evidence to that. I cannot say enough about 4-H's departing seniors Shama Hug, Secretary; Tina Chou, President; Elizabeth Ozery, Vice President and Treasurer; (see photo) they have organized and made the club what it is today and will leave their mark for the future years to follow. Farewell and best wishes to you all. "YOU HAVE MADE THE BEST BETTER!"



### 2008-2009 4-H Activities

Sept. 28, 2008	Autism Walk
Oct. 4, 2008	Pet Walk Brookdale Community College
Oct. 5, 2008	Ryan Bell Walk, Brookdale Community College
Oct. 18, 2008	4-H Open House at the Ag. Building
Oct. 19, 2008	Crop Walk
Oct. 24, 2008	Food drive kick off / 255 pounds collected
Oct. 27-31, 2008	School wide door decorating contest
Nov. 8, 2008	Monmouth County Social Services food card program—\$120.00 (12-\$10 Cards provided)
Nov. 17, 2008	Knitting for the needy
Nov. 24, 2008	Collected hygiene products for The Center in Asbury Park
Dec. 4, 2008	Volunteer gift wrapping at the mall for foodbank
Dec. 12, 2008	Pet photo contest for calendar sales for SPCA-Donation of \$446.00
Dec. 17, 2008	No sew blankets for babies (35)
Dec. 22, 2008	Beads for Life donation of \$670.00
Jan. 21, 2009	Intergenerational Project at Francis Asbury Manor
Feb. 6, 2009	Wear Red Day for American Heart Assoc. Donation \$55.00
Feb. 11, 2009	Whole school Valentine's Day cheer project
March 17, 2009	Organic dog biscuits sales for SPCA—donation \$75.00
March 20, 2009	Cookies for Kids sales—Donation \$125.00
April 1, 2009	County 4-H Public Presentations Competitions
April 22, 2009	Earth day—planting flowers in school's flower boxes
April 28, 2009	Cooked 35 dinners in the cafeteria after school to be frozen for The Center in Asbury Park
May 4-8, 2009	Baked for HOSA's bake sale for MAST student home fire
May 12, 2009	Recycled school supplies donated to a Asbury Park High school
May 21, 2009	Cooked lunch for 6th grade students here at AAHS for CPR
May 25, 2009	Walk in Freehold Memorial Day Parade
June 10, 2009	Club scrapbook for entry into County Fair
June 10, 2009	Club Elections and Senior farewell
July 22-26, 2009	Monmouth County 4-H Fair in Freehold at East Freehold Park

## RHYTHMIC ILLUSIONS

By: Lauren Coleman, Co-Leader

Rhythmic Illusions has just celebrated its fifth birthday! It has been a fun-filled five years, and the year of 2008-2009 proved to be equally as exciting. Our club members performed in several shows and competitions, both at our practice locations and in other venues. Three of our club members—Carla Rios, Summer Smagacz, and Nicole Zenin—performed their 4-H presentations at both the local and county levels, and received enthusiastic reviews and helpful feedback. Great job, girls!

We also held our NJ State Rhythmic Gymnastics competition at Monmouth Gymnastics Academy in Morganville, New Jersey. The gym generously rented the space to us on a warm May Saturday evening, and our gymnasts performed their routines to an enthusiastic crowd of family members and friends.

To cap off a fun year, ten of our gymnasts—Summer Smagacz, Jeanine Reeman, Aarti Shah, Kiera Kulaga, Ivane Lee, Jennica Lee, Jenna Antonaccio, Samantha Antonaccio, Angela Antonaccio, and Lauren Coleman will be heading to Palm Springs, California, to compete at the USAIGC National Championships in rhythmic gymnastics. Over four-hundred athletes in artistic and rhythmic gymnastics are expected to be in attendance from several countries: Canada, the USA, Bermuda, South Africa, and the Cayman Islands. After we return, we are looking forward to performing at the Monmouth County Fair in July.



## 14 CARROT RABBIT CLUB



14 Carrot Rabbit Club at the Memorial Day Parade.

## Heard Around The 4-H Clover (cont.)

### ANIMAL SCIENCE

By: **Johnine Lich, Club Reporter**

The Memorial Day Parade was a success; there were a lot of fire trucks, first aid, and wagons of bunnies and ducks. Everyone was reminded to keep track of activities for their record books. For preparation for the fair, we went over the schedule: Sunday is set up, and we were advised to wear old clothes and plenty of sunblock. On Tuesday, July 21 we will set out our club banners, any ideas are appreciated. We will decorate the booth in order to attract more people to join 4-H. The fair will open Wednesday, July 22nd.

### NATURE'S NAVIGATORS

By: **Lorraine Yoncak, Club Leader**

We enjoyed spring with a nice hike at the Jackson Forestry Center where we got the chance to cross the Toms River over a fallen tree, and nobody fell in! Then at our May meeting we made bird houses out of gourds grown by the Wikoff Family. Hopefully we made lots of birds happy to find a comfy home. We also voted to buy a sign for the Popcorn Park Zoo; they are making new ones for the animal displays. They are using our money to make a sign for the N.J. Box Turtles they have.

In June we went camping at Nomoco Activity Center in Turkey Swamp Park. The weekend was nice and we got to go boating, do archery, take several hikes, (including one at night), cook outdoors and enjoy the campfire. You would not believe the amount of tree frogs that were in the camping area on Friday night. Did you know they sing **ALL** night long? At the end of our night hike we got to see them in a big puddle and watch their throats go in and out like blowing bubble gum while they croaked. It was interesting and the kind of thing you can't plan but are happy it happened. Food always seems to taste better when you have it camping and the Peach Cobbler made in the dutch ovens over the fire were really great. We also did a community service project for the park during our camping trip. We mulched a portion of the Metedaconk Trail so it would be less muddy for hikers.

We are busy getting our record books finished and fair things ready and hope to see many 4-H families at the fair.



Nature's Navigators at Camp Nomoco practicing archery and helping to mulch the path.

