

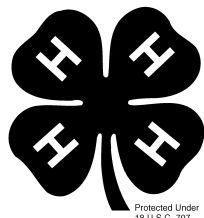


NJ AGRICULTURAL EXPERIMENT STATION
RUTGERS
 COOPERATIVE RESEARCH & EXTENSION
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THE LUCKY 4-H'ERS GAZETTE



Volume 7 Issue 3
 May—June 2006

MAKE 4-H CAMP PART OF YOUR SUMMER PLANS AND CREATE 4-H MEMORIES TO LAST A LIFETIME!

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What do you want your summer to be filled with? Fun? New Friends? Sunshine? New activities?

Well, you can find this and more at 108 acre Lindley G. Cook 4-H Camp located in the heart of Stokes State Forest in Sussex County. The Camp Mission is “to provide youth and adults with a safe environment for fun, hands on residential outdoor educational experiences; fostering independence, leadership development, respect, tolerance and positive self-esteem”.

4-H summer Camp runs from July 3 through August 12, six one week sessions. You can attend for one or more weeks. Camp is open to any youth who has completed third grade through those who have completed 10th grade. Camp is open to both 4-H club and non-club members. If you are interested in organizing a group to go from your club or community, contact the Monmouth County 4-H office. Many fun-filled learning experiences fill the camp week, including, for example, campfires, arts and crafts, archery, boating, swimming, hikes, storytelling, talent shows, theme weeks and group games. Teens who have completed 9th and 10th grade may be eligible to apply for the Counselor in Training Program.

Why not also put these 4-H camp dates on your calendar—May 21, 2:30-5PM Overnight Summer Camp Open House; August 19-20 Family Camp.

More information is available by contacting the website:
www.nj4hcamp.rutgers.edu.

Forward inquiries regarding transportation or scholarships to the 4-H camp office and Monmouth County 4-H.

Make 4-H Camp part of your summer plans and create 4-H memories to last a lifetime!

**DEADLINE FOR NEXT NEWSLETTER – June 16, 2006
 PUBLICATION July—August 2006**



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

NEW CO-LEADER: Stacy J. Fischetti, Co-Leader with Above & Beyond Horse Club

NEW CO-LEADER: Joan Hutchinson, Co-Leader with Middletown Curry Combs

ABOVE AND BEYOND

Goselin L. Casey
Colleen M. Cooper
Carolyn E. Krug

AMIGITOS CULTURAL CLUB

Mackenzie Scandrett

ANIMAL SCIENCE

Jillian T. Milne

BAYSHORE SCRAPPERS

Emily J. Sasso
Hannah V. Sasso
Jordan S. Soden
Katelyn D. Waters

FREE SPIRIT

Patrick O. Weber

ST. ROSE REPTILES

Stephanie M. Grodeska
Olivia R. Harrison
Nicholas P. Howley
Britney R. Kartasheff
Michael P. Messing
Robert A. Rogers
Nick F. Rospos, Jr.

TEEN COUNCIL

Lisa M. Torriero

BITS AND BRIDLES

Heather A. Bubadias
Victoria L. Bubadias
Chelsea V. Halat
Amy B. Levine
Christina L. Pavia
Christina A. Peck
Jessica R. Woolley

3rd CITY ROAD CREW

Ilyssa DePonte
Christopher D. Dubrow
Matt L. Dubrow
Carly S. Price

KIDS FOR KIDS

Stephen R. Elgaff
Taylor L. Guthrie
Jenna L. Lougee

RISING STARS NUTRITION & COOKING

Nathan J. Backman
Tyler S. Devine
Taylor N. Encinia
Hannah O. Hansen
Henry G. Hansen
Hollis A. Hansen
Sarah B. Richardson

RISING STARS ART CLUB

Nicole R. Adair
Maria H. Bilynsky
Robyn J. Heller
Billy R. Love
Vince J. Rollerson

RISING STARS COMMUNITY SERVICE

Angela E. Birmingham
Kimberly A. Christel
Michelle L. Christel
Jasmyne L. Douglas
Brian (BJ) J. Hagerty
Theodore J. Randle
Thomas S. Randle

RISING STARS GARDEN CLUB

Leeanna H. Hays
Destiney S. Roberts
Brianna M. Tweed
Rakeah A. Williams
Georgia Young

THUNDERHOOFS

Bethany S. King

4-H NEWSLETTER

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



Protected Under
18 U.S.C. 707

Virginia Krzyzanowski
Program Associate

Kelly Valenti
Program Assistant

Ellen Williams

Ellen Williams
4-H Agent



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.

TEEN COUNCIL

By: Jessica Shaw-Koehler

Well, the South Jersey 4-H Teen Conference is almost here! What is SJTC? A ten-county conference for teens in grades 8-13 (one year out of high school) that focuses on leadership and personal development. The conference theme will address the topic of preparing for your future –education, a job, career, etc. Workshop topics include careers, time management, building self-confidence, stress management, interviewing skills, resume writing, and money management.

The program offers workshops, opportunities to meet teens from other counties, a Saturday afternoon activity, motivational speakers, banquet and dance, and much more.

This year's conference is being held right here in Monmouth County on March 3-5 at the Holiday Inn in Hazlet, NJ. The cost is \$160, and includes hotel accommodations, program supplies, all meals from Friday until Sunday morning, the cost of admission and activity tickets for Fun Time America (the Saturday afternoon activity). Call the office if you'd like more information.

Lauren and I were happy to represent 4-H as Ambassadors in February at the State Agricultural Convention Youth Reception dinner at the Tropicana Casino Resort in Atlantic City. Our theme was the orchards of Monmouth County, and we gave out samples of local products, met lots of interesting people, enjoyed a delicious dinner, and took lots of pictures.

I was honored to be awarded the Pomona Grange Senior Award for leadership and citizenship last month, and with it, I received a beautifully engraved pen and pencil desk set. Thank you to Ellen Williams and Virginia Krzyzanowski for their support. In addition, Taryn Leary, Crysta Timmerman and Jessica Torriero



ANIMAL SCIENCE CLUB

By: Meg Whitehouse, Leader

Pictured right: Christmas photo of Sgt. Chris Bock and his platoon mates in Iraq. Chris is standing in the middle wearing glasses. Chris is a member of the first infantry, 109 division A company. He has been promoted several times since we started writing to him. Now he is the military liaison with the civilian contractors and the local politicians. Chris is a very nice person. His family is from the Upper Freehold area. He is a faithful correspondent and always has something interesting to say about the place where he is stationed.



BACKSTAGE TO BROADWAY Club Member Profile

By: Ellen Williams, Leader

Jordi Schechner-Kanofsky does karate and horse back riding and studies animals and plays with them. (she loves them!) She also likes swimming. She does many more activities—as she says, “too many to name”. One of her favorite parts in the Backstage to Broadway 4-H club was playing a pizza man and two dogs at the same time! “My goal is to be better at acting (unless I am already good enough!)”. She says she drinks a lot of water—she says it is good for her personal hygiene. Parting words she would like to share with you are, “Come to 4-H—Backstage to Broadway—The best acting club you will find. I know I enjoy it!”

