



**RUTGERS COOPERATIVE EXTENSION**

NEW JERSEY AGRICULTURAL EXPERIMENT STATION  
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY

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

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NJ AGRICULTURAL EXPERIMENT STATION

**RUTGERS**

COOPERATIVE RESEARCH & EXTENSION

DEPARTMENT OF 4-H YOUTH DEVELOPMENT

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**THE LUCKY 4-H'ERS GAZETTE**



Volume 7 Issue 4

July—August 2006

**4-H...4-You, 4-Me, 4-Fun, 4-Life  
Monmouth County Fair—July 26-30**

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4-H...4-You, 4-Me, 4-Fun, 4-Life-the 4-H theme for this year's Monmouth County Fair. How appropriate a choice, for 4-H builds skills and friendships which are lifelong. And 4-H does so through a "hands on" "learn by doing approach" which is fun and educational.

The fair means a variety of important things to 4-H'ers, 4-H families and 4-H volunteers. It is a place where many 4-H'ers first learned about 4-H, perhaps seeing their first clogging demonstration or horse show. It is, for many 4-H'ers, a special time when they were recognized for their 4-H accomplishments; many 4-H alumni scrapbooks are filled with photos, ribbons, and certificates which each tell a story. Also, following each year's fair, visitors impressed by the 4-H spirit register to become 4-H volunteers.

Our many thanks to all those volunteers who make the fair possible. Without their support, this extensive event would not be a reality.

Congratulations to all of our 4-H'ers who will be sharing their accomplishments with the many fairgoers. Encourage your friends and families to participate in the fair. The fair is a place of fun, of camaraderie, of pride, of celebration. And so it is  
4-H...4-You, 4-Me, 4-Fun, 4-Life!

**DEADLINE FOR NEXT NEWSLETTER – AUGUST 11, 2006  
SEPTEMBER-OCTOBER PUBLICATION**



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For more information contact Ellen Williams, 4-H Agent at [williams@rcrc.rutgers.edu](mailto:williams@rcrc.rutgers.edu) or call (732)431-7266



**NEW CO-LEADER**  
 Margaret Dougherty, Co-Leader with Rising Stars Art Club  
 Paulette Bradow, Leader, New Sewing Club (contact the 4-H Office for more information)  
 Lee Rehmann, Leader, New Girls Circle (contact the 4-H Office for more information)

**14 CARROT RABBIT**  
 Christina H. Stefan

**BACKSTAGE TO BROADWAY**  
 Gabrielle N. Smith

**BAYSHORE SCRAPPERS**  
 Sarah E. Soden

**K-9 BONEDIGGERS**  
 Justin C. Anderson  
 Jenny S. Laliberte  
 Ryan P. Laliberte  
 Sophie M. Wilkus

**WAGGING WONDERS**  
 Jessie F. Drake  
 Noah A. Drake



## 4-H NEWSLETTER

Bi-Monthly Newsletter Published by:  
 Rutgers Cooperative Extension  
 of Monmouth County

*Ellen Williams*

Ellen Williams  
 4-H Agent



Virginia Krzyzanowski  
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Debbie Hemmann  
 NJ-FSNEP Program Associate

Chevonne Porter  
 NJ-FSNEP Community Assistant

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.

**JULY 2006** Summer Camp is in full swing! We hope to see our 4-H'ers out there!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 Open Gymkhana Pre-entry fee Due / Fun Day entry fee Due
9 Stars and Stripes Invitational-Horse Park of NJ	10 State Horse Show mtg 6:30 / Horse Ldr mtg	11	12	13	14	15
16	17 Non-living fair entries and Record Book Due 17-18 / Sheriff Youth Week 17-21	18 National Guard Operation Military Kids' Program 7-9:30 PM / Food entries and Record Book Due	19	20	21	22
Congress Washington Focus 9-15						
23	24	25	26 Family AS-TRO Leader Training	27	28	29
Monmouth County Fair 26-30						
30	31					
Fair ends 6PM						

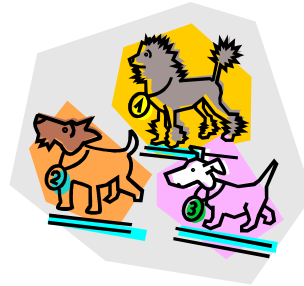
## AUGUST 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Youth Horse Council mtg 6:30 / Horse Ldr mtg 7:00 / Deadline to register for State	2	3	4	5
6	7	8	9	10	11 Newsletter Deadline	12
13	14 State Dairy	15	16 Teen Council Officer's Start Up mtg	17	18	19 State EOY
20	21	22 Volunteer Recruitment Open House 4-H office 7-9 PM	23	24 State Goat Show Hunterdon County	25	26 Arts Camp
State Horse Show 25-27						
27 Arts Camp	28 Arts Camp	29	30	31		
State Horse Show						

# CONGRATULATIONS

## 2006 State Dog Show Results

We had an outstanding year for attendance. The weather was perfect, no rain this year at all. Overall, the show went well. There were fifteen counties represented. This is up from last year's count of fourteen counties! There were a total of 188 entries representing 177 individual people. Seeing Eye had the largest entry of 67 4-H members and 36 adults, obedience entries totaled 75, Junior Showmanship had 52, agility totaled 50, and there were 63 grooming participants. New this year, we added Canine Good Citizen testing; 19 dogs took the test and all but 2 passed.



As always, we had great cooperation from our Dog and Seeing Eye Club leaders in getting their entries in on time and complete with signatures. Thank you all for helping to make that process run smoothly by confirming that all entries were registered members.

Kathy Murarik  
Morris County 4-H Program Associate

THANK YOU Alyssa Flashburg, Kevin Lyons, and Chase Misiura for representing 4-H Monmouth County!

Alyssa Flashburg and her dog, Kobe, representing the K9 Bonediggers of Monmouth County won BEST in JUNIOR SHOW! Congrats!

## State Public Presentation Day Program Success

Congratulations to our 4-H'ers who presented perfectly at the State Public Presentation Day at Rutgers on Saturday, June 10th! It was a success! Lauren Myles, Crysta Timmerman, Emily Brady, Lauren Munck, and Diana Vogel did a superb job! Extra congrats to Diana Vogel for becoming this year's plate winner! Congrats and keep up the good work!

