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RUTGERS
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 DEPARTMENT OF 4-H YOUTH DEVELOPMENT

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THE LUCKY 4-H'ERS GAZETTE

Volume 7 Issue 6
 November—December 2006

How Does 4-H Fit Into Your Thanksgiving Wishes?



Protected Under
18 U.S.C. 707

The Thanksgiving season is approaching, a time when we reflect on all that we have to be thankful for. Where does 4-H fit into your Thanksgiving wishes?

Perhaps there is a 4-H club leader who deserves your special thanks for his or her dedicated leadership. Parents deserve our special thanks also for the support they give for their children's participation in 4-H. Have you ever thanked someone who gave a contribution in support of 4-H? The Monmouth County 4-H Association, for example, generously funds many 4-H activities such as the fair and scholarships. Among your Thanksgiving wishes may be appreciation for 4-H staff who encourage your 4-H activity.

If you have been at NJ 4-H Camp in Sussex County, consider thanking a 4-H camp counselor. If someone in the press has promoted 4-H, a thank you would encourage even more coverage. Also, 4-H judges would appreciate thanks for the feedback they give on your 4-H projects.

Our special thanksgiving wish goes to all of our youth, for their productive work and citizenship. One of the best ways 4-H'ers can show their thanks for 4-H is to continue to live out the 4-H pledge. For as they strengthen their own skills and values through 4-H, they in turn make this world a better place. Happy thanksgiving to all!

Inside this issue:	
Letter from Ellen Williams, 4-H Agent	1
Welcome New Leaders, Members, Clubs	2-3
Heard Around The Clover	3—10
Youth Corner	11
Five-A-Day Corner	12
Thank You	13-14
Resources	15-17
In The News	18-23
Announcements	25-26
Upcoming Events	27-35
Congratulations	36-38
Alumni	38
4-H Calendar of Events	39

DEADLINE FOR NEXT NEWSLETTER – December 15, 2006
PUBLICATION January—February 2007



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NEW LEADERS:

Paulette Bradow, Leader of a 4-H Sewing Club. Meetings will be the 3rd Wednesday of each month at the Ag building. Time to be determined—Daytime, Afterschool or Evenings. What works for you?

Lee Ann Tursi, Leader of a new 4-H Dog Club. Children between the ages of 6 & 18. Learn to care for dogs, obedience train dogs and do community service involving dogs. Days of the meetings will be determined by the leaders and new members' schedules. You do not need a dog to join. Call Lee Ann at 732-935-0922 to see what they are about!

ABOVE AND BEYOND

Alexandria C. Hislop
Michael W. Johnson

ALLIED HEALTH & SERVICE

Rebecca P. Alpert
Angela Cai
Cortney L. Cavanaugh
Tanya George
Laura A. Grosso
Julian W. Hasan
Christina Hou
Abree L. Murch
Elizabeth Ozery
Brittany Rose
Lindsey M. Ruggiero
Justine A. Strack
Kelly t. Trochanowski
Lisa N. Valenziano

AMIGITOS CULTURAL CLUB

Carla Rios

ANIMAL SCIENCE

Kristin R. Giordano
Jayden M. Milne
Ana N. Tobin

BACKSTAGE TO BROADWAY

Vivian Viera

BITS AND BRIDLES

Amy M. Bergquist
Eva S. VanVoorhis

14 CARROT RABBIT CLUB

Abigail P. Coburn
Madeline L. Coburn
Veroica A. Colarusso

Delaney M. Gray
Mikala R. Kocsik
Colin P. Nagy
Taylor J. Nagy
Abigail R. Sanlin
Gabrielle M. Sanlin
Kathryn A. Stillman
Kimberly R. Wood

K-9 BONEDIGGERS

Kathryn M. Katelhon
Isabel H. Magnus
Caroline J. Rosen
Julie A. Rosen

CURRY COMBS

Danielle M. Austin
Amanda M. Chudkowski
Kiley A. Cunneff
Maureen C. Docker
Megan M. McGurl



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Ellen Williams

Ellen Williams
4-H Agent



Virginia Krzyzanowski
Program Associate

Kelly Valenti
Program Assistant

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.