BITS AND BRIDLES

By: Jen Ginolfi, Leader

We had our first meeting on Friday April 14th. We decided that meetings will be held the third Friday of every month at 7:30 PM in the tack room at Touch of Class Farm on Maxim Road in Howell. New members are more than welcome. We chose a club name and elected officers. We decided to call our club the Bits and Bridles 4-H club. Our President is Chelsea Halat, Vice President is Vicki Bubadiaz, Secretary is Heather Bubadiaz and Treasurer is Amy Levine.

RAGING REPTILES

By: Emily Brady

The Raging Reptiles club has been very busy with presentations. Then a few of our club members went to county presentations at the 4-H office in Freehold. Several of our club members received ribbons for their hard work at county. Great Job! We also had fun putting on a show for the Boy Scouts and Girl Scouts at the church on Adelphia Rd. Throughout all of the presentations we learned about each other’s interests, and many unique topics were chosen. Coming up on April 26 at 6:45 pm, we are holding a reptile show at the Howell Library, 318 Old Tavern Rd., open to the public. You and your family are welcome to join (continued at the right)

BELMAR FUN CLUB

By: Sean O’Neill and Jillian Westcott

At our February meeting 17 members attended. The Treasurer reported \$40.10 in the treasury. We discussed planting sunflowers and tomatoes. Our leader, Kim O’Neill held a discussion and gave a demonstration. We planted seeds in starter containers and put them in the greenhouse. We will bring them in next month to show the members the progress. The next meeting will be March 27th.

At our March meeting we discussed the Fair. The program topic for this month was Women’s history, gardening and the fair committees. Everyone is very excited about the fair! Our next meeting will be held on April 24th.

THUNDERHOOFS

By: Nyna McKittrick, Leader

We have been doing a lot of collecting at our meetings. The club has been collecting items to send to the soldiers in Iraq, and they will be collecting items for the SPCA. We also were able to donate 20 business outfits to Rutgers for their program that helps prepare people for new jobs selling clothes.

Two of our members, Maureen Docker and Clair McKittrick received excellent scores for their presentations. Maureen brought in her Seeing Eye pup “Enzo” and discussed his care and responsibilities, which are many! Clair gave her speech on Giant Madagascar Hissing Cockroaches, including how to build a cage to hold them and what is required to take care of them.

We are looking ahead to July and the fair and we will be making a banner for our booth and deciding on a theme.



Raging Reptiles (cont.)

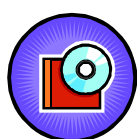
us as we show in New York, and especially the Monmouth County fair! In the meantime we are thinking of fun activities, and shows to attend with our awesome reptile club!

ACADEMY OF ALLIED HEALTH AND SCIENCES 4-H HEALTH AND SERVICE CLUB

By: Puja Sharma

Looking back on our list of events that have taken place so far, it really makes us happy that so much has been accomplished. It seems that these months have simply flown by and our Academy of Allied Health and Sciences 4-H Health and Service Club has already met nearly every goal we set out for in September. All of this, of course, is great news!

February began with the 4-H sponsoring Wear Red Day for the American Heart Association. \$73.00 was collected for the pin and sticker sales as well as the many students and faculty who wore red clothing as a reminder that heart disease is still the #1 killer of women. After school that week students went to King Manor Nursing Home to work with the residents on Valentine Day Decorations for their activity room.



For our next meeting of the month we decided to put some fun time into our schedule. We had to reach a consensus upon whether yoga/Pilates, chocolate making, or movie day would be the most relaxing way to spend one of our afternoons together. We decided on a wonderful combination; we watched the suspenseful medical-mystery show *House* on DVD while making delicious smores!

The next meeting we had a wonderful public speaker, Ms. Williams, come to our school to discuss the topic of 4-H presentations. She enlightened us on what a good presentation involved and did a comical performance on an example of a mediocre presentation. Hopefully a lot of the new 4-H members of our club will be daring and go out for the presentations as well. They truly are a great experience.

When the next month came “marching” in, we got back to business. A small group of 4-H members had a lot of fun one Friday afternoon by making St. Patrick’s Day pins at King Manor Nursing Home. The pins were fabulous! We used ribbons, stickers, pom-poms, and all sorts of other decorations to create entirely unique and professional looking St. Patty’s Day pins. A couple of the seniors even asked for two or three more because they liked them so much they made some for other residents!



Monday, March 20th 4-H sponsored Meatout 2006. It’s a campaign to raise awareness to enjoy plant-based protein in our menus as well as including healthy fruits and vegetables. Just friendly reminders all week prior and then come Monday even the cafeteria participated by serving veggie burgers and no meat on the salad bar for the day. The 4-H club will spend their current meeting noshing on veggies and fruit and dip as a closure activity, YUM!



The 4-H season has been going very well so far and we are proud of the work we have accomplished and will continue fulfilling our 4-H pledge.



Heard Around The 4-H Clover (cont.)

MONMOUTH LIVESTOCK

By: John Falconio

Since our last letter, our club has had small attendance at winter meetings. Less than half have given their presentations as yet.

We have had community service projects—our club leader, Robin Bruins, held her annual Teddy Bear Picnic at the Allentown Methodist Nursery School. Teddy bears were collected there and donated to the First Aid Squad. When young victims ride in the ambulance, they are given a teddy bear to comfort them. This year more than fifty bears were collected.

Monmouth Livestock now meets at the Veterinary Clinic in Millstone. To show our appreciation, we picked up all litter and trash we could find in the yard and parking lot. It was a perfect warm-up before the start of a meeting.



Our 4-H club helped out club leader, Robin Bruins' Nursery school to collect donations for her Teddy Bear Picnic. These teddys are handed over to the First Aid Squad who will in turn use them when young ambulance riders are afraid and need a friend to hug.



Monmouth Livestock held a "clean-up Community Service detail" at the vet clinic which offers their conference room to 4-H meetings in Millstone.

Our plans for the 2006 Stars and Stripes Invitational continue to develop as spring arrives. This event seems to grow bigger and better and be more fun each year.



Robbie Bruins helped John Falconio prove the effects of steroids in high school athletics.



Monmouth Livestock shared a great time holding their recent club meeting by the pond and would like to wish all a very Happy Easter

Jaelyn Maher gave her very 1st presentation about "Poisonous Plants Not Good for Goats to Eat".



Above: John Falconio hosted an Easter Egg Hunt following the meeting. After filling the eggs with candy and coins, he gave the signal to hunt. It lasted 2 1/2 minutes!



Above: Lexie Mariolis proved that Spring is in the air by showing off her baby goat to the club.



Above: Dylan, Trever, and Tyler Ralph gave their presentations to Robin Bruins on poultry.

NATURE'S NAVIGATORS

By: Maria F. Wissler

Our last meeting was held on March 10th. The usual routine was followed with the President calling the meeting to order, pledges were said, February's minutes were read and the Treasurer's report was presented. We discussed old business, camping at Nomoco from 6/9 to 6/11, boat trip on the Manasquan Reservoir, County Level Public Presentations, ideas for community service projects, record book hints, the 3/26 trip to the Popcorn Petting Zoo (enjoyed by many), and the Outdoor Adventure Expo on 5/21 at Turkey Swamp Park.