Congrats to Jessica Sagui who has been selected to represent Monmouth County at the State Equestrian of the Year contest. Good Luck Jessica!

# HEARD AROUND THE 4-H CLOVER

## LIVE AND LEARN

By: Tyler Bane



Our last few club meetings have been really busy and fun. We have been getting projects ready to enter in the fair. We have planted seeds and dug through a compost pile for really good potting soil. The seeds we all started were pumpkin and green beans. Some of the club members have reported that their seeds are sprouting and growing very well. We had a creative craft meeting using different items to make a recycling project. There were lots of ideas for things to make out of soda and water bottles,

oatmeal and juice containers, coffee cans and more. Project completion ribbons were given to everyone working in their project area all year and having an updated project book. We are ready for the fair!



## BITS AND BRIDLES

By: Jennifer Ginolfi, Leader

New members were introduced to how Bits and Bridles get things done when President, Chelsea Halat called the meeting to order at 7:45 PM. We received the first time slot on July 30th from 2:15 to 6:15 with the K-9 Bonediggers and the Friendship club for the food booth. Briefly, we discussed about the equestrian of the year, however, we have not announced the winner. We have not decided on any community service projects; however, we are making tentative plans for a field trip to the Horse Park of NJ for the cross country day of the Jersey Fresh. Finally, some members stayed to help make the 4-H flag and banner for Bits and Bridles.

## TEEN COUNCIL

By: Jessica Shaw Koehler

Elections were held at the May meeting for 06/07 Teen Council Officers. The results were: President-Taryn Leary; First Vice President-Amy Smith; Second Vice President-Sandy Smith; Treasurer-Austin Cole; Secretary-Crysta Timmerman; Recorder-Lisa Torriero. Congratulations to all of our new officers!

Teen Council will celebrate the end of another great year with a party on June 22nd. The party will be held at the Riverside Gardens Park in Red Bank at 6:30PM. Teen Council will be saying goodbye to two graduating seniors this year, Kristina Hesness and Jessica Shaw-Koehler. Best wishes Kristina!

As the 05/06 Ambassador, I can say that being Ambassador this past year has been a lot of fun. The election of the 06/07 Ambassadors will be held at the Fair on Wednesday, July 26th on the 4-H Show Tent stage. Teens entering grades 10-13 who have completed at least two years of 4-H and reside in the county are eligible to participate. Stop by the 4-H Show Tent on Wednesday evening to watch the contest and support these members.

Also, speaking of the fair, be sure to visit the Teen Council booth at the Fair. This year's booth will have a Carnival Theme, and you'll find lots of games and activities for everyone in your family. Stop by, say "Hi," and meet the Teen Council members.

## RHYTHMIC ILLUSIONS

By: Lauren Coleman

July 2006 will be Rhythmic Illusions' two-year anniversary...hard to believe! On June 12, we held an end-of-the-year show at Fort Monmouth, where our members got the opportunity to show off the routines they've learned. Angela Antonaccio, Samantha Antonaccio, Kristin Bohnenberger, Lesia Bilynsky, Katherine Martinez, Jenna Antonaccio, Christina Crilly, Julia Antonaccio, Amanda Crilly, Bethany Crilly, Rebecca Antonaccio, Cambria Saavedra, Lauren Coleman, Concetta McLean, Amanda Tursi, and Haley Devine all received gold medals for their routines, which included the hoop, ball, ribbon, clubs, and a few special duets and trio performances.



At the St. Patty's Festival in March at Flyer's Academy in Mays Landing, five of our members competed to win a total of sixteen medals and ribbons. Concetta McLean, Amanda Tursi, Katherine Martinez, Kristin Bohnenberger, and Lauren Coleman competed in the hoop, ball, ribbon, rhythmic floor exercise, and clubs events. All five girls did a wonderful job presenting the skills they learned-great job!



On April 22, Amanda Tursi competed at the Southeast Rhythmic Regionals, held in Wilmington, NC. She won a silver medal and three medals, competing in the floor exercise, hoop, and ball events. Congratulations, Amanda! After the competition, Amanda learned some cool skills in a mini-workshop taught by 1996 rhythmic group Olympian Mandy James-Morgan. Mandy taught the girls a short routine, including skills that appeared in her group's routines at the Summer Olympics.



After the competition we went sightseeing at Bellamy Mansion, an old Southern plantation before heading to the beautiful North Carolina beach to pick up seashells to make into necklaces for our club members back home. The competition is the USAIGC Nationals, to be held in Fort Lauderdale, Florida, at the end of June. Good luck to Lauren Colman as she heads to the Sunshine State to compete!



We hope all 4-H members will stop by to see us perform at the Monmouth County Fair in July! Our gymnasts are working hard to present their routines to showcase at the 4-H Show Tent. Our performance time/dates are **Friday, July 28** and **Saturday, July 29** at **6 PM**.

## 14 CARROT RABBIT

By: Amelia Valente

The 14 Carrot Rabbit club has been up to many fun and interesting things this past month. A couple of events we did with our rabbits, guinea pigs, and hamsters is we went to "Someone Special Needs You" where we let disabled children pet and play with our animals. One of our club member's father is in charge of this club and asked us if we wanted to come to one of their meetings. We had a great time and we heard that the children had a good time as well. Some other events were that we went to the Outdoor Expo at Turkey Swamp and Oakley farms where we taught the public about our animals. We had our club meeting on the second Monday of the month at the Ag building where we usually have it. We discussed our booth idea and banner designs and will be having a meeting at one of our club member's houses where we will work on them. We all cannot wait until the fair!