# Heard Around The 4-H Clover (cont.)

## GARDEN OF JOY

This 4-H special interest program in Asbury Park focuses on nutrition and healthy living.



Darling pictures of Jenny Bagdanov's Head Start Kids planting their garden.





## KIDS FOR KIDS

By: Dotty Eberhardt, Club Leader

Kids for Kids has had a great year in 2009! Our members have participated in many events this year with our “Special Friends”, people with developmental disabilities.

In September we started off the year with a show. Believe it or not—it was the day of the hurricane! But despite the storm, many of our friends enjoyed dancing and singing along! The Josh Zuckerman Band, along with the Beth Arentsen Group, donated the proceeds from this show toward our annual Spring Formal. It was a big help this year! Both groups will be doing another show for our club on October 25th of this year! It will be held at the Middletown Arts Center—hopefully, there will be better weather! Everyone is invited to join us! Details will follow soon.

Last October we once again helped the Knights of Columbus at their Annual Halloween Dance in Leonardo. This is a fun afternoon of costumes, games, dancing, and lots of hot dogs and hamburgers with our special friends! Everyone has a great time.

We also spent a lot of time at the ARC center this year. Kids for Kids members were there to encourage shy ARC friends to participate in various activities. Members helped at Wii tournaments and board game nights. We were also there to watch movies together on some nights and played a lot of basketball on sport nights! Sometimes we just sat and talked to our new friends.

Kids for Kids members also recently helped out at ARC’s Circle of Friends Bingo night and Randi Rae’s ARC Musical Bingo Night. And some of us learned how to square dance at St. Dorothea’s at an ARC afternoon!

The highlight of our year is always the wonderful traditional Spring Formal! And this year’s was great! Over 200 Special Friends attended. Everybody was there dancing away the night. The balloon artists returned again and their creations were unbelievable! Lots of smiles and memories for everyone. We are all looking forward to next year already!



## BACKSTAGE TO BROADWAY

**By: Brie Pheifer, Club President**

These past few months have been pretty busy for the Backstage to Broadway Club. New members, new ideas, and much more!

First, we have many new members from all over Monmouth County. We did a lot of ice breaker games to get to know everyone. We also planned on making up a short musical skit with songs from different Broadway shows! Some of the songs planned to be in the skit are, "Mamma Mia!" and "Honey, Honey" from Mamma Mia! "Mama, I'm a Big Girl Now" and "Welcome to the 60's" from "Hairspray" and more!

Next, we have many new ideas for the club; more community service and activity. We recently donated many, many pop tabs to the Ronald McDonald House in Long Branch. New and bright ideas such as food drives and charity auctions have also been put to consideration! Fun games and activities that have to do with the performing arts are also put up for discussion!

In April, several club members participated in the 1st Annual Monmouth County Arts Invitational as individual entries and performed a court room drama for the audience. Several members also rode the 4-H truck in the Freehold Memorial Day Parade. The weather and crowds watching were both great. The club has also been busy designing our banner for this year's fair. We're all looking forward to it. It's going to be the best ever.

## Youth Corner

Creative Writing submitted for Monmouth County 1st Annual Arts Invitational.

### BEING IN 4-H

**By: Ashley Bubello**

Being in 4-H is diverting

We do this with all the energy we are exerting

Being in 4-H is one of a kind

Being in 4-H expresses your mind

Being in 4-H I gave back

I did this without any lack

Being in 4-H gave me some friends

They help me meet world's ends

Being in 4-H has taught me a lot

Being in 4-H I know I'm in the right spot

### THE MAGIC

**By: Patricia McLoughlin**

In the Garden is a beautiful sight;

But many run away trembling with fright.

But for the people who stay look on with joy;

For the magic has become their new toy.

They spin and dance, for they are filled with laughter;

Even though they don't know what they are after.

For the magic now has its place;

They will all run to it in a race.

\*Based on the book The Sweet Far Thing by Libba Bray.

### FRANCIS ASBURY MANOR

**Date of Interview:** February 28, 2009  
**Location:** The Francis Asbury Manor in Ocean Grove, New Jersey  
**Name of Interviewer:** Adam Black, 4-H Independent Project member  
**Name of Subject:** Ms. Mary Smith  
**Birth Date of Subject:** July 19, 1919



**Mr. Black:** Ms Smith, is there any time in your life when you exerted strong leadership?

**Ms. Smith:** Well I used to be a part of a Girl Scout Troop. We would tell stories, and so forth, and we went on little trips and had little fireplaces. They liked going for walks; they really liked nature walks. I would tell them about different things in nature and so forth, and we generally had a good time in our Scout meetings. I was the leader!

**Mr. Black:** Oh, you were the leader!

**Ms. Smith:** Yes. They were really nice and fun people to be with. Then they would come up with their own ideas about the Scouts. It worked out very well; they seemed to always enjoy things.

**Mr. Black:** Very interesting. I'm just going to ask you a couple of questions now. What do you believe was one of the most significant milestones in your life?

**Ms. Smith:** Let me see. When I was in business school, a man came in and said, (this was during the war), "Who would like to come to Washington and work for the FBI?" Well, I raised my hand. I was in Washington for two years and it was a very interesting place to be. Some days weren't too interesting, but I met people from all over the country there, mostly young girls who came in to work for the government. It was a very weird thing that it all worked out. (*Laughing*) There was a big rooming house, and they recommended that, so about twenty of us girls would live in the rooming house. We'd bed together there every night and we would sing and so forth, but the whole thing was quite wonderful that it worked out. We knew that we were at war and what was happening, but then we felt that we had to keep things going at home.