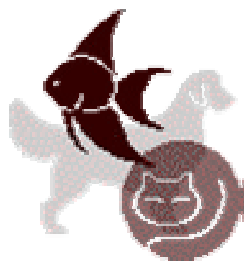
We discussed new business as well, including the April Jersey Fresh Cook and Craft. I attended and prepared three delicious chicken dishes with the guidance of Virginia Krzyzanowski. We received our Fair Books, discussed fair club sign ups, Earth Day at Manasquan Reservoir and then adjourned the meeting. Delicious refreshments were enjoyed by all.

The topic for this meeting was Oceanography. We had a group discussion and reviewed trivia facts about the study of the ocean.

Our April meeting will be held later this month, on Earth Day, at the Manasquan Reservoir (April 23rd). We'll be enjoying an outdoor picnic.

Three members, Walter Wissler, Paul Yoncak, and I, together with our leader, Lorraine Yoncak, and our mascot, Blacky, biked into Jackson on a day off from school and located a possible community service project site for cleanup. We also saw our first snake of the season!

Anyone interested in becoming a member of Nature's Navigators, please call Lorraine Yoncak at 732-462-9703.



FREE SPIRIT GOAT CLUB

By: Megan Phillips

Hope you all had a happy St. Patrick's Day. As you can see, spring has sprung. We are still planning to sell our soap on May 13th, but the location has been changed. It is now going to be at the Monmouth County Agriculture building where they are holding the Master Gardener's Plant Sale. Our booth will be set up on Saturday from 9:00am to 3:00pm.

At our last meeting we discussed club t-shirt ideas and researched soap making ideas. After that, we had a short presentation by Matthew LaMarca on medicating goats.

On April 8th, we visited Lahaway Creek-Little Way Farm. That is a dairy goat farm. We learned about milking goats and got to watch a demonstration on how they milk them. We would like to thank Mrs. Search for letting us come out.

Last but not least thank-you to Mrs. Daust for volunteering to be our club's food booth supervisor at the fair. Have a great spring break!

MIDDLETOWN CURRY COMBS

We have a new member, Mario Cassidy who, at the age of three months holds the distinction of being the youngest member of the Curry Combs in its thirty-six year history. Mario's mom, Adele, was and is a long time member of the club. She, along with husband Brendan, operate Victory Stables on Five Points Rd., Colts Neck, and proudly volunteered their new son to be our mascot.

Adele has graciously hosted a number of Curry Comb events at her farm, including our annual Horseless Horse Show; this year scheduled for May 21st. This show, by the way, is open to all 4-H'ers. This year, all proceeds from the show will be used to purchase and ship much needed and appreciated toiletries and sundries to our troops based in Iraq. One of our members, Caitie Bierne, has a brother currently serving in that theater.



Left: Middletown Curry Combs newest and youngest member in its 36 year history, Mario Cassidy. Mario will also proudly serve as their new mascot.

Heard Around The 4-H Clover (cont.)

KNIGHT RIDERS

By: Paige Lischick

The 4-H Knight Riders welcomed Dr. Carey Williams to speak about the basic of equine nutrition at our monthly meeting. She is the Rutgers Cooperative Extension Specialist in equine management in addition to being an excellent horsewoman.

Dr. Williams brought a scale model of the horse's digestion system. She introduced information about saliva's contribution to digestion and then showed us a large garden hose modeled for the esophagus which fed into a small gas can that was modeled for the stomach. Everyone was surprised at how small the stomach was for the average 1000 lb horse. The stomach only has the capacity for 2-4 gallons of food-that is why horses should graze on a constant basis and eat 2 small meals rather than one large one.

After the stomach came the small intestines which was modeled as a garden hose. When the small intestine kinks up, a blockage occurs and the horse will colic. Dr. Williams demonstrated this by twisting the hose.



The intestine is 50-70 feet long which means that there is a lot of surface area to kink up, but it is an important organ because it digests most of the nutrients. To demonstrate this, everyone took hold of the hose and we stretched it out all the way around my den and breakfast room. Next, attached to the small intestine was a large garbage bag representing the cecum where the hay is processed. It is 3-4 feet long and holds 7-8 gallons. The cecum detoxifies harmful substances. The next part of the digestion system involves several organs in the large intestine. Those



included the large colon represented by a dryer hose, the small colon represented by a garden hose and the rectum represented by a tight stocking over a hose complete with road apples made of duct tape balls that slid down the chute. Everybody was amazed to find that all of the chambers and tubing fit into one garbage can about the size of the horse's barrel.

Next, Dr. Williams talked about the proper diet for a horse. She described several types of hay and let us smell some samples. Good hay smells sweet like freshly cut grass and it is free of dust and mold. An average 1000 lb. horse should be eating at least 1.5 to 2% of his body weight which calculates to be about 20 lb. of feed a day. Hay and grasses are classified as forages and serve as the base of the horse's diet. She also brought several samples of grain and other types of feed. We were happy to learn that the most dense source of energy is fat, but we have to limit the fat intake in our horses since obesity contributes to an increased risk of colic and laminitis, as well as an increased sweat loss and exercise intolerance.



We asked Dr. Williams an endless number of questions at the end of her presentation and she patiently answered every single one of them. Mrs. A. had to cut us off or she would still be here answering questions! We were very grateful to be honored with such a knowledgeable scholar who shared her expertise with us. Thanks Dr. Williams!



YOUTH CORNER

IF YOU TURN...

By: Noah Resnick, Live and Learn Club

If you turn on Candyapple Lane,
 you'll crash into a giant train.
 If you turn on Candyapple Street,
 you'll sink down from your very feet.
 If you turn on Potty Street,
 your face will turn red as a beet.
 If you turn on Potty Road,
 you'll turn into a great big toad.
 If you turn on Goodness Lane,
 happiness will come up the drain.



JOKES

By: Noah Resnick, Live and Learn Club

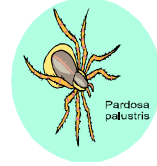
- Q: What does 20/5 call a hole in 1?
 A: A hole in 4.
- Q: What do you get when you cross a ride with a fruit?
 A: A Berry-Go-Round.



MY CREEK

By: Cooper Bane, Live and Learn Club

It streams
 A winding stream
 Quietly rushes by.
 I go to the creek,
 And I look for water spiders.
 We wade in the creek,
 The water's not deep.
 It's in Pennsylvania
 I have creek mania.
 I float my homemade boat,
 And day dream.

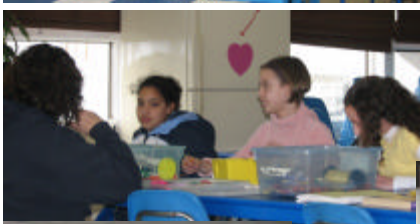


JOKES

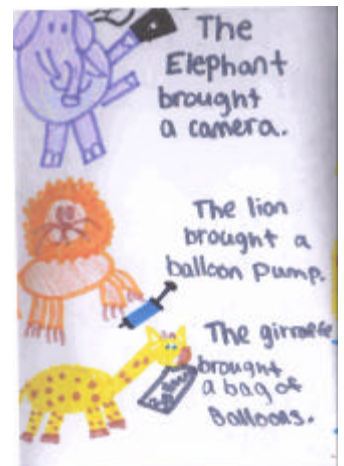
By: Jonah Resnick, Live and Learn Club

- Q: Where do you go to get married at the amusement park?
 A: To the *Married-Go-Round*.
- Q: What did the egg say when the orange cut in line?
 A. *Eggscuse me!*

On February 11th in Highlands, Kayla Hartman attended the "Create Your Own Children's Book" session conducted by Al Giuliani, artist for Disney, Inc. Below is a copy of the book cover and story she created during the workshop:



Above: Kayla's cover for her book.