Erin M. Mauser
Kacie B. Moran
Katie R. Moran
Kelly N. Moran
Rebecca M. Schafer
Erica L. Todd
Joshua I. Todd
Jamie A. Wallenstein

KNIGHT RIDERS

Casey R. Huemer

MONMOUTH BLASTERS

Danielle Demateis
Joseph Demateis
Ian a. Rios
Walter V. Wissler

MONMOUTH LIVESTOCK

Meaghan T. DeCorso
Brooke P. Levens

Abigail R. Sanlin
Gabrielle M. Sanlin

NEW JERSEY CHILDREN'S CHAMBER CHOIR

Samuel J. Ahmad
Luciana G. DeGrande
Jessica M. Egan
Melanie M. Egan
Rebecca L. Erdelyi
Bryan T. Howard
Malory F. Jasmin
Caitlin R. Kazimir
Maria Elena J. Martino
Gwendolyn A. Morris
Jessica L. Schmidt
Devin M. Silvers
Holly J. Stohler
Lauren A. Stohler
Crysta E. Timmerman
Katie L. Weidlein

Jessica M. Wisniewski
Alina E. Zimmerman
Justin F. Zimmerman

RISING STARS COMMUNITY SERVICE

Aarti Shah
Sara Sheefer

RISING STARS RHYTHMIC ILLUSIONS

Erin Best
Lindsay Best
Hailey G. Figaro
Kelsey M. Foley
Kimberly T. Kammer
Adriana S. Kohut
Ian A. Rios
Shelby L. Torres

Heard Around The 4-H Clover

“GET MOVING GET HEALTHY”

“Get Moving Get Healthy” Food and Fitness Ambassadors, Sarah and Priscilla Sakowski, and Virginia Krzyzanowski, have been teaming up with Operation Military Kids to present our program in Monmouth County at the Fort Monmouth Youth Program in Eatontown and the New Jersey National Guard 2006 Youth Camp in Sea Girt NJ. Remember “Military Kids Serve Too”.



JOHN DEERE YOUTH LEADERSHIP ACADEMY

Food and Fitness Ambassadors Sarah Sakowski and Virginia Krzyzanowski represented New Jersey last September at the 2nd Annual John Deere Youth Leadership Academy. The program was held at the 4-H Youth Conference Center in Chevy Chase, Maryland on September 14-17, 2006. The focus of this year's Academy was on Healthy Lifestyles and integrating Youth in Governance principles. Youth and adult teams from 35 states were in attendance. Sarah felt it was a great opportunity to meet 4-H teens from all over the U.S. and remarked that “everyone was so friendly and I learned so much”.



Heard Around The 4-H Clover

NATURE'S NAVIGATORS

By: Maria F. Wissler

With the 2006 Monmouth County Fair behind us, we are enjoying the memories of the fun that we had at East Freehold Park, and we are already thinking about the fair for 2007. Ideas for the 2007 fair theme were already being collected from the members at Recognition Night.

Speaking of Recognition Night, quite a few of our members were in attendance and received certificates, year pins, and awards for Survivor Nomoco. Following the recognitions, everyone was invited to enjoy desserts which were prepared by members of 4-H clubs. We all had an opportunity to see photos of members and guests from this past year's events which were on display on the beautifully decorated tables.

We are looking forward to another fun year with a great group of members and activities. Tommy Schreiber is our new President, Walter Wissler will remain our Vice President, Alex Kubiak is our Treasurer, Austin Ramos the secretary, Peter Colonna the reporter and C.J. Ramos our photographer.

In November we hope to help clean up a State Conservation area and in December we are going to learn about the Brazilian Rain Forest from a friend who has just visited there. January we plan to learn about electricity and March will be Phun Physics. If you are interested in becoming a member of Nature's Navigators, please call Lorraine Yoncak at 732-462-9703 or the 4-H office.

LIVE AND LEARN

By: Mary Bane, Leader

The Live and Learn Club has been busy for the new club year. We have had a great time picking apples and pumpkins which inspired us to write some poetry about Fall. We can't wait to see what grows. Candy making was interesting when we made chocolate lollipops. It was tricky to melt the chocolate and pour them into the molds. We used pumpkin molds and even made 4-H clover pops using a sham-rock candy mold with white chocolate which was colored green. Another fun project was cutting open a fresh pineapple and planting the top.