**Mr. Black:** What exactly did you do when you were working in Washington?

**Ms. Smith:** You mean in my job?

**Mr. Black:** Yes.

**Ms. Smith:** (*Laughing*) I was in the Chief Clerk's Department in the FBI, and I was the world's worst person to be in there, but anyway! Now all of my friends that worked there liked it, but some of my friends in the Pentagon said that they didn't like their place half as much as ours! This is something. My husband and I were married while the war was going on, so J. Edgar Hoover wrote me a personal note. He said, "I am so happy with your marriage and I wish you all the best" and so forth, but, oh my gosh, I was so thrilled that I got a letter from J. Edgar Hoover, and I still have it now so anybody can read it anytime they want to!

**Mr. Black:** Wow, that's really special!

**Ms. Smith:** I mean the war was **horrible**, but it was amazing how people worked around it and tried to have pleasant things and so forth. That's about all I can say, but my time in Washington was a good couple of years in my life even though there was a war going on. We did what we could, did everything in our power that we could to see that things were the way they were supposed to be.

**Mr. Black:** Thank you. That was very interesting, and thanks for your work in the FBI as well!

**Ms. Smith:** Well thank you!



## THANK YOU

### MONMOUTH COLLECTED 247 BOOKS!

A special thank you goes to all the 4-H'ers who donated children's books for Rutgers Day. The books were sold to raise funds that support various graduate student activities in the Ecology & Evolution Department.



### A SPECIAL THANK YOU

By: Virginia Krzyzanowski, 4-H Program Associate

A special thank you is extended to the Olde Monmouth Garden Club for their generous donation of \$275.00 for the children's 4-H Bird and Butterfly Rain Garden. The funds will be used to promote a variety of garden programs.

June 23, 2009

## LUTHER MEMORIAL LUTHERAN CHURCH AND PRESCHOOL

REV. PAUL R. HUNEKE

Church: (732) 542-2727

Preschool: (732) 542-7447

Parsonage: (732) 542-9047

818 TINTON AVENUE  
TINTON FALLS, NJ 07724

Fax: (732) 542-6087

<https://luthermemorialnj.com>  
[pastorlmc@verizon.net](mailto:pastorlmc@verizon.net)

Ms Ellen Williams  
Monmouth County 4-H  
Teen Council

Dear Ms. Williams,

We received the two boxes of brand new undergarments and were able to give them to three organizations that we work with in helping those in need. We gave children's items to Aslan Youth Ministries (Red Bank) who have helped at-risk and disadvantaged children for over 30 years. The Center in Asbury Park, who helps those living with AIDS/HIV, received adult items; adult and children's items also went to Love in the Name of Christ (Eatontown), who helps men, women and children living in difficult situations. All three of these organizations serve residents in Monmouth County and were extremely grateful to receive your wonderful donations!

We would like to thank you, as leader of the 4-H Teen Council for helping to instill community service values in your group. Please pass on our gratitude to Clair McKittrick and all of the other teens that put in this effort to bring smiles and comfort to those less fortunate. A pair of underwear or socks may not seem like much to many of us, but these items are truly gifts to those who have next to nothing. And it tells them that someone cares about them!

God's Blessings,

Valerie Penksa

Director of Care Ministry

*Celebrating 49 Years of Ministry*

Thank you to our Teen Council members and their leaders for supporting this project.



**THANK YOU (continued)**

# Ronald McDonald House®

131 Bath Avenue  
 Long Branch, NJ 07740  
 Tel (732) 222-8755  
 Fax (732) 222-9363

145 Somerset Street  
 New Brunswick, NJ 08901  
 Tel (732) 249-1222  
 Fax (732) 249-1439

info@rmh-cnj.org



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**Executive Director**

- Corinne M. LeBaron

April 4, 2009

Briana Pheifer  
 Monmouth County 4H Backstge to Broadway  
 806 Sycamore Ave  
 Tinton Falls, NJ 07701

Dear Briana:

On behalf of the Board of Trustees and staff of the Ronald McDonald House of Long Branch, I would like to formally thank you for your donation of pop tabs. Our sincerest gratitude is extended to you for supporting the Ronald McDonald House.

In combining Ronald McDonald House's on going need to generate funds with the virtues of conservation by recycling through the Pop Tab collection program we are able to offset the operating costs of the "House That Love Built". The aluminum that is donated is taken to a local recycling station where it is weighed and cashed in by the pound. The money is used to assist the House with operational expenses such as the purchase of perishable food items and household supplies. We are also able to waive the room fees. Guests can stay at the House regardless of their ability to pay the requested \$10 per night donation.

We appreciate your continued efforts in helping us not only achieve our goal reaching 10,000 lbs, but also surpassing last year's mark of 7,000 lbs. of Pop-Tabs. Your on-going Pop Tab collection campaign makes a difference in the lives of the families and children at our facility, and we cannot thank you enough for your thoughtfulness. It is only through the support and kindness of people like you that the "House that Love Built" continues to grow.

Once again, thank you.

Sincerely,

  
 Camitha S. Whipple  
 House Manager



## RESOURCES

### NEW PLANTINGS IN THE 4-H BIRD & BUTTERFLY GARDEN

Daisies from Girl Scout Troop 1979 of Howell Township planted sunflowers in the 4-H Bird & Butterfly Garden on June 3, 2009.

#### FUN FACTS ABOUT SUNFLOWERS

- The scientific name of sunflowers is Helianthus, Helia for sun and Anthus for flower.
- Sunflowers are a great choice for planting to attract birds to your yard.
- Sunflowers are one of the fastest growing plants. They can grow 8 to 12 feet tall in rich soil within six months.
- Do you know what country grew the tallest sunflower? The Netherlands (25' 5.5" tall) grown in 1986 by M. Heijmf.
- It requires only 90 to 100 days from planting to maturity.
- The former Soviet Union grows the most sunflowers. The sunflower is the national flower of Russia.
- The sunflower is native to North America and was used by the Indians for food and oil. Some farmers use it to feed their livestock.
- We use sunflower seeds to make oil, bird seed and for snacking. They have lots of calcium and 11 other important minerals. They do have 50% fat, BUT it is mostly polyunsaturated linoleic acid.
- Wild sunflower is highly branched with small heads and small seeds, in contrast to the single-stem and large seed head of the domesticated sunflower.
- Sunflower heads consist of 1,000 to 2,000 individual flowers joined together by a receptacle base. The large petals around the edge of a sunflower head are individual ray flowers which do not develop into seed.
- A well-known sunflower characteristic is that the flowering heads track the sun's movement, a phenomenon known as heliotropism.
- The daily orientation of the flower to the sun is a direct result of differential growth of the stem. A plant-growth regulator, or auxin, accumulates on the shaded side of a plant when conditions of unequal light prevail. Because of this accumulation, the darker side grows faster than the sunlit side. Thus, the stem bends toward the sun.
- Sunflower seeds are rich in oil, which they store as a source of energy and food. Sunflower seeds are crushed to give us oil. We can use sunflower oil for cooking.