Above: First page of Kayla's book.



RESOURCES



Communication Skill:
Sharing with others

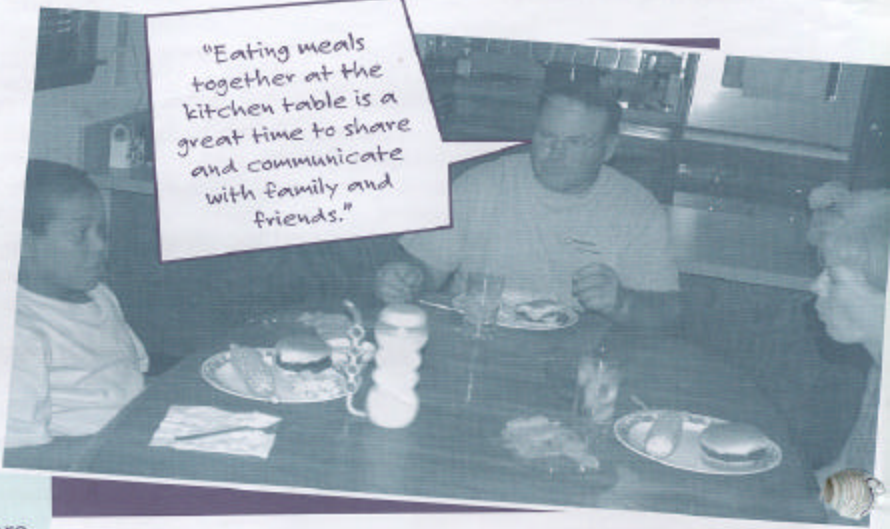
Life Skill: Communicating with others - Presents basic ideas

Educational Standard:
NL-ENG.K-12.12 Use spoken, written, and visual language

Success Indicator: Shares family information.

Keep It in the Family

How well do the members of your family know each other? Sounds like a simple question, but you might be surprised. Families' busy schedules make it hard to spend much time sharing information about each others' lives. In this activity you will make a game to help your family communicate in a fun way.



Making CONTACT

Create your own family quiz game. Generate five categories that relate to your family in some way. Suggested categories you might use: "Birthdays," "Places Lived," "Vacations," "Favorite Foods," "Hobbies," "Family Traditions," etc. On 3" x 5" index cards, have each family member write questions for each of the categories. Older members may write several questions and help the younger children. Using the Family Quiz Game format as shown, arrange the cards face down and label the point value on the opposite side of the card. You may want to tape the cards to a poster board, door, or lay them on a flat surface.

To play the game, select one person to serve as the reader and scorekeeper. This responsibility can rotate to other family members with each turn so everyone can play. Each player takes a turn selecting a category and point value. The reader turns the card over and reads the question. The player gets the points if the question is answered correctly. The turn passes to the next player after each question is answered. When all the questions have been answered the person with the highest number of points is declared the winner. The family can decide how to honor the winner.

Now play the game and have fun!

Family Quiz Game				
Birthdays	Places Lived	Vacations	Pets	Favorite Foods
100 Q. What date is Sam's birthday?	100	100 Q. What fun thing did we do on last year's vacation?	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500



Communication and the Family

RESOURCES (cont.)



Chat Room

Publicize It! *share*

- What category questions did you find to be the easiest? The hardest?
- Which question do you wish you would have gotten to answer?
- Which questions were you glad you didn't have to answer?

Headline It! *process*

- What does this game tell us about how well you know your family and its history?
 - How does knowing your family history help bond you together as a family?
-
-

Link It! *generalize*

- Why are memories important to have as a family?
-
-

Network It! *apply*

- What specific things can you do to help bond your family together?
-
-



Family Bonds

Family may be defined as a group of people that share time, have a relationship connection, live in a household together, have a blood connection, or are legally committed to each other. The family is an important group of people to have in your life. Today's family comes in many combinations. Whatever family combination you are living in, the most important thing is to learn is to communicate (talk) and share time with this group of people. Your family is your support group who loves you unconditionally.

Family bond comes from sharing experiences and memories with each other. It is the sharing that gives us a common background that you can draw upon to get you through hard times, to make you more aware of how special your family is and to set your family apart as a unit from the rest of the world. Families that feel free to exchange ideas and information with one another are more effective problem solvers.

Upgrades

1. Make memories with your family by communicating with them for ten minutes a day for at least one week. Try to discover information that you don't know about each other. Observe their reactions to the new information they learn about you. Share with your helper what you learned about yourself as you increased your communication with your family.

2. Take turns telling someone in your family the best and/or worst, funniest or saddest or most exciting/boring event that happened to you in the last few days. Share with your helper what you noticed about your family's responses.

3. Use bedtime to enjoy some 'pillow talk' with a family member. Try this prompt: "If I could repeat this day all over again, one thing I would definitely want to change about it would be...and one thing I wouldn't want to change would be..."

NOTE IT

Good communication involves two things: talking and listening. Through active listening, listeners show that they respect and care about the speaker

SOURCE: The resource information provided on pages 10-11 of this newsletter are printed with permission from the National 4-H Cooperative Curriculum System, Inc., from their curriculum entitled Express Yourself, 4-HCCS Communications BU-08156, designed and produced by the Northern Design Group, MN, Printed 2005, pages 24 and 25.

FIVE-A-DAY CORNER



By: Debbie Hemmann, Monmouth County 4-H FSNEP Program Associate

Spring is popping up all over, and so is 5-A-Day Through Theater and Roleplay! With the help of our Community Assistant Chevonne Porter and twenty 5-A-Day troupe members we have instructed almost 2500 school age children this year! It has been a delight to view the Monmouth County children's enjoyment with each of our 5-A-Day performances. I thought you might enjoy reading some of our troupe members' comments of their experience with our group.

From Kyle Faraday, 14 years old:

"I feel like I am helping other students to learn about eating a healthier diet."

From Shayna Faraday, 16 years old:

"When I began with 5-A-Day I did not know much about nutrition, but since then I have learned so much! My eating habits have greatly changed, and I feel much better about what I eat!"

From Megan Hemmann, 18 years old:

"5-A-Day Through Theater and Roleplay has influenced me. I have more confidence speaking before large groups because of this program."

From Sara Jenkins, 14 years old:

"The children seem to be learning and remembering a lot. They have especially enjoyed participating in the skits."

From Jessica Koczman, 17 years old:

"Through the methods used in the 5-A-Day program the children really learn about fruits and vegetables!"

From Joshua Koczman, 19 years old:

"The program's use of skits and crafts seem most influential to me, as they both allow the children to become a part of the lesson as opposed to the lesson being purely lecture-based"

From Krista Kohlmann, 19 years old:

"I have been an employee of the Rutgers Cooperative Research and Extension of 4-H for about five years now. I remember the liveliness and curiosity of the students that we have all interacted with, and I thank them for being so willing to listen."

From Laura Rice, 15 years old:

"Every time I entered into a classroom this past month I would hear cheers of welcome and shouts of 5-A-Day's here! One child upon hearing this corrected them all saying, "It's 5-9 A-Day!"