# UPCOMING EVENTS

**3rd ANNUAL  
4-H ARTS CAMP  
August 25-27, 2006**

**Friday 11 AM—Sunday 11 AM  
Grades K—13**

**Camp Nomoco—Freehold Township**

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



**Drama**

**Dance**

**Spinning**

**Puppetry**

**Music**

**Gymnastics**

**Art**

**Writing**

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

**Cost \$20.00 per camper**

**You can stay overnight or**

**come for day sessions.**

**For more information contact Ellen Williams,  
4-H Agent at the 4-H Office (732)431-7266 or  
williams@rcrc.rutgers.edu.**



Yes, I am interested in going to 4-H Arts Camp at Camp Nomoco on August 25-27, 2006

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

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Grade in September \_\_\_\_\_

**Please make checks payable to Monmouth County 4-H Office Account.**



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



# UPCOMING EVENTS



## 2006 State 4-H Equine Art Project

Are you a 4-H club member who likes being creative and thinks horses are a great subject for your creative expression? Then why not consider entering the NJ Equine Art Project at the State Horse Show August 27th at the Horse Park in Allentown? There are many categories you can enter—Horse Show Cover Design, Photography, Drawing, Ceramic, Sculpture, Woodwork, Collage, Textile Arts, Banners, Scrapbooks, Leatherwork, and more!

The show is open to grades 4-13. Deadline for registration is August 1st. Registration forms are available from your club leader. Your leader and 4-H agent need to verify on the form that you have attended a minimum of 70% of your club meetings, have completed a club, county or state presentation, and have an up-to-date record book.



## GOT Families? Get Family ASTRO!

NJ Astronomy Center for Education  
Raritan Valley Community College in North Branch, NJ



On **Wednesday, July 26, 2006**, we will have another family ASTRO Leader Training! Gain all the benefits of becoming a leader, a teacher, and learn much, much more!

For more info, visit our website at [www.raritanval.edu/planetarium/astro/family\\_astro.htm](http://www.raritanval.edu/planetarium/astro/family_astro.htm). If you have any questions, call Wil van der Veen (908) 526-1200 x8566 or email [wvanderv@raritanval.edu](mailto:wvanderv@raritanval.edu).

## Youth Summit October 12

Youth grades 9-12 are invited to attend the Monmouth County Youth Summit to prevent substance abuse on October 12th at Brookdale Community College. Information and registration has been sent to all 4-H club leaders with members grades 9-12. If you are interested in doing a 20 minute substance abuse prevention presentation (eg. Power point, skit, demonstration, etc.) let your 4-H club leader know and he/she will register your presentation. For more information contact Ellen at (732) 431-7266 or email at [williams@rcrc.rutgers.edu](mailto:williams@rcrc.rutgers.edu).

# HEARD AROUND THE 4-H CLOVER

## ABOVE AND BEYOND

By: Elyse Frieri

Let us introduce ourselves: we are loyal, dedicated, and hardworking; we are a family. We are Above and Beyond 4-H club at Chariot Riders in Monmouth County. This is our first year as a 4-H club and, speaking for the group, I can say that we all love it. Our President is Ashley, Mia is our Vice-President, our secretary is Colleen, Jaime is the caller, Alyssa is in charge of our website, and the reporter is me, Elyse. A large group of our 4-H members are working students or volunteers at Chariot Riders, a therapeutic barn in Howell. During the past two months we have competed in a barn show, where many club members went to a barn in Ocean, which also has a 4-H club. We also assisted at a therapeutic barn show, also held in Ocean. All the girls came together and worked hard to see the smiles of the younger riders. We work hard every time we come to Chariot Riders, and this helps us in all different aspects of our lives. We have learned to be hard workers, determined and we know never to give up!

Alyssa Kelly, our caller, made a website to keep everyone updated on events. Here is the link; you should take a look at it, it's really nice!  
[www.freewebs.com/above-and-beyond/index.htm](http://www.freewebs.com/above-and-beyond/index.htm)

## ANIMAL SCIENCE

By: Meg Whitehouse, Leader

We have been meeting and working on our workbooks and also discussing our ideas for the club booth at the fair. We went over the fair schedule and discussed our food booth duties. The club is looking forward to the fair. We have had visits from Erin's handsome rats; Molly and Bridget's enormous French Lop; and Jillian and Graham's friendly ferrets. The club has been selling candy bars to raise money for the Valerie Fund to combat children's leukemia. The club is very proud that our club President, Sarah Sakowski, will be running for 4-H Ambassador at the fair. Sarah is also the Food and Fitness Ambassador. Congratulations and good luck to Sarah! Emily and Kim Providakis represented the club by marching in the Freehold Boro Memorial Day parade. They carried the club banner. Big thanks to the Providakis family for supporting 4-H.

## BAYSHORE SCAPPERS

By: Jennifer Carlsen, Leader

We were invited to attend the AC Moore Kids Craft Festival. The store put on demos of many different craft activities, but we were the only organization doing a demo. Four of my 4-H members attended, Hannah Sasso, Sarah Soden, Jordan Soden, and Nicole Cirrinmore. We worked on our scrapbooks, talked to visitors, demonstrated how to use tools and tried out some of the other craft activities during the event. We even got to meet Spiderman! All in all it was a great event. We handed out information about our group and spoke about 4-H.



# HEARD AROUND THE 4-H CLOVER

## MONMOUTH LIVESTOCK

By: Cathy Falconio, Leader

Monmouth County Livestock met in Allentown to represent six species in the Memorial Day Parade. The day was sunny and, no surprise, drew a large crowd who seemed to appreciate the donkeys, rabbits, snakes, poultry, goats, and dogs parading through town.



Lollipops attached to "Stars and Stripes" flyers were handed out to the crowd to get the word out for our upcoming show at the Horse Park of NJ on July 9, 2006.



Lauren and Rebecca carried the banner while Margaret, Gayle and Jessie handed out flyers and lollipops.



Left-right Taylor and Casey Bainbridge brought their donkeys and puppy while Rebecca brought a bunny and helped to carry the banner along with Lauren Myles who also brought her dog.



Of course John Falconio brought his ball python, Conan.



"Bucky" and John Falconio drove the float in the parade (Bucky only has his permit!)

## HORSELESS HORSESHOW

By: Jane Hight, Leader

Shown are the smiling faces of the participants in the Horseless Horseshow sponsored by the Curry Combs. It was recently held at the Victory Stables in Colts Neck. The event was a fundraiser to benefit our troops in Iraq. We raised \$105.00 to purchase much needed



items for the men and women in a frontline combat unit, one of whom is Jimmy Beirne, brother of our member Katie Beirne. The little guy, second from the left in the front row, hugging his ribbons and trophy, is Milton, who wanted everyone to know that, "it was one of the best days of my life."