# RESOURCES (continued)



## EARTH DAY IN MONMOUTH COUNTY



Daisies from Girl Scout Troop 1442 of Freehold learned about beneficial insects for Earth Day. The girls raised Lady Bugs from larvae and released them in the 4-H Bird & Butterfly Garden.



### LADYBUG FACTS



- There are nearly 5,000 different kinds of ladybugs worldwide and 400 which live in North America.
- A female ladybug will lay more than 1000 eggs in her lifetime.
- A ladybug beats its wings 85 times a second when it flies.
- Aphids are a ladybug's favorite food.
- Ladybugs chew from side to side and not up and down like people do.
- A gallon jar will hold from 72,000 to 80,000 ladybugs.
- Ladybugs make a chemical that smells and tastes terrible so that birds and other predators won't eat them.
- If you squeeze a ladybug it will bite you, but the bite won't hurt.
- The spots on a ladybug fade as the ladybug gets older.
- During hibernation, ladybugs feed on their stored fat.
- Ladybugs won't fly if the temperature is below 55 degrees Fahrenheit.
- The ladybug is the official state insect of Delaware, Massachusetts, New Hampshire, Ohio, and Tennessee.



CHRISTINA H.





## RESOURCES (cont.)

### *A campaign to honor the National 4-H Youth Conference Center*

When was your first visit to the 4-H Center? Did you come as a 4-H member to take a tour of our Nation's Capital, visiting the many historical landmarks or meet leaders who represented your hometown? Or was it more recently to attend a meeting where you stayed in a comfortable JCPenney room and dined at the Clover Café? Undoubtedly it was a trip of a lifetime. The National 4-H Youth Conference Center provides a similar experience for over 30,000 youth each year. And it has been doing so for the past 50 years since the doors first opened!



Whether it was National 4-H Conference, NYLC, Citizenship Washington Focus, or another leadership program, the 4-H Center provided a safe, fun, and enriching environment for your time in Washington, D.C. And the work that you started while here certainly continued when you returned home - to change your club, your community, your country, and your world!

Now is your chance to honor the 4-H Center with a much deserved anniversary gift - meaningful support that will allow 4-H to provide incredible programs for the next 50 years. As a member of the 4-H community, whether you are a 4-H volunteer, staff or faculty member or alumni, you embody the 4-H pledge. Will you make the same pledge to 4-H?

To show your support, please visit [\\$50 for 50th Anniversary Celebration](#)

Should you have questions or need additional information, please do not hesitate to contact Jen McIver at [jmciver@fourhcouncil.edu](mailto:jmciver@fourhcouncil.edu).



## IN THE NEWS

### ANOTHER SUCCESSFUL MEMORIAL DAY PARADE!

**By: Denise & Jacquelyn Knapp**

Ahhh. Memorial Day. The “unofficial” start of summer and of warm weather. When kids have off from school and parents from work. This Memorial Day was no different, with one exception; the GREAT turn out we had at the annual Freehold Memorial Day Parade! First off, on behalf of my mother and myself, we’d like to thank both Meg and Charlie Whitehouse, Gary Rayhon, Lorraine and Paul Yoncak and friend, for their wonderful insight and dedication in making the float look its best. Second off, we would like to thank all the 4-H’ers and their parents for participating. Whether it was on the float, walking with their project animals, riding their project animal, or as an ambassador, sincerest thanks to all who participated! Special thanks goes out to Ellen Williams and our two flag holders who started our procession out. With our two lead cars, a classic Hotrod driven by Rob and a Ford Mustang driven by Melissa, holding our ambassadors, the float followed, driven by Bruce Reise, with its spirited 4-H’ers dancing their feet to the music provided. Surrounding the float were eager 4-H’ers wheeling their rabbits, ducks and dogs. Five horses decorated patriotically brought up the rear, along with their walkers and a very understanding manure picker upper named George! We got second place for the most spirited group out of 64 participants in the Freehold parade! So once again, many thanks to all the 4-H’ers, leaders, parents and volunteers who helped make this Memorial Day a memorable one!

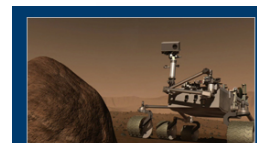


### HERE ARE SOME EVENTS AND ACTIVITIES HAPPENING SOON...

**By: Ian Rios, SET Ambassador**

Send your name to Mars...

<http://mars9.jpl.nasa.gov/msl/participate/sendyourname/index.cfm>



Free LEGO Mindstorms NXT classes at Atlantic Highlands Public Library

Taught by: Ian Rios

For dates and times visit...

<http://www.atlantichighlands.lib.nj.us/>



Do you have a question about molecules? Send it to Mole Clues at...

[http://www.moleclues.org/index.php?option=com\\_content&task=view&id=52&Itemid=46](http://www.moleclues.org/index.php?option=com_content&task=view&id=52&Itemid=46)



A Bubble Wrap Competition for young inventors. To enter the competition, visit link below...

<http://www.nmoe.org/bubblewrap>

**BrickFair** August 22-23, 2009 11:00 am—4:00 pm

Held in the Washington, D.C. area! This year’s BrickFair theme is “Food and Drink” and will feature model exhibitions, Mindstorm and Technic competitions, contests, vendors, and more! It will also feature Steampunk and Board Game-themed builds, as well as BIOMICLE, space, and train-themed creations.