From Brianne Sodano, 17 years old:

"I am enjoying interacting with the children and encouraging them to be excited about how their bodies will be stronger and healthier!"



2006 5-A-Day Through Theater and Roleplay Troupe Photo at our latest "Troupe Meeting".

Health Corner:

Most of us love our carrots! Did you know they are very high in carotene which converts to vitamin A in the body? They are extremely good for your eyes. They are also loaded in many other vitamins. You could almost sing the A-B-C song to list the vitamin content ... Vitamins A, B, C, D and calcium, water, and fiber!! Enjoy the healthy carrot muffin recipe listed below.

Healthy Carrot Muffin

½ cup whole wheat flour	Pinch salt
¾ cup all purpose flour	2 large eggs
1/3 cup dark brown sugar	¼ cup oil
2 tablespoons wheat germ	¼ cup applesauce
2 teaspoons ground cinnamon	1 tablespoon vanilla extract
4 medium carrots, grated (about 2 cups)	
½ cup canned crushed pineapple, drained	

Directions: Whisk the flours with the brown sugar, wheat germ, cinnamon, baking powder, baking soda, and salt in a medium bowl. In another bowl, lightly whisk the egg, oil, vanilla and applesauce. Fold the wet ingredients into the dry ingredients. Stir in the carrots and pineapple, just until evenly moist. Spoon into lined muffin cups. Bake at 350 degrees for about 30 minutes. Serve warm. Recipe found at: http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_30152,00.html

THANK YOU



HIRE ATTIRE Clothing Drive

Sponsored by KTE Honor Society, Cook College Cooperative Education Program

Name The Thunderhoofs 4H group

Dear Rutgers Employee and Friend:

Thank you for participating in today's clothing drive. Your clothing donation will be going to the *Hire Attire Boutique and Men's Store*.

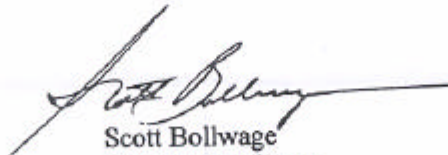
The *Hire Attire Boutique and Men's Store* is an Alternative Work Experience Program funded by Middlesex County and operated by the New Brunswick Public Schools Adult Learning Center. Its purpose is to give participants hands-on training in retail sales and to provide them with the work related basic skills, diploma preparation, work readiness and life skills needed to become successfully employed.

Student "Sales Associates" assist eligible clients from other training programs in the community in selecting appropriate career clothing, providing a "fitting" return to the workforce. The *Hire Attire Boutique and Men's Store* serve over 1,250 customers each year!

Your contribution to this very important project is greatly appreciated.

Thank you again.

Sincerely,



Scott Bollwage
Program Coordinator

Located at:
268 Baldwin St., 2nd Floor
New Brunswick, NJ 08901
(732) 745-5300
Ext. 4501

An Alternative Work Experience Program of:

- New Brunswick Public Schools Adult Learning Center
- Middlesex County Employment & Training Department

Dr. Ronald F. Larkin
Superintendent of Schools

Judith Kesin Faherty
Principal

Scott Bollwage
Coordinator/Worksite Supervisor

Sponsored by: The New Brunswick Public Schools Adult Learning Center
268 Baldwin Street 2nd Floor • New Brunswick, NJ 08901-2166 • (732) 745-5300 ext.4501 • Fax (732) 745-5325

THANK YOU (cont.)

**MONMOUTH COUNTY CARE CENTERS
JOHN L. MONTGOMERY DIVISION**

ELIZABETH A. ENGLISH, R.N., M.A., LNHA
ADMINISTRATOR



February 9, 2006


Animal Science 4-H Club
c/o Ms. Meg Whitehouse
480 Colts Neck Road
Farmingdale, New Jersey 07727

Dear Members of the 4-H Animal Science Club,

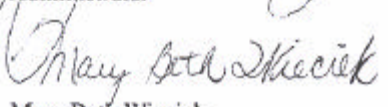
On behalf of the residents at John L. Montgomery Care Center, we would like to thank you for sending the Valentine greetings. They will be distributed during our Valentine's Day Party and will lend a special touch to the day's festivities. It was very kind of you to think of our residents.

Once again, thank you very much for your thoughtfulness. It is greatly appreciated.

Sincerely,



Elizabeth A. English, LNHA
Administrator



Mary Beth Wieciek
Recreation Therapy Director

"Care Centers in Excellence"

115 DUTCH LANE ROAD • FREEHOLD • NEW JERSEY 07728
(732) 431-7420 • Fax (732) 303-7642



260 Wall Street
 P.O. Box 93
 Eatontown, NJ 07724
 732-542-0040
 Fax 732-542-4552
 www.monmouthcountyspca.org

BOARD OF TRUSTEES

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Ursula S. Goetz
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SERVICES

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 Thrift Shop
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 Humane Education
 Pet-Assisted Therapy
 Volunteer Program
 Bereavement Counseling

February 22, 2006

Monmouth County 4H Office
 4000 Kozloski Rd.
 Freehold, NJ 07728



Dear Friends in Kindness,

Please extend my sincere thanks to the 4-H Club members for collecting all the cute toys for our homeless animals. Club member, Stephanie Cole, brought them to the shelter yesterday. The group's kindness in collecting these toys is simply wonderful. Many animals live at the shelter and they rely on the generosity of the community. The 4-H Club did a wonderful job and made a difference in the lives of these animals.

"Momma Cat", pictured above, and all the animals at the SPCA want to thank you all for making them the benefactors of your kindness. Thank you also for your dedication in helping young people grow in appreciation of all God's creatures, large and small.

Sincerely,

Ursula Goetz
 Ursula Goetz
 Executive Director



Charity Navigator, America's largest independent evaluator of charities, designates the MCSPCA as a Four Star charity, its highest ranking, for effective and efficient use of donations.

THANK YOU (cont.)



Extension Education Center • 291 Morton Avenue • Millville • New Jersey 08332-9791
Agriculture, Family and Community Health Sciences, and 4-H Youth Development
Phone: 856/451-2800 • Fax: 856/451-4206 • RCE Website: www.rce.rutgers.edu

New Jersey Agricultural Experiment Station

February 14, 2006

Ellen Williams
County 4-H Agent
RCRE of Monmouth County
P O Box 5033
Freehold, NJ 07728-5033

Dear Ellen,

Thank you for sending a team from Monmouth County to the State 4-H Trail Ride held in October in Cumberland County.

Please extend hearty congratulations to each of the 4-H members that participated in this event.

Enclosed are some photos that I took at the trail ride. Please distribute these to your 4-H'ers.

Once again, thank you for your support of the State 4-H Trail Ride.

Sincerely,
Jeannette Rea-Keywood
Jeannette Rea-Keywood
County 4-H Agent

pf/encs.



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. The U.S. Department of Agriculture (USDA) prohibits discrimination in all programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Rutgers Cooperative Extension is an Equal Opportunity Employer.



COUNTY PUBLIC PRESENTATIONS



JUDGES: Thank you to the judges for their time and energy for County Public Presentations. Judges were: Bruce Timmerman, Carl Halpin, Suzie Eberhardt, Nyna McKittrick, Lorraine Yoncak, Bob Hoenig, Lynn Wells, Lisa Dillion, Meg Whitehouse, and Joan Lynch.