# UPCOMING EVENTS

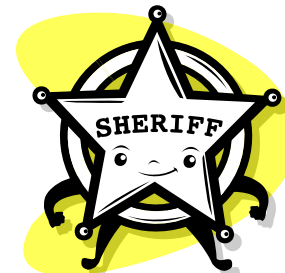


## OPEN YOUTH PET SHOW — SUNDAY, JULY 30, 2006

Registration is from 11 AM to 11:30 AM at the 4-H Show Tent. Open to all 4-H'ers and the public. Encourage family and friends to participate. Please remember the park system restricts the entry of dogs to the park for this event.

Come participate or watch and find out who has the cat with the longest tail, the most colorful reptile, the shortest haired rodent, the rabbit with the longest ears or the horse with the longest tail!

Have fun while getting the public involved with 4-H!



IT'S THAT TIME AGAIN...  
SHERIFF YOUTH WEEK!

MONDAY, JULY 17 TO FRIDAY, JULY 21  
7:45 AM TO 4:00 PM

After 15 successful years, the Monmouth County Police Academy will host its annual Sheriff Youth Week, a one week course for high school students interested in careers in law enforcement.

Courses will be given by the Police Academy instructors, along with drills, physical training and formation daily. Learn from municipal, county, state and federal law enforcement agencies! A field trip to the Coast Guard Station at Sandy Hook will also be included in this free program! Don't worry about lunch because it is already provided! Finally, this week will not be finished unless family and friends attend the formal graduation at the end of the week!

Information and applications are available online at [www.sheriffxley.com](http://www.sheriffxley.com) or contact Kathy at (732) 577-5743.

Anyone interested must return a signed permission slip with completed physical form to the Sheriff's Office no later than June 30, 2006.



# UPCOMING EVENTS

MONMOUTH COUNTY FAIR  
 "4-H...4-YOU, 4-ME, 4-FUN, 4-LIFE"



COME ONE...COME ALL!

HELP MAKE THE BEST EVENT, EVEN BETTER!

JULY 26-27 5PM-11PM  
 JULY 28 10AM-11PM  
 JULY 29 11AM-11PM  
 JULY 30 11AM-6PM

HORSE BOWL COMPETITION will take place in the show tent on **Friday, July 28** from **4-6 PM**.

Open to all 4-H'ers!  
 Prizes will be awarded!



**RECORD BOOK:**  
 Peer Reviewers are needed!  
 All 4-H'ers are invited to participate. Peer Reviewers provide feedback to fellow 4-H'ers about their record book. It will take place on **SEPTEMBER 12** starting at **6:30 PM**.

**STATE GOAT SHOW**  
**August 24, 2006** at the Hunterdon County and Ag Fair.

**STATE SMALL ANIMAL SHOW**  
**September 9, 2006** at the Horse Park of NJ.

Please call the 4-H office for more information (732) 431-7263

## PHOTOGRAPHERS NEEDED! FAIR PHOTO CONTEST

Submit your photo no later than **September 1, 2006**.

1. Your name must appear on the back of each photo submitted.
2. Identify the subject where possible.
3. Black and white or color photos are welcome.
4. Negatives must be submitted so that enlargements can be made.
5. Digital cameras may submit by email or disk (jpeg format)
6. Youth K-13 can enter and so can adults!



# HEARD AROUND THE 4-H CLOVER

## NATURE'S NAVIGATORS

By: Maria F. Wissler

Nature's Navigators was planning to have their April meeting/picnic at the Manasquan Reservoir on Earth Day, April 23, but rainy skies washed out the meeting.



Three members, Alex Kubiak, Walter Wissler, and myself attended the May 4-H cooking class. We decorated a chocolate cake with cherries, blueberries, and Cool Whip, making it look like the American flag. They were delicious. We also each potted three plants to decorate our homes for Memorial Day. We learned how healthy cherries and blueberries are and that we should have 5 to 9 servings of fruits or vegetables a day.

Our leader, Lorraine Yoncak, planned the Camp Nomoco camping trip for the weekend of June 9th to the 11th. There were 16 4-H youth campers plus a handful of adult chaperones. Friday evening the campers were instructed on the proper way to build and maintain camp fires and then everyone enjoyed smores. Saturday started with an early breakfast and then a hike to Turkey Swamp for canoeing and kayaking. We had lunch at the camp and then some of the campers were assisted by Virginia Kryzanowski in a crafting project with recycled bottle caps. Then we made another trip for more canoeing and kayaking. Everyone had fun. We also found two turtles. While the adults were preparing dinner, the campers played capture the flag. We all enjoyed chicken, baked potatoes, and hot dogs. The evening brought another camp fire and smores. We were around the fire until about 11:00. Sunday morning was breakfast and breaking down the camp site. New friends were made and phone numbers exchanged.

If you are interested in becoming a member of Nature's Navigators, please call Lorraine Yoncak (732) 462-9703.

## MONMOUTH BLASTERS

By: Meg Whitehouse, Leader

Club has been meeting in the office and working on their rockets. The club has been launching monthly at Dorbrook Park. New members are welcome at any time.



## BELMAR FUN CLUB

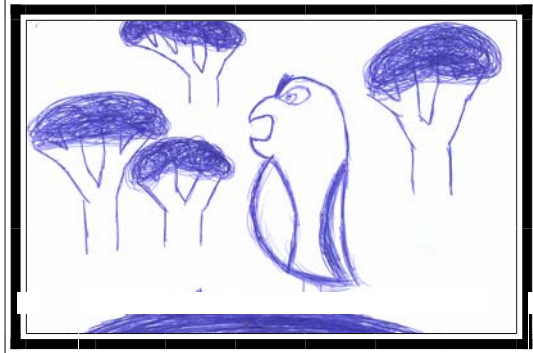
By: Chloe Pringle and Claire Burns

On April 24, 2006, we welcomed visitors Mrs. Smith and Mrs. Wilson to our Fun Club. It was a full room when 21 members and 2 leaders attended. We are so excited for the fair, we could not wait to talk about it throughout our meeting. The Belmar Fun Club also discussed wax-bees and honey, the garden committee, and the 4-H garden. Aside from the main topic about the fair, we are getting pumped for our end of year party.