# IN THE NEWS (cont.)



## 4-H AND NICKELODEON PARTNER TO LAUNCH NEW ONLINE GAME

National 4-H Council has partnered with Nickelodeon’s “Big Green Help” to create a brand-new, interactive online game— “Flip N’ Flow”— featuring the network’s animated boy-genius Jimmy Neutron. The game is in support of 4-H’s Science, Engineering and Technology communication campaign to spark youth interest in science and prepare one million new young people for America’s technology workforce.

Nickelodeon’s “The Big Green Help” is a kid-led movement that provides information and tools to help explain climate change to young people, and connects them to energy-saving and earth-friendly activities in their everyday lives.

The “Flip N’ Flow” game is available online at [4-H.org](http://4-H.org). Youth can play the game and access materials to share with friends. Check out this fun activity which gives youth and mentors the opportunity to learn about water conservation and challenges them to think about steps they can take to participate in going green!

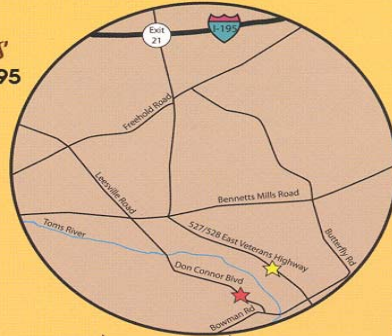


# Fall Forestry Festival

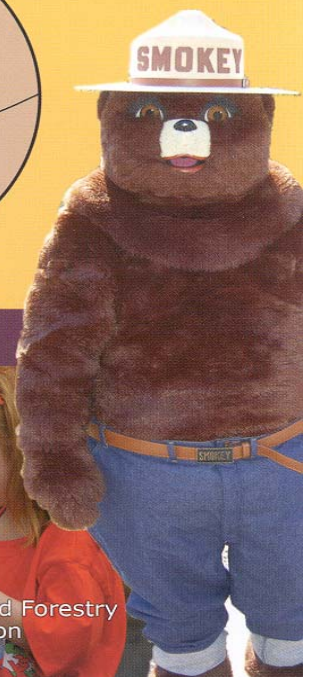
Saturday, October 3, 2009  
Free Event 10am - 3pm Rain or Shine  
Forest Resource Education Center  
370 East Veterans Highway Jackson, NJ  
[www.NJForestryCenter.org](http://www.NJForestryCenter.org)

### Directions From Route 195

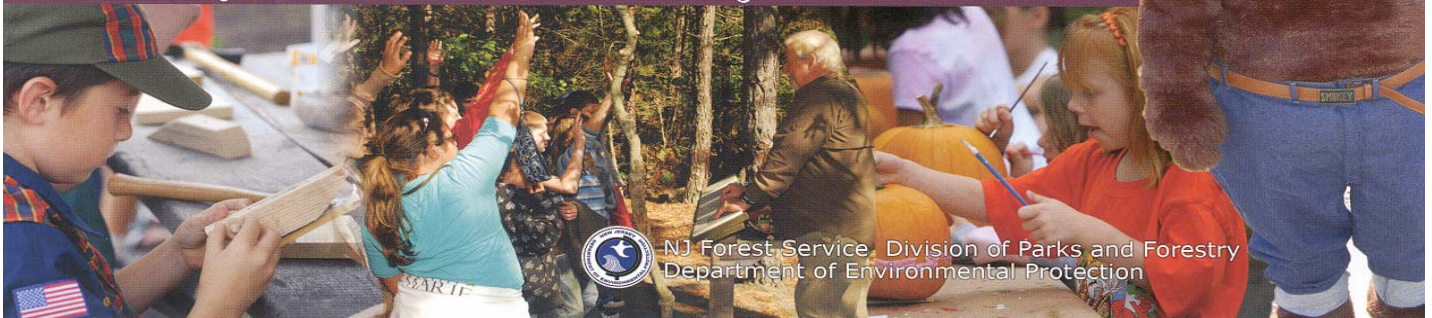
Exit 21 (527/528 South) 6 miles  
RIGHT into FREC



★ Interpretive Center    ★ NJ Tree Nursery



Nature Programs    Crafts    Demonstrations    Hayrides    Tree Identification



NJ Forest Service, Division of Parks and Forestry  
Department of Environmental Protection

## IN THE NEWS (cont.)

### 4-H & FIRST PROMOTE SCIENTIFIC LEARNING

4-H will join forces with FIRST to expand its existing robotics programs and promote scientific learning and life-skills building among students in grades K-12.

4-H Monmouth S.E.T. was one team that participated in 2008-2009 in the Jr. FLL event.

[Http://www.usfirst.org/who/content.aspx?id=13622](http://www.usfirst.org/who/content.aspx?id=13622)

*"...to create a world where science and technology are celebrated... where young people dream of becoming science and technology heroes..."*



*FIRST* and 4-H Join Forces to Inspire Next Generation of Scientific Thinkers



Historically, 4-H is known for promoting vocational agriculture in rural areas through clubs for youth. Today, the mission of National 4-H Council is much broader, focusing on promoting the personal growth of 4-H members and building life skills that center on positive self esteem, entrepreneurship, and leadership. In fact, 4-H has expanded its programmatic offerings to focus on providing youth in clubs, after-school programs, and camps with national Science, Engineering, and Technology (SET) curriculum such as National Youth Science Day, rocketry, robotics, GPS mapping, biotechnology, and global climate change.

With 4-H's heritage of innovation and a strong alignment of organizational goals with *FIRST*, a partnership between the two was a natural fit. In April, 2009, *FIRST* and National 4-H Council began working together to reach a new group of young people across the nation in a way that will expand 4-H's existing robotics programs, promote scientific learning and life-skills building among students in grades K-12. Through the [FIRST-4H alliance](#), youth will have greater opportunities to explore science, engineering, and technology careers with more hands-on, team-based experiences designing, building, and programming robots.