4-H MEMBERS WHO PARTICIPATED: **14 Carrot:** Morgan Martin; Clair McKittrick; Anthony Santoriello; David Sherman; Erica Todd; and Amelia Valente. **Allied Health and Science:** Lauren Munck. **Amigos Culture Club:** Gabriella Gregorio; Mariana Gregorio; and Jonah Resnick. **Animal Science:** Samantha Martin, and Erin Panek. **Monmouth Clogging Express:** Lauren Hoenig. **Middletown Curry Combs:** Ali Axt; Kendall Axt; Faith Bates; Dolores Cutler; Abbey Lanz; Christin Sagui; and Jessica Sagui. **The Friendship Club:** Linette Reeman and Noah Resnick; **K-9 Bonediggers:** Alyssa Flashburg and Emika Flashburg. **Knight Riders:** Ali Bulk; Cerina Caldwell; Julie Couch; Vita Duva; Tiffany Lambert; Paige Lischik; and Joshua Todd. **Live and Learn Club:** Ian Rios. **Monmouth Livestock:** John Falconio and Lauren Myles. **Natures Navigators:** Paul Yoncak. **Raging Reptiles:** Emily Brady and Diana Vogel. **Teen Council:** Jessica Shaw-Koehler and Crysta Timmerman. **Thunderhoofs:** Maureen Docker. **Court Street School Special Interest Group:** Asyia Andrews; Destinee Andrews; Alexander Brown; Adebunmi Onitiri, Adesola Onitiri, and Jacqueline Jackson

CONGRATULATIONS TO THESE 4-H'ERS WHO QUALIFIED TO GO ON TO STATE!

Middletown Curry Combs: Ali Axt and Kendall Axt. **Raging Reptiles:** Emily Brady and Diana Vogel. **K-9 Bonediggers:** Alyssa Flashburg and Emika Flashburg. **Monmouth Clogging Express:** Lauren Hoenig. **Allied Health and Science:** Lauren Munck. **Monmouth Livestock:** Lauren Myles. **Teen Council:** Crysta Timmerman. **14 Carrot Rabbit Club:** Amelia Valente.



Lauren Myles gave a delicious presentation on "How To Make Chocolate Chip Cookies."



Bruce Timmerman & Carl Halpin enjoy a sample from County Public Presentations.



David & Mom Sherman smile thinking about David's accomplishments from doing County Public presentations.



Right: Christin & Jessica Sagui share their knowledge on participating in the State Trail Ride.



Right: Nyna McKittrick & Suzie Eberhardt enjoyed judging all the presentations.





IN THE NEWS (cont.)



PERFORMING ARTS CLUB DAY April 8, 2006

Monmouth County 4-H was pleased to be joined by Ocean County 4-H at our April 8th Performing Arts Club Day at the 4-H office. Ocean County's Precious Pets 4-H club joined us for creative drama, storytelling and art. We look forward to sharing future 4-H Performing Arts Club Days with our Ocean County neighbors and 4-H'ers from other counties. We will keep you informed of future dates.

2005-2006 JERSEY FRESH COOK & CRAFT WORKSHOPS

Attention all Standard Members (Grades 4 to 13)

If you want to create incredible edibles and decorative tables then call Virginia Krzyzanowski. There is still one more Cook & Craft Workshop remaining. For just \$10.00 you will get to prepare, cook and eat a delicious Patriotic Cake and learn great Memorial Day Table Decorations just in time for Memorial Day. Learn how you can "GET MOVING and GET HEALTHY" through "5 to 9 A Day the Color Way"

May 10, 2006—Patriotic Cake, Memorial Day Table Decoration class

6:30 to 8:30 p.m. at the Ag Building in the Kitchen Classroom
Call Virginia Krzyzanowski @ 732-431-7267 don't delay!

See the photos from our March 8, 2006 Irish Soda Bread, St. Patrick's Day Table Decorations below:
COME JOIN US FOR FUN AND GOOD TIMES!



Above: Maria, Walter and Paul mix ingredients for Irish Soda bread



Above: Maria proudly displays her Irish decorations



Above: Suzie Eberhardt, crafts instructor, joins Alex, Walter and Marie.



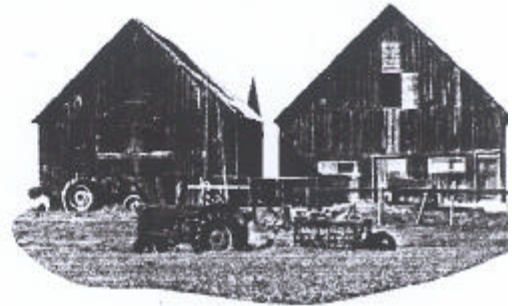
Ellen Williams, 4-H Agent with Irish drum, Paul Yoncak, Alex Kubiak, and Maria Wissler with Irish decorations and Suzie Eberhardt. Chefs made Irish bread from Ellen's Irish grandmother's recipe, did Irish decorations with Suzie, and danced and sang to Irish music. Missing Walter Wissler.



COMMUNITY SERVICE OPPORTUNITY

For 4-H'ers looking for community service projects and teachers seeking service opportunities for their students, please consider the following request from Alfred Finocchiaro, manager of the Tri-County co-Op and Doug and Debi Kauffman of the Monmouth County Board of Agriculture. Debi has been an active 4-H volunteer for many years and encourages 4-H participation in this important service project. You can do a single day or extended period of service. Alfred is requesting help from July through to October for the auction site. Please contact him at (609) 448-0193 to make arrangements.

Kauffman Farms
123 Colts Neck Rd
Farmingdale, NJ 07727
732-938-5385



To: Ms Ellen Williams
Monmouth county 4-H agent
4000 Kozloski rd Box 5033
Freehold NJ 07728

February 26, 2006

Dear Ms. Williams

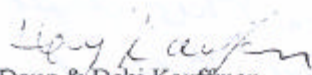
AS one of the many farmers from Monmouth county that are members of the Tri-County Co-Operative Auction Market Association Inc. I would like to take you up on your generous offer of assistance to the farmers of Monmouth County.

The Tri-County Co-Op is in need of some volunteers to help with different projects to spruce up the action area prior to our opening this summer.

The Tri-County Co-Op is located on Main Street in Hightstown NJ.

If you are able to assist us or have any questions please feel free to contact the manager Alfred Finocchiaro at the Co-Op (609) 448-0193.

Thank you for your attention to this request.


Doug & Debi Kauffman
Members Tri-County Co-Op.

CC: Alfred Finocchiaro
Manager Tri-County Co-Op.



ANNOUNCEMENTS (cont.)



MONMOUTH COUNTY LIBRARY SYSTEM SUMMER READING CLUB

The Monmouth County Library System Summer Reading Club theme for 2006 is Paws, Claws, Scales and Tales. Dale Mellin is the children's librarian for both the Colts Neck and Allentown branches of the library and she is interested in presenting programs to children about various animals this summer. Programs are usually on Tuesday afternoons in Colts Neck and Thursday afternoons in Allentown. She can be contacted at: dmellin@co.monmouth.nj.us or Dale Mellin Colts Neck Library, 1 Wonthrop Road, Colts Neck, New Jersey 07722 or call her at (732)431-5656.