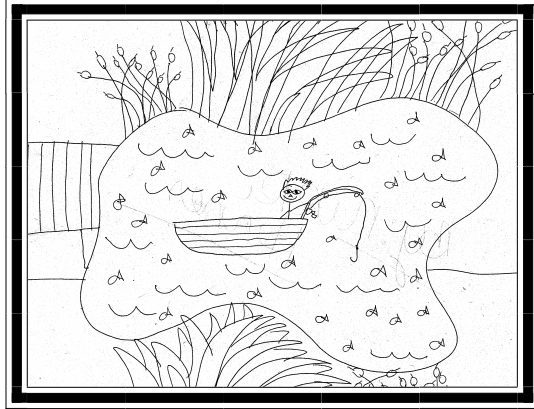
At our next meeting on May 22, 2006, the Belmar Fun Club was even more excited as the fair is quickly approaching. Some of our members presented the club banner for the fair, while others presented a paper chain for the fair booth. We went over some topics for the season: the town website, Bug Bingo, mosquitoes, ticks, sunscreen, and general outdoor summer safety. Finally, some of our members presented their plans for the end of year party, which is scheduled for Monday, June 12 from 1:30 to 3:30 PM.



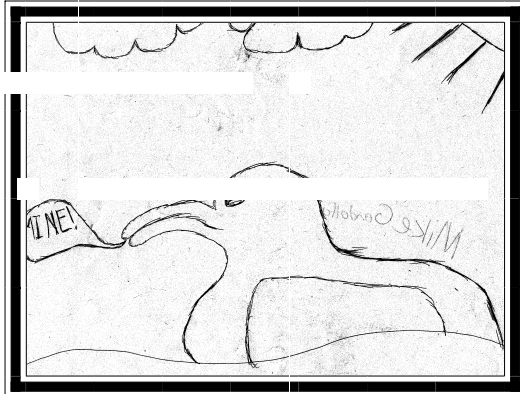
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By: Eric Herner



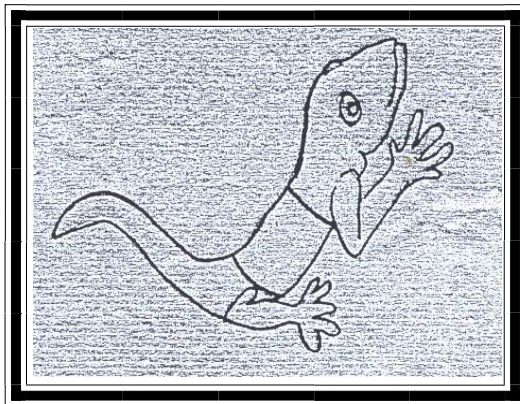
By: Nikki Herner



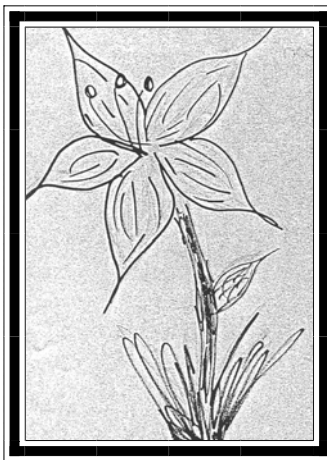
By: Michael Gandolfo



By: Emily Brady



By: Billy Hemp



By: Laurelyn Pearson



# ANNOUNCEMENTS



## 4-H Tickets GOOD ALL REGULAR OPERATING SEASON 2006

Tickets are still available to purchase  
(Tickets starting at \$29. Ask about our Meal Deal offer.)

Make CHECK payable to: Essex County 4H Leaders Association

Mail to: 4Hand6Flags  
48 READ St.  
Newark, NJ 07105

Any questions can be addressed to: [4hand6flags@gmail.com](mailto:4hand6flags@gmail.com)



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## Hope Academy Charter Summer Camp Requests 4-H Activities



Do you have a 4-H activity you would like to share with youth grades 5-8? Hope Academy Summer Camp, Asbury Park needs you! Any time you can give would be greatly appreciated by staff and campers. The camp extends from July 18 to August 18, Tuesday through Thursday from 9 to 12:30 PM. This would be a great club community service project. Or perhaps you would like to share your 4-H public presentation. Adults, if you have a skill you would like to teach, why not devote some time? Hope Academy will pay for any needed supplies. The 4-H office has project curriculum and activities for your reference. If you are available to provide any time, please contact Ellen (732) 431-7266 or email her at [williams@rcrc.rutgers.edu](mailto:williams@rcrc.rutgers.edu).





## FAIR ANNOUNCEMENTS

### DEADLINES APPROACHING!

ALL Entry Forms DUE JUNE 30th!

Non-living Entries DUE JULY 17th or JULY 18th!

Food Entries DUE JULY 18th ONLY!

Drop-off of items is between 8:30 AM until 7:30 PM on July 17th or 18th. When delivering your items, you will need to complete an entry tag and attach it to each item. Don't forget...YOUR RECORD BOOKS! Entries without record books will not be able to be judged.

MANY PEOPLE ARE NEEDED TO VOLUNTEER! ALL 4-H'ERS AND PARENTS SHOULD PLAN TO VOLUNTEER IN SOME CAPACITY.

PLEASE REVIEW THE FOLLOWING AREAS NEEDING VOLUNTEERS:

**SATURDAY, JULY 22, 2006**

**6 TO 8:30 PM**

Remove items from the barn. Trucks are also needed to make this a quick project.

**SUNDAY, JULY 23, 2006**

**9 AM UNTIL FINISHED**

1. Cages washed, set-up for small animals and livestock tents.
2. Club booth set-up.
3. Food booth equipment set-up.
4. Dunking stool set-up.
5. Show tent floor installed.



**TUESDAY, JULY 25, 2006**

**STARTING AT 5 PM**

1. Club booths decorated.
2. Food booth orientation-all food booth workers should attend to familiarize themselves with set-up.