There are nearly 400,000 4-H youth throughout the nation already participating in university research-based robotics and engineering programs and 4-H clubs in nearly every state currently participating in *FIRST* programs. Additionally, five high-school level 4-H teams competed at the 2009 *FIRST* Championship.

"By joining our efforts in this partnership, 4-H and *FIRST* will vastly improve SET learning among America's youth, preparing and energizing our nation's next generation of science, engineering, and technology leaders," said Donald T. Floyd, Jr., President and CEO, National 4-H Council. "*FIRST*'s unique, skill-enhancing, team-building approach to learning is the perfect complement to 4-H's university-based educational model and ability to reach youth nationwide."

Through 4-H's campaign, *One Million New Scientists. One Million New Ideas.*<sup>TM</sup>, the organization is working toward the goal of engaging one million new young scientific thinkers by the year 2013. The *FIRST*-4-H alliance will be a significant step toward achieving this goal.

To learn more about 4-H visit [www.4-h.org](http://www.4-h.org).

*FIRST: For Inspiration and Recognition of Science and Technology*

[contact us](#) [privacy policy](#) [legal notices](#) [FIRST store](#) [donate now](#) [subscribe now](#) [search](#)

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Connectivity provided by: MV Communications

## IN THE NEWS (cont.)

### ROTARY CLUB 4-H CITIZENSHIP PROJECT

**Name of Project:** Presentation to Atlantic Highlands Public Library  
**4-H Club:** 4-H Monmouth S.E.T.  
**4-H Club Leader:** Gladys Rios  
**Date Project Completed:** December 4, 2008

**Description of Project:** Children presented to a group the concerns of climate changes. The children offered a variety of suggestions on how we can help avoid any further damage.

**List benefits to the recipients (including testimonials):** Librarians, parents and children learned that the earth is truly being affected by all of the human actions. That there might be a way to stop or slow down greenhouses gasses that are damaging our ozone. The children also presented that due to climate changes flooding in coastal communities is inevitable and they recommend building levees to protect. They also liked the Lego!

**List participants in program and their feedback regarding what they learned about themselves and the community they served:** The children found out that it would be easy to recycle and reuse materials to avoid filling more landfills with unnecessary garbage. The parents expressed that they will try to consume less to help

### THE MIDDLESCHOOL CONFERENCE

**By: Brie Pheifer, Backstage to Broadway**

In May, I went to the 4-H Middleschool Leadership Conference in Bridgewater, New Jersey. It was a lot of fun! I went to two workshops during the day— “Movie Making” and “Big Problems, Simple Solutions”.

“Movie Making” was all about making a movie about what 4-H is and what the Middleschool Conference is all about. Everyone was put in a group and was to go around the building and film people and things that show or explain 4-H. Once we had all the footage, we went on to Windows Movie Maker and put our movie together. Our movie came out great!

The second workshop I went to was “Big Problems, Simple Solutions”. In that workshop we talked about the environmental problems, like pollution, global warming, and the ozone hole. If our planet does not reuse, reduce and recycle, these big problems will continue. No one wants that to happen, right? Well, in this workshop, we watched a slideshow on the dangers of plastic bags, and how harmful they can be to the environment. We also did an activity where we had to “clean up” an “oil spill”. Basically, we had to get all the salad oil separated from the dyed-blue water. No one could figure out how, though! Then, after the oil clean-up activity, we made a short public announcement about helping save the environment. My group’s video was all about the different ways we could help the Earth. The commercial came out pretty good.

I also met a lot of other 4-H middle schoolers from all over the state and from a lot of different clubs. We worked on our workshop problems together, discussed our clubs and what we liked about them. I made a lot of new friends.

The Middle School Conference was a fun learning experience for me. I learned a lot about the Earth and how we can help it, too. I also learned more about making and editing movies. The Middle School Conference was a lot of fun and I am definitely going next year!

## IN THE NEWS (cont.)

### H1N1 INFLUENZA VIRUS

**By: Mark McLane, Director**  
**Rutgers Environmental, Health and Safety**

As you are aware, the United States and New Jersey continue to see reported cases of the novel H1N1 influenza virus. Although the symptoms for many reported cases have been mild, there have also been cases with more severe symptoms. It appears that this virus is easily transmitted from person to person.

The Centers for Disease Control (CDC) and the New Jersey Department of Health and Senior Services (NJDHSS) have developed guidelines and recommendations for day and residential camps. These guidelines can be found at: <http://www.cdc.gov/h1n1flu/camp.htm> and [http://www.state.nj.us/health/er/h1n1/documents/camp\\_professionals\\_061209.pdf](http://www.state.nj.us/health/er/h1n1/documents/camp_professionals_061209.pdf).

The primary means to reduce the spread of influenza in camps includes the following:

- Campers and staff should stay home if they are ill
- Campers or staff that have or had influenza-like symptoms in the previous 7 days should not attend camp for 7 days after their symptoms began or until they have been symptom-free for 24 hours, whichever is longer
- Immediate notification to camp management of any influenza-like illness
- Implementation of good hygiene practices (i.e. wash hands, cover cough, etc.)
- Provide educational material to attendees, staff and parents

Influenza-Like Illness is classified as:

- Fever greater than 100.4 degrees Fahrenheit and
- A sore throat or a cough

Please note that a person may have other symptoms (i.e. lethargy, runny nose, nausea, diarrhea, etc.).

Please notify the Occupational Health Department at (732)932-8254 if you should have two or more campers or staff that have reported influenza-like illness.

If you have questions or would like additional information, please contact Dr. Kate Gaioni, Occupational Health Department, at (732)932-8254 or Mark McLane at (732)445-2550.