COMMUNITY SERVICE Retreat House

Are you interested in doing a small "watering facility" which is essentially a backyard pond for birds and insects? A Retreat House run by nuns (approximately 30 minutes from the 4-H office) is looking for help digging a properly shaped hole, installing the pre-fabricated plastic liner and setting up the pump and any decorative vegetation. They are having trouble finding anyone to help them do this small project. You can e-mail Anna Starovoytov at: Anna.Starovoytov@nj.usda.gov or call her at 732-462-0075 X 3 or stop in to the NRCS office in the same building as the 4-H office on Kozloski Road.

2006 SUMMER PHYSICS AND ASTRONOMY CAREER EXPLORATION PROGRAM June 27-28, 2006

For High School Sophomores and Juniors Interested In Pursuing Careers In Physics & Astronomy

This two-day program will be held at NJIT (New Jersey's Science & Technology University) in Newark, New Jersey, where students will interact with well-known physicists and astronomers, learn about careers in physics and astronomy, work on challenging and exciting science projects, tour the NJIT campus and facilities, and stay overnight in comfortable air-conditioned residence halls. Chaperones will be present throughout the program.

Each participant will receive a kit of optical components, which they will use to build and test a telescope, spectrometer, and other fun optical systems. Students will keep their kit to take home after the program. Overnight stay at an NJIT residence hall is included in the program fee. You will use part of the night, weather permitting, for astronomical observations using their 10-inch Meade telescope. Various recreational activities will be organized with NJIT students and mentors. Dress code is casual.

APPLICATION DEADLINE IS JUNE 1, 2006

Enrollment is limited to 30 students. A brochure which includes application and tuition information is being e-mailed to all leaders, or you can call the 4-H office to obtain the brochure. Additional details about the program will be sent to you upon acceptance. Questions? Call Renee Crawley, Department of Physics at NJIT at (973) 596-3567 or e-mail: crawley@adm.njit.edu.



ANNOUNCEMENTS (cont.)



FAIR NEWS

Please review the deadlines below. If you have any questions contact Kelly at dumas@aesop.rutgers.edu or 732-431-7265

FAIR THEME: "4-H... 4-YOU, 4-ME, 4-FUN, 4-LIFE"

May 1st	All (non-horse) animals registered
May 1st	Member/leader card requests are due
June 1st	Ambassador contest deadline
June 1st	Pass request form due
June 2nd	MANDATORY horse meeting 7:00 pm (anyone entering any horse show or staying over)
June 28th	MANDATORY small animal meeting 7:00 pm (anyone entering small animals or staying)
June 30th	Entry forms due (see forms section of the fair book)
June 30th	Prep court entry form due (see page 74 of the fair book)
June 30th	Show tent entry forms due (see page 73 in the fair book)
June 30th	Overnight permission forms adult and youth (see page 75-78 of the fair book)
June 30th	Pet Photo (fees and entries due)
June 30th	FAIR MEETING 7:00 pm
July 7th	Fun Day entry form and fee due
July 7th	Open Gymkhana pre entry form and fee due
July 17 & 18th	Fair projects due to the 4-H office between 8:30 am and 7:30 pm
July 17 & 18th	Record Books due with all fair entries
July 18th	Bread, food and nutrition and free for all food entries due between 8:30 am—7:30 pm
July 22nd	Unload the barn time to be announced
July 23rd	Fair set-up 9:30 am
July 25th	Club Booth/banner set-up 6:00 pm
July 25th	Food Booth Orientation 7:00 pm
July 25th	4-H Ambassador orientation 7:00 pm

PREP COURT INFORMATION

WHO: All 4-H Prep members (grades 1-3) are invited to take part in the recognition of PREP MEMBERS at the county fair during the PREP COURT ceremony.

WHAT: The Prep Court is a ceremony that encourages and supports the work that the younger members of 4-H are involved in. The PREP's are asked about their favorite things in 4-H and are made to feel special. They will receive a small present for their hard work during the year. The Ambassadors and the Division chair choose a special project for the Prep Court members and their families to participate in.

PREP COURT BOOTH: At the booth, pictures of the Prep members are displayed as well as a little "blurb" about them. Also information about their Special Charity Project is displayed.

PREP COURT CEREMONY: On the opening night of the fair, the Preppers will meet at the 4-H Tent, bringing their donations along with their parents, leaders, etc...and receive their recognition. The Ambassadors will ask each child a question and goodies are handed out. Special recognition will be given to the 3rd graders who are graduating to Standard members. Preppers are encouraged to "dress up" if they'd like or wear club shirts. See page 74 in your fair book for registration form. **We want your child to participate!**





UPCOMING EVENTS



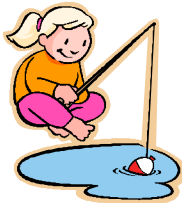
4-H CAMPING WEEKEND June 9-11, 2006

**Held at Turkey Swamp Park
Nomoco Activity Area
Freehold Township
Open to campers grades 1-8
Teen helpers grades 9-13**

An outdoor education and recreation camping weekend will take place for Monmouth County 4-H'ers this June. Some of the activities planned are canoeing/kayaking, campfire building, outdoor cooking, nature crafts, hiking, fishing, outdoor games, recycling project, and orienteering.



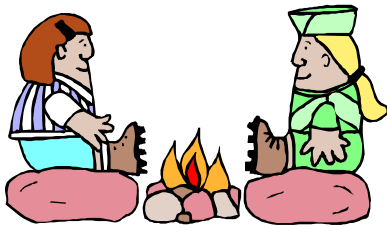
If you cannot join us for the entire weekend but would like to participate in some of the activities, you can sign up for partial camp times. First time campers and those in grades 1 & 2 must have a parent/guardian accompany them to sleep overnight.



The fee is \$25.00 per camper and includes food, platform tent accommodations, and supplies for crafts and activities.



Please call the 4-H office for an application packet; the deadline to register is May 26th.



Don't wait call today!

HORSE INFORMATION

Qualifying Shows:

- May 21st—Western—E. Freehold
- June 4th—English—Robert J. Miller
Ocean County
- June 11th—Western—Thompson Park
Middlesex County

2007 EQUESTRIAN OF THE YEAR

Are you in grader 10-12? Have you been in the Horse Project for 2 years? Would you like to recruit youth to be involved in the 4-H program, and educate the public on the horse industry? If you answered yes to these questions then we need your leadership! You can run to be given the title of the 2007 Equestrian of the year! Applications and guidelines are available in the 4-H office. **Deadline to complete application to run is due May 1st, 2006.**

LIVESTOCK INFORMATION

Stars & Stripes Invitational will take place on July 9, 2006 at the Horse Park of New Jersey. For more information call the 4-H office (732) 431-7263.



THE MORE THE MERRIER!

They are offering a fabulous group excursion for groups of 20 or more.

Showtimes are:

- Wednesday, May 17 7:00 pm
- Thursday, May 18 10:30 am & 7:00 pm
- Friday, May 19 10:30 am & 7:00 pm
- Sat, May 20 11am, 3pm, 7pm
- Sun, May 21 11am, 3pm, 7pm

For more information and prices call:
(609)656-3399 or visit www.Ringling.com

UPCOMING EVENTS (cont.)