How to Grow A Pineapple Top

From the book Gardening Wizardry for Kids

By: Patricia Kite

Cut off the leafy top of the pineapple where it joins the fruit. The leaves are prickly, so be careful. Remove every bit of fruit. If you leave any, it will grow moldy.

Peel off the short bottom leaves so you have a 2 inch stem. Dry the pineapple top for two days. If it doesn't dry, it may rot before it roots.

Fill your container two-thirds full with soil, cut side down. The soil should just come up to the leaf bottoms. Make certain the soil stays damp. Put the container in a shady place.

In about two weeks, you will see green leaves growing from the pineapple center. Move the container to a sunny place. The soil must stay damp. You can keep this plant for a long time.

Will you get a pineapple? Once in a while it does happen, (a very tiny pineapple) but not very often. What you will have is a really neat houseplant. Transplant into larger pots as the plant grows.

14 CARROT RABBIT CLUB

By: Katherine Sotovelez

The 4-H 14 carrot rabbit club has started up a new year, and already everyone is up and ready to go. There was already a great number of potential new members at the meeting, and we hope to see them again soon. The first meeting started off with all of the members and guests alike introducing themselves, giving names, any rabbitry or cavy names that they might have as well. Some people had even opted to bring their animals to show off their beloved pets.

Everything was off to a great start; we'd already begun discussing plans for the upcoming year, some of which had been done the previous year. A couple of the places that were brought up were Oakley farms and a "Walk Against Child Autism." Many of the members are planning to attend Oakley farms. We are allowed a spot where we set up a table where the public can come and see our animals and interact. There are many other people there, blacksmiths, civil war reenactors, and there is even a house there that is replicated to look exactly like it was from the olden days. There was also a decent turnout for the "Walk Against Child Autism." It's a walk down by the beach, and simply by participating you are helping to fight against child autism.

Despite all of the fun upcoming activities, we can't forget what had happened over the summer. The fair was the biggest activity that had happened over the summer. There was a large turnout for this event as well. There were two large storms that had passed by; everyone helped to draw down the tent flaps and we waited out the storm. No one was going to let the weather ruin their week. All activities went as planned, and even though the dunking booth had been delayed, it still went on, bystanders dunking 4-H members.

After the fair was over and gone for the year, another show had arisen, the 4-H state small animal show. People came with their rabbits, guinea pigs, hamsters, and even some chinchillas had been at the event. The horse show was drawling on in the background, the light pounding of hooves, and the loud-speaker calling for the next showing class. The rabbitry judges were having a hard time keeping up with some of their own categories at the time, such as mini-rex, while with others, they only had two entries.

Though it may not have been a show, there was also the Member Recognition Night. Members from all different 4-H clubs came together to receive recognition and awards, along with pins or their accomplishments throughout the previous 4-H year. The leaders spoke of the members achievements, some saying how hard they'd all worked, other saying how much they were happy to have these children as members. Despite the awards given out, and who they were given to, everyone was satisfied with what they had done by the end of the day.

These are only a simple few of the events that have gone on so far in our favorite rabbit club, and hopefully there will be many more fun times to share, and laughs to be had. May the 4-H pledge hold true, and keep our spirits high for the times ahead of us, we'll all need the energy to keep moving, and have fun with what we do. Community service, or simply helping out wherever we can, it's an accomplishment none the less. To anyone reading, have a great 4-H year!



Heard Around The 4-H Clover (cont.)

FREE SPIRIT GOAT CLUB

By: Arlene LaMarca, Leader

New year, new members, new goals...

A glowing campfire, cider dogs, homemade macaroni & cheese, apple cider, old friends and new faces will all be the elements of our first meeting (October 22) of the 2006/07 year. There will be lots to chat about as we get acquainted: new school schedules and activities, summer vacations, our county fair experience and other club accomplishments. Often the process of reflecting upon past accomplishments becomes a great tool in planning for future goals.

Goal setting for the club and for ourselves will be prominent on our agenda. What kind of community service will our club participate in? What kind of trips will we go on? What personal goals or challenges do I want set for myself? The answers to these questions will set the stage for all subsequent meetings and activities.