Additional information can also be found at the following:

University's Emergency Website: <http://emergency.rutgers.edu/swine.shtml>

CDC Website: [http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)

NJDHSS Website: <http://www.state.nj.us/health/er/h1n1/>

Thank You,

Mark McLane, Director  
Rutgers Environmental, Health and Safety

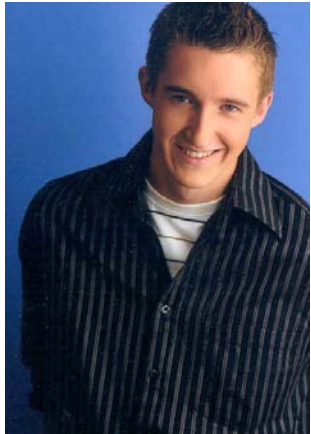
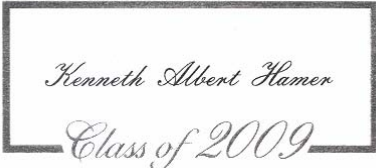
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# ANNOUNCEMENTS



## FORMER MONMOUTH COUNTY 4-H'ER

Kenny Hamer  
Greenville, TN  
Graduated May 16, 2009  
North Greene High School



### SAVE THE DATE!

### ALL HORSE MEMBERS!

**October 11, 2009**  
**State Trail Ride**



The coaches for the State Competitive Trail Ride are Philippa Buffin and Denise Moran. Anyone who is interested or think they might be interested in competing should contact them by sending an e-mail to

[psagui@optonline.net](mailto:psagui@optonline.net)

There will be a meeting later this month. Thank you for your time.

P.S. The State Trail Ride is being hosted by Monmouth County this year.



### NEW 4-H CLOVER POLICY:



As of September 1, 2009 the New Jersey 4-H Prep Program will become the New Jersey 4-H Cloverbud Program. The 4-H Cloverbud Program is designed to provide K-3 youth with age-appropriate experiential learning activities in a small club setting. These youth may be registered members of a 4-H Cloverbud club or in a standard club with assigned, registered volunteers trained in the 4-H Cloverbud Philosophy and curriculum. This program, in the tradition of the Prep Program, will remain non-competitive. The 4-H Cloverbud Program is a nationally recognized program for younger 4-H members.





**REMINDERS!**

- July 13 & July 14 Fair Projects due to the 4-H office between 8:30 AM—4:30 PM
- July 13 & July 14 Record Books due with all fair entries.
- July 14 Bread, Food & Nutrition, and Free for All Food entries due
- July 18 Removal of items from the Barn
- July 19 9:30 AM setup of all 4-H Displays
- July 21 Club Booth setup at 5:00 pm  
Ambassador Orientation 7:00 pm  
Food booth Orientation 7:00 pm
- July 22—26 FAIR WEEK!



# UPCOMING EVENTS



## 6th ANNUAL 4-H ARTS CAMP August 28-30, 2009

Friday 11 AM—Sunday 12 Noon  
Grades K—12

Camp Nomoco—Freehold Township

**Come explore 4-H fun with creative arts!**

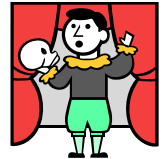


Drama   Puppetry   Music   Dance   Gymnastics   Visual Arts   Set Design   Writing

**Share your talents! Learn new skills!**



**Cost \$15.00 per camper for entire weekend or \$5.00 per day. Campers have the option to camp overnight or attend day sessions. They can attend one or more day sessions.**



**For more information, contact Ellen Williams, 4-H Agent at the 4-H Office (732)431-7266**

-----  
Yes I am interested in going to 4-H Arts Camp at Camp Nomoco on August 28-30, 2009

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-Mail \_\_\_\_\_

Grade in September \_\_\_\_\_



**Ellen Williams, 4-H Agent  
4-H Youth Development  
Rutgers Cooperative Extension of Monmouth County  
4000 Kozloski Road  
Freehold NJ 07728**





**2009 NJ STATE 4-H  
RABBIT, CAVY, SMALL ANIMAL,  
HERPETOLOGY & POULTRY SHOW**



**Saturday, September 12, 2009  
Horse Park of New Jersey  
626 Rt. 524, Allentown, NJ 08501**

**SHOW ROOM OPENS AT 8:00 AM  
ALL ANIMALS CHECKED IN BY 9:30 AM  
JUDGING BEGINS AT 10:00 AM**

**This event will be hosted by Monmouth County with assistance from 4-H volunteers from other counties. Carolyn Shelby from Burlington County will be coordinating the Poultry Show. Lori Landry from Monmouth County will be coordinating the Herpetology Show. Lorraine Yoncak and Meg Whitehouse from Monmouth County will be coordinating the Rabbit, Small Animal and Cavy Show. If anyone is in need of a show catalog with rules and entry forms, please contact the Monmouth County 4-H Office at 732-431-7263.**

**Postmark date for entries and all forms is 8/24/09**

## Congratulations to Ian Rios for becoming Monmouth County's 1<sup>st</sup> 4-H SET Ambassador!

Ian is 12 years old, home schooled, and is a member of the Monmouth Blasters and the 4-H Monmouth SET Club. When applying for the position, Ian stated "I am interested in promoting SET because I would like to let others know more about science and technology". After mentoring his SET club members for two years and volunteering to teach Lego programs at the Atlantic Highlands Library Ian has demonstrated his leadership skills and his outstanding ability to promote SET. Way to go Ian!



### *Science, Engineering and Technology AMBASSADOR*

#### Goals:

- To encourage youth to become interested in SET
- To promote youth to consider higher education in SET fields
- To educate youth about SET career opportunities

#### Who is Eligible?

- Any registered 4-H member, grades 4<sup>th</sup> to 12<sup>th</sup>

#### Responsibilities of the Ambassador:

- SET Report – update your club members about SET information and events
  - Submit science information for each newsletter - Events, experiments, articles you write...
  - Coordinate one science related special event yearly – Science fair, guest speaker, program, trip...
  - Sell a minimum of one yearbook advertisement
  - Keep a record of work dates, hours and accomplishments
-

## CONGRATULATIONS (cont.)

### STATE PUBLIC PRESENTATIONS

On June 6th, Rutgers University hosted the 2009 NJ State 4-H Public Presentations Program on Douglass Campus in New Brunswick. Over 125 4-H members from 18 counties participated, giving oral presentations on a variety of subject areas. To qualify, each participant must be a 4-H member enrolled in 8th-13th grade and have received an excellent rating on his or her presentation at the county level.