**STARTING AT 7PM**

1. Food booth orientation

### IMPORTANT!

**SUNDAY, JULY 30, 2006**

**STARTING AT 6 PM UNTIL FINISHED**

EVERYONE is needed for breakdown! Club booths need to be removed, food booth dismantled, show tent floor removed, all tents need equipment broken down, etc...

## YOUTH CORNER



### SHREK

By: Ronny Adams

He lives in a swamp and eats slugs and bugs  
Donkey says he gives good hugs.

Someday he will be the King,  
When he sees Fiona he likes to sin

He does not have a job,  
But he's not a slob.



### BATMAN

By: Bobby Adams

Batman and Batgirl went on a tour,  
To a store,  
Batman bought a pearl for Batgirl.

Batman said wait a minute.  
Then the breeze blew, then batman tied his shoe.

Then Mr. Freeze sneezed.  
Mr. Freeze blew a breeze.  
Then he spit at Batman,  
Batman dodged it.

Then Mr. Freeze took in a hail,  
Then Mr. Freeze went frail.  
Then Batman brought him to jail.

### THE RHYTHM I SEEK

By: Tyler Bane

The rhythm I seek  
Is so unique  
It keeps my foot thumping  
While the beat is bum, bumping.

The rhythm I hear is music in my head  
A steady tapping, I think it said,  
Come, come, join the band,  
I clap to the beat with my hand.

The staccato which is a continuous sound,  
In the air, all around  
Makes me feel bold, it's so exciting.  
Electrifying, it's just the lightning.

### 4-H FUN

By: Linette Reeman

School was out and the sky was grey,  
And there was nothing left to do.

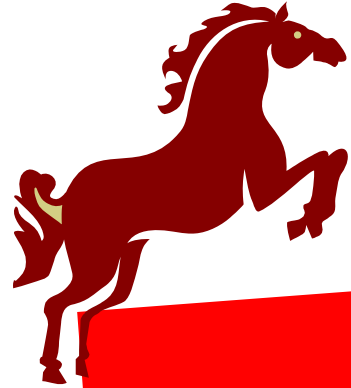
I got up and went to a 4-H club,  
and there I learned something new!







# ANNOUNCEMENTS



**Date: 1st TUES  
of the MONTH**

# Youth Horse Council

**Time: 6:30 PM**



**RUTGERS COOPERATIVE EXTENSION**  
NEW JERSEY AGRICULTURAL EXPERIMENT STATION  
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY

Official Business

## WANTED:

ALL 4-H'ERS BETWEEN 5th AND 13th GRADE

“To Make the Best Better”

**BE A LEADER AND HAVE FUN!!!**

- Organize field trips
- Request speakers
- Community service projects
- **AND MORE!**



**CONTACT KELLY (732) 431-7265**

# RESOURCES



## Pullorum Testing for Poultry

Recently, the NJ Department of Agriculture certified some additional Pullorum testers—Lynn Matthews, NJDA; Debbie McCluskey, NJDA; and Meg Whitehouse, Monmouth 4-H.

As a courtesy to the 4-H members, a date will be set up for testing of all poultry that are entered in the Monmouth County Fair. Please note that waterfowl are not required to have Pullorum testing.

Meg Whitehouse, Leader



NJ AGRICULTURAL EXPERIMENT STATION  
**RUTGERS**  
COOPERATIVE RESEARCH & EXTENSION



THE STATE UNIVERSITY OF NEW JERSEY  
**RUTGERS**  
COOK COLLEGE

Rutgers Food Policy Institute

Contact:  
Michele Hujber  
732-932-7000 x4204

**FOR IMMEDIATE RELEASE**

March 17, 2006

## “Ask Before You Eat”

New Brunswick, NJ--Any food can trigger an allergic reaction. Eight foods account for 90 percent of all food allergies: peanuts, tree nuts (including walnuts and cashews), milk, eggs, fish, shellfish, soy, and wheat. *Everyone*—friends, neighbors, and restaurants—needs to understand why it is important to avoid triggering a reaction in people with food allergies.

A public information campaign, *Ask Before You Eat* was mandated by the New Jersey legislature in 2005 to help inform the public. Restaurants throughout the state will receive a *Know Before You Serve* fact sheet to help them serve enjoyable and safe meals to customers with food allergies. Families with and without food allergies can learn more about food allergies and the *Ask Before You Eat* campaign, which was designed at Rutgers, by visiting [www.foodallergy.rutgers.edu](http://www.foodallergy.rutgers.edu).

THE STATE UNIVERSITY OF NEW JERSEY  
**RUTGERS**

# FIVE-A-DAY CORNER

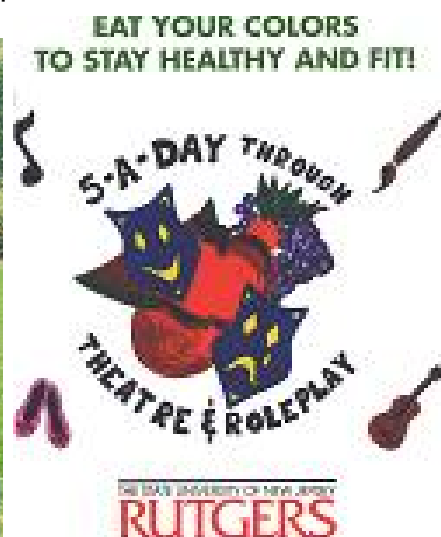


## 5-A-Day Through Theatre and Roleplay

**By: Debbie Hemmann, Monmouth County 4-H FSNEP Program Associate & Chevonne Porter, Monmouth County 4-H FSNEP Community Assistant**

Summer is almost upon Monmouth County, and so is 5-A-Day Through Theater and Roleplay! With the help of our dedicated Community Assistant and twenty energetic 5-A-Day troupe members we have now instructed nearly 3000 school aged children this year! We will continue our nutrition program through the creative use of skits and activities even during these summer months at various summer schools in Monmouth County.

A big *thank you* goes to Dr. Amy Peardon, a Pediatrician in Asbury Park who continues to refer her patients to join our troupe! If you'd like to join our troupe also, please contact Debbie Hemmann at (732) 577-6689.