**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

Puppetry

Dance

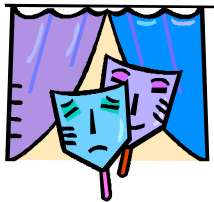
Music

Spinning

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**



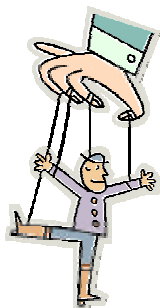
Yes, I am interested in going to 4-H Arts Camp at Camp Nomoco on August 25-27, 2006

Name _____ Phone _____

Address _____

E-mail _____ Grade in September _____

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



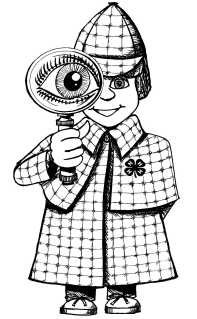
**Ellen Williams, 4-H Agent
4-H Youth Development
Rutgers Cooperative Research & Extension of Monmouth County
4000 Kozloski Road
Freehold NJ 07728**





WE'RE TRACKING DOWN 4-H ALUMNI

The Great 4-H Alumni Search is on! We are looking for all 4-H alumni who grew up in New Jersey or who currently live in New Jersey. If you were a former 4-H member or know someone who was, please visit the Great 4-H Alumni Search web page at www.nj4h.rutgers.edu/alumnisearch/ and complete the 4-H Alumni Information Form.



The 4-H program which started in 1902 has a long and rich history. In recognition and celebration of the success of 4-H in helping to develop the lives of millions of youth, the New Jersey 4-H Youth Development Program of Rutgers Cooperative Research & Extension wants to find out from former 4-H members why they joined 4-H, what kept them involved and how they have used some of the things they learned in 4-H.

Over the past two years we have located over 750 4-H alumni. Our goal is to identify 1,000 additional 4-H alumni by the end of the end of this year.

Help us reach our goal by telling us about yourself and sharing your favorite 4-H memory.

CONGRATULATIONS

**Congratulations to the following 4-H'ers
for their participation in local theatres:**

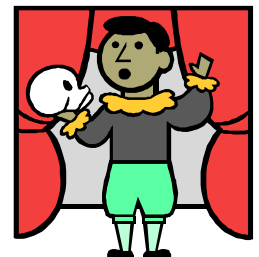
Matt Dubrow, Chris Dubrow, and Carley Price in Hamlet
at the Center Street Players, Freehold

Summer Smagacz in Hansel and Gretel at the Eatontown Playhouse

Crysta Timmerman in Oh Horrors at the Memorial School, Howell

Keep sharing the gifts of your talents and "Making The Best Better"!

If you are involved in any production, please contact Ellen
so we can promote attendance at your show.
Your productions are great 4-H club field trips!





CONGRATULATIONS (cont.)



LEADERS DINNER RECOGNIZES CLUB LEADERS' SERVICE

On February 26th, at the Leaders Dinner, 4-H club leaders were acknowledged for their service to youth. Years of service ranged from 1 to 36 years. Teen leaders were also recognized by their club leaders. Congratulations and much thanks to our club leaders for all their dedication and care. You have truly made a difference in the lives of our 4-H'ers.

Thank you to the Monmouth County 4-H Association for their sponsorship of this event.



Meg Whitehouse,
Monmouth County 4-H
Association President and
Ann Grega



Suzie Eberhardart,
Monmouth County Alumni



Ann Grega, Monmouth County 4-H
Association Vice President and
Ellen Williams



Jane Hight,
Middletown Curry Combs
Leader and Rita Silvestri,
4-H Secretary



Stella Almeida, Monmouth County
4-H Horse Project Chair



Friends of 4-H horse clubs
Ed Pajor and Gail Post came with
Stella Almeida. Ed Pajor, VFW
led the Pledge of Allegiance.

CAMP INFORMATION

**Annual NJ 4-H Shooting Sports Training
April 28th - April 30th, 2006
Lindley G. Cook 4-H Camp, Branchville, NJ**

[Downloadable Registration Form](#)

[Online Registration](#)

The New Jersey 4-H Shooting Sports Program in cooperation with the New York 4-H Shooting Sports Program is hosting this workshop to certify or re-certify volunteer leaders as 4-H Shooting Sports Instructors. The workshop will feature training in the following disciplines: **Archery, Coordinator, Muzzle loading, Shotgun and Rifle.**

Adults will be certified to teach the discipline to youth participants in a formal 4-H Shooting Sports Program as well as in a camp situation. Participants will be able to complete requirements in only one discipline. All equipment will be supplied.

Training begins on Friday evening with a pot luck dinner and concludes with lunch on Sunday. Registration is due by April 15th.

Visit http://www.nj4hcamp.rutgers.edu/shooting_sports_training.htm for details.

UPCOMING DATES SPRING AT CAMP

May 21st

Summer Camp will be hosting its annual open house from 2:30-5:00 pm. Come visit camp and a great opportunity for 4-H Program to promote themselves.

June

Summer camp staff training! There are still positions available.

www.nj4hcamp.rutgers.edu



James A. Tavares
Director of Lindley G. Cook 4-H Youth Center
100 Struble Road, Branchville NJ 07826
(973)948-3550 ext 23
Website: <http://www.nj4hcamp.rutgers.edu>

Lindley G. Cook 4-H Youth Center for Outdoor Education provides youth and adults with a safe environment for fun, hands-on residential outdoor educational experiences; fostering independence, leadership development, respect, tolerance and positive self-esteem. This is accomplished under the guidelines of 4-H and Rutgers Cooperative Extension principles and missions.

4-H CALENDAR OF EVENTS

MAY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Deadline for Equestrian of the Year application/ Fair deadlines see pg 20/ State PP forms due	2	3	4	5	6 State 4-H Horse Judging and Hipology 5/6 to 5/7
			Mission to Mars call 4-H office for more info.			
7	8	9	10 Cook & Craft Patriotic Cake 6:30pm	11	12	13 Master Gardener's Plant Sale & Auction
14	15	16	17 Teen Council Mtg 7:30 pm	18	19	20
21 Curry Combs Horseless Horse Show Open to all 4-H'ers Victory Stables/ 2:30-5 Overnight Summer Camp Open House/ Qualifying Horse Show Western at E. Freehold	22	23	24	25	26 Deadline to register for Camp Nomoco 4-H Science Camp	27
			State Equine Presentations			
28	29 Memorial Day Parade/ State Equine Pub.Pres. Deadline	30	31			

JUNE 2006

Summer Camp Staff Training! There are still positions available.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Fair deadlines see pg 20	2 Mandatory Horse Mtg 7:00 pm/ Record Books!	3
4 Qualifying Horse Show English Ocean Cty	5	6 Horse Leaders Mtg	7 Livestock Adv. Mtg.	8	9	10 State 4-H Presentations
					4-H Science Camp 6/9-6/11 Camp Nomoco	
11 Qualifying Horse Show Western Middlesex County	12	13 Small Animal Mtg. 6:30pm	14	15	16 4-H Newsletter Deadline. Make sure your club sends in an article.	17
18	19 State EOY application due	20	21 Teen Council 7:30pm	22	23	24
25	26	27 Alumni Meeting	28 Mandatory Small Animal Mtg 7:00 pm	29	30 Fair deadlines see pg 20/ Fair meeting 7:00 pm	



RUTGERS COOPERATIVE EXTENSION

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

Rutgers Cooperative Extension of Monmouth County
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