The event provides an opportunity for 4-H members to compete with their public presentations on the state level with 4-H members from around New Jersey. The presentations were judged by 4-H volunteers, staff and alumni and educators as audience members watched. Each participant received a ribbon and the top presentation in each room received an Outstanding Room Award.

Those attending State 4-H Public Presentations from Monmouth County included:

Tina Chou gave a Formal Speech entitled, "Settling Into a New Home: College".

Morgan Gottlieb gave a Formal Speech entitled, "Seizure Disorders".

Simone Khouzam gave an Illustrated Talk entitled, "Patient Simulators and Mannequins".

Clair McKittrick gave an Illustrated Talk entitled, "The Jersey Wooly Rabbit".



And the 2009 State Public Presentations Outstanding Room Award Winner for Monmouth County was:

Melissa Whoeler who gave an Illustrated Talk entitled, "The Hippie Culture".

### STATE PUBLIC PRESENTATIONS

On June 6, I made my first State Presentation at Rutgers. I had never even done a County one before, let alone one at State, and to my surprise I was a room winner and received a blue ribbon and a beautiful 4-H marble paperweight.

But this isn't really about me winning. It is about giving credit to three people who helped me get to that point, and with whom I want to share the honor: Mrs. McKittrick, Mrs. Whitehouse, and Ms. Williams. They took the time to help me, "Make the Best Better", and so I would like to formally thank them for all their help, encouragement, support, suggestions and guidance. I couldn't have gone so far or done it without them.

So I'd just like to say to them: "You guys are the best. Thank you, Thank you, Thank you for everything!"

Melissa Whoeler

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# 4-H CAMP NEWS



## 4-H YOUTH DEVELOPMENT

### Discover 4-H Camp

When was the last time you saw the stars, sat around a campfire or canoed across a lake? You can do all of these things and more at the Lindley G. Cook 4-H Youth Center for Outdoor Education located in Stokes State Forest. Other activities include arts and crafts, recreation, nature, fishing, swimming, boating, archery, outdoor cooking, leadership development and more.

4-H Summer Camp is held in July and August. The week-long sessions are open to all youth (both 4-H and non 4-H members) in grades 3-10. Youth in grades 9-10 participate in leadership development programs.

4-H camp is a place where the 4-H Pledge comes to life.

- ▶ **HEAD** - campers learn to make good choices, gain independence and build strong minds, body and character.
- ▶ **HEART** - campers learn to respect others as they make new friends.
- ▶ **HANDS** - campers experience many new and exciting activities.
- ▶ **HEALTH** - campers enjoy a safe and healthy outdoor environment.



*"4-H Camp is one of the most valuable learning experiences a child can have."*

*"At 4-H Camp, boys and girls learn to appreciate the wonder and beauty of nature and at the same time have the opportunity to make new friends."*

For more information about programs offered at the Lindley G. Cook 4-H Youth Center for Outdoor Education, call the 4-H Camp at (973) 948-3550 or visit the website at [www.nj4hcamp.rutgers.edu](http://www.nj4hcamp.rutgers.edu)

### Rutgers Cooperative Extension (RCE) offices by county.

<b>RCE of Atlantic County</b> (609) 625-0056	<b>RCE of Middlesex County</b> (732) 745-3446
<b>RCE of Bergen County</b> (201) 336-6785	<b>RCE of Monmouth County</b> (732) 431-7263
<b>RCE of Burlington County</b> (609) 265-5052	<b>RCE of Morris County</b> (973) 285-8301
<b>RCE of Camden County</b> (856) 566-2908	<b>RCE of Ocean County</b> (732) 349-1227
<b>RCE of Cape May County</b> (609) 465-5115	<b>RCE of Passaic County</b> (973) 305-5742
<b>RCE of Cumberland County</b> (856) 451-2800	<b>RCE of Salem County</b> (856) 769-0090
<b>RCE of Essex County</b> (973) 228-3785	<b>RCE of Somerset County</b> (908) 526-6644
<b>RCE of Gloucester County</b> (856) 307-6450	<b>RCE of Sussex County</b> (973) 948-3040
<b>RCE of Hunterdon County</b> (908) 788-1340	<b>RCE of Union County</b> (908) 654-9854
<b>RCE of Mercer County</b> (609) 989-6833	<b>RCE of Warren County</b> (908) 475-6502



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For more information, visit [www.rce.rutgers.edu](http://www.rce.rutgers.edu)

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RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY  
NEW BRUNSWICK

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# 4-H CALENDAR OF EVENTS

## July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Office Closed for 4th of July	4 
5	6	7	8	9	10	11
12	13 Fair Items Due Fair Projects 8:30am to 4:30pm Record Books due with all entries	14 Fair Items Due Bread, Food, & Nutrition and Free for All Food entries	15	16	17	18 Removal of Items from Barn
19 9:30 am setup of all 4-H Displays	20	21 Club Booth setup at 5:00pm Ambassador Ori- entation 7:00pm Food booth Ori- entation 7:00pm	22	23	24	25
MONMOUTH COUNTY FAIR 7/22-7/26						
26 Fair closes 6:00pm	27	28	29	30	31	

## August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 S.E.T. Brick- Fair Washington DC
23 Brick Fair ends	24	25	26	27	28	29
4-H Arts Camp 8/28-8/30						
30 12:00 Noon Arts Camp Ends	31					



Cooperative Extension of Monmouth County  
4000 Kozloski Road, PO Box 5033, Freehold NJ 07728

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