Here's to a Healthy Summer From Debbie and Chevonne!

**Health Corner:**  
 Summer is a wonderful time for **grapes!** Grapes are very high in Vitamin C, Fiber, Potassium and Iron and they contain no fat. They also grow very well in New Jersey. Some ways to eat grapes are: fresh, frozen (soooo good!) or as 100% juice. Below is a *cool* summer recipe to try with grapes.

**Frosty Fruit Cups**

2 cups ginger ale	1 cup green seedless grapes
6 oz. orange juice, frozen concentrate	½ cup maraschino cherries—halved
12 oz. pineapple chunks in juice—frozen	2 cups cantaloupe—balls

**Directions:**  
 Combine ginger ale and orange juice concentrate: stir until dissolved. Pour into small container. Freeze just to a mush (about 1 ½ to 1 hrs.). Partially thaw pineapple. Combine pineapple with remaining fruit. Stir in ginger ale mixture; spoon into sherbet dishes; top with fruit and enjoy!  
 (Recipe found at: [http://kids.cdtkitchen.com/recipes/recs/34/Frosty\\_Fruit\\_Cups54392.shtml](http://kids.cdtkitchen.com/recipes/recs/34/Frosty_Fruit_Cups54392.shtml))  
 For grape and other fruit and veggie fun this summer, 5ADAY recommends you visit [5aday.com](http://5aday.com) on line.



# IN THE NEWS



## BEANIE BABY COLLECTION

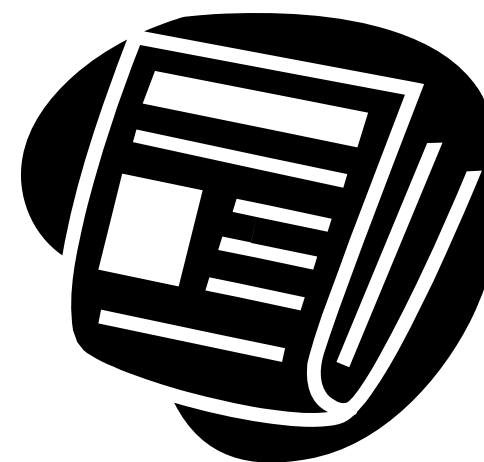
By: Caitlin Docker



Beanie Baby collections are now going on throughout Monmouth County. Currently, I am asking for the Monmouth County 4-H Club to join me in my National Honor Society Leadership Project. My goal is to collect 500 Beanie Babies that will be sent overseas by November 11th (Veteran's Day), just in time for the holiday season. Our 600 New Jersey Guard soldiers from Vineland, Bordentown, and West Orange will distribute them to Iraqi children in need. The collection of Beanie Babies will be boxed and shipped by the Family Support Group from Fort Dix. Collection boxes for these Beanie Babies are located at the 4-H office. Club leaders, this is a great community service project for your clubs this fall. All your help is greatly appreciated.

4-H Office  
 4000 Kozloski Road  
 Freehold, NJ 07728

## COMMUNITY SERVICE NEWS



Twelve-year-old Dolores Cutler, a member of the Middletown Curry Combs, responded to a 4-H announcement asking for volunteers for a uniquely rewarding opportunity to help some very appreciative children in need of a little fun. Once a week, Dolores spends an hour doing crafts and activities with a small group of six to ten-year-olds while their mothers attend a meeting of the 180, Turning Lives Around domestic violence prevention program. The children's delight in creating treasures for their moms has been a real eye-opener for Dolores, who is learning that there is no such thing as "small scale" when it comes to helping other people.

180, Turning Lives Around meetings are held on Route 9 in Howell, every Tuesday night from 6:30 to 7:30 PM. Any 4-H member who would like to volunteer time to teach a hobby or do an activity with these children should contact Ellen Williams at (732)431-7266 or e-mail: [williams@rcrc.rutgers.edu](mailto:williams@rcrc.rutgers.edu).





## JUMP INTO THE SHOW SEASON AT THE STARS AND STRIPES

The Horse Park of NJ will once again be the site of an extravaganza of livestock exhibits on Sunday, July 9, 2006. Located on Route 524, the Horse Park features rolling hills that will be filled with livestock trailers and families. The only multi-species 4-H Show in the state under one roof, this show draws exhibitors from surrounding states as well as 4-H and FFA members.

Beef, Dairy, Goat, Sheep, Poultry and Small Animal Shows will offer stiff competition with an emphasis on improving management and showing skills in preparation for the up-coming fair season. This year, Species Ambassadors will be on hand to answer questions about livestock. The latest information on bio-security and livestock health issues will be available.



Sponsored by the Monmouth 4-H Association, this show promises something for everyone. If you are interested in more information about entering your animals, contact Robin Bruins at (609) 259-2347 or by email at [Bruinsjr@optonline.net](mailto:Bruinsjr@optonline.net). Anyone interested in attending will find special exhibits and activities. Prep Camp for grades 1 through 3 will feature games and crafts. A Round Robin will begin at noon and will bring the best Showman from each show together to compete for Best Overall Showman.

Pie eating competition, a Jersey tomato toss, horseshoe pitch and corn shuckin' will be certain favorites. Don't miss the fun, call today and join us in a celebration of our nation's birthday and our Fabulous 4-H Family. If you would like to be a sponsor and have your name or business name on the Stars and Stripes t-shirt, contact Robin. Each competitor will receive one of these shirts as a reminder of a day when the Best became Better.

### NORTHEAST REGIONAL VOLUNTEER FORUM SEEKS YOUR INVOLVEMENT AND SUPPORT

New Jersey is proud to host the NERVV which draws 4-H volunteers from throughout the Northeast. From October 12-15 at the Ocean Place Hilton in Long Branch, volunteers will have the opportunity to participate in a variety of fun, educational learning opportunities. If you would like to register to attend the conference, you can get information on the website [www.nj4h.rutgers.edu/nervv](http://www.nj4h.rutgers.edu/nervv). Also if you would like to assist in the funding of this event by paying for a vendor space, contact Chad Ripberger at [ripberger@rcrc.rutgers.edu](mailto:ripberger@rcrc.rutgers.edu) or Laura Bovitz at [bovitz@rcrc.rutgers.edu](mailto:bovitz@rcrc.rutgers.edu).

Hello to our 4-H Friends,

The Thunderhoofs would like to thank the Small Animal Association for the shows throughout the year. Members have learned so much about taking care of their animals in preparation for these events, plus many new friendships have been made with fellow 4-H'ers from NJ, PA, and NY.

We will be having a presentation on showmanship at our meeting in June and we will also finish up our club banner.

A special thanks (in advance) to all the parents who will be helping out at the fair. Together we will continue to strive TO MAKE THE BEST BETTER!

The Thunderhoofs () ()

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### Master Gardeners Invite 4-H Participants

Thank you to the Monmouth County Master Gardeners for inviting 4-H to participate in their 2nd Annual Plant Sale May 12-13. 4-H activities included animal science exhibits, refreshment fundraiser, and a gift basket auction to benefit the Northeast Regional Volunteer Forum in Long Branch in October. We are proud of our partnership with our Master Gardeners and look forward to a continued productive relationship.

### Memorial Day Parade Freehold

Many thanks to all those who made the Freehold Memorial Day Parade 4-H participation a success. Thanks to Diane Mauser, Monmouth Clogging Express club leader who served as 4-H coordinator. Diane announces that Monmouth County 4-H will receive an award at an upcoming parade recognition ceremony. Congratulations to those clubs represented at the parade-Amigos Culture Club, Animal Science, Allied Health and Service, and Monmouth Clogging. Thanks to Reid Sod Farm for donation of the flat bed truck for the cloggers.

### Cooking and Craft Workshops a Big Success

Our monthly Cooking and Craft Workshops ended in May. Special thanks are extended to the following volunteers for teaching 4-H'ers how to "Get Moving Get Healthy" by cooking fun and delicious things to eat: Susie Eberhardt, Debbie Hemman, Marilyn and Sharon Kothe, Sandie Merritt, Ellen Williams, and Sandy Wolfe.



Food items included smoothies, holiday appetizers and cakes, chicken bakes, Valentine's cookies and Irish soda bread. Learning to fold napkins and make festive table decorations added to the fun.





## TEEN TALK

Planning on Traveling this Summer? Here are Some Tips for when You are Visiting Friends and Family

### 12 WAYS TO BE A GREAT GUEST

You're invited to a party, an overnight, or whatever. Here's how to be a guest with the best.

1. **Show up.** Or, if it turns out that you're not able to attend, let your host know ASAP.
2. **Be on time.** If the invitation is for an open house from 4:00-7:00 or a party that starts around eightish, you're free to arrive anytime before 7:00 or after eightish. If the invitation is for a dinner at 6:30 or a graduation at 3:00, don't be late.
3. **Don't arrive early.** Most hosts are running around like crazy and getting things ready until the very last minute.
4. **Never bring people who weren't invited.** Especially not to events where numbers matter—a sit-down dinner, a wedding reception, a weekend at a cabin, a concert or show requiring tickets. If you think that numbers might not matter, you can ask permission to bring another guest.
5. **Dress appropriately.** This shows respect for your host and the occasion. If you're not sure what to wear, it's usually better to overdress than underdress.
6. **Introduce yourself to people you don't know.** Especially if those people include your host's parents.
7. **Don't hog the food.** It's there for everyone, not just you. If the invitation doesn't include dinner, eat something before you arrive so you're not starved.
8. **Don't bring anything illegal.** Underage drinking and illegal drugs put hosts in legal and financial jeopardy.
9. **Don't snoop.** No peeking into closets, drawers, or medicine cabinets.
10. **Do your best to be cheerful.** Even if you've had a bad day. Even if you've just been dumped by your boyfriend/girlfriend. Don't let your woes ruin your mood.
11. **Don't overstay your welcome.** Watch for clues that the party or event is winding down. When your host yawns, turns off the music, turns up the lights, and starts cleaning up, it's time to go.
12. **Thank your host.** For informal parties, it's usually enough to say thanks when you leave. If your host's parents were involved, thank them, too. For smaller, more formal, or fancier events, send a thank you note.

SOURCE: *Life Lists for Teens*, Espeland, Pamela, Free Spirit Publishing, Minneapolis, MN, 2003, page 87.

## CHARACTER COUNTS!

Recognize a Club Member who has Made a Difference During the Fair by Holding a "Blue Ribbon Ceremony"



### 8-STEP BLUE RIBBON CEREMONY

**Step 1: Celebrate someone's individuality!** Sit or stand in front of the person you want to honor. Show them the Blue Ribbon, make eye contact, speak their name, and...

**Step 2: Tell them how they make a difference!** Focus on what makes them special, and on their greatness for just being who they are!

**Step 3: Ask if they would accept your gift...** and then ask for permission to place the Ribbon on them (if they can't wear it, ask them to put it where they will be able to see it and be reminded that who they are makes a difference).

**Step 4: Place the Blue Ribbon above their heart...** and pointed slightly upwards, "towards all of your BEST DREAMS coming true!"

**Step 5: Cheer them on!** ENCOURAGE them to express their unique talents and gifts, letting them know you support their dreams! Helice likes to put her hand on your shoulder and say, "The Blue Ribbon is magic, for wherever you are, I'll be sitting on your shoulder cheering you on to go full-out for your dreams, not what anyone tells you can't be done—and I'd love for you to cheer me on too. Is that a deal?"

**Step 6: Seal the Deal:** Hug, shake hands, or smile—whatever comes naturally to you.

**Step 7: Pass it on...** EMPOWER your Difference-Maker to spark acknowledgment by letting them know it is a tradition to give them extra Blue Ribbons so they can honor others who makes a difference in their lives!

**Step 8: Always acknowledge the best in yourself and others.** Look for the good and the gold in everyone—with no one left out!

Remember, there's no "right" or "wrong" way to do this!

This handout courtesy of  
Difference Makers International.

CHARACTER COUNTS! National Office  
(800) 711-2670 • cc@jiethics.org • www.charactercounts.org



CHARACTER COUNTS! is a service mark of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics.

Character Development Seminars TRAINING MATERIALS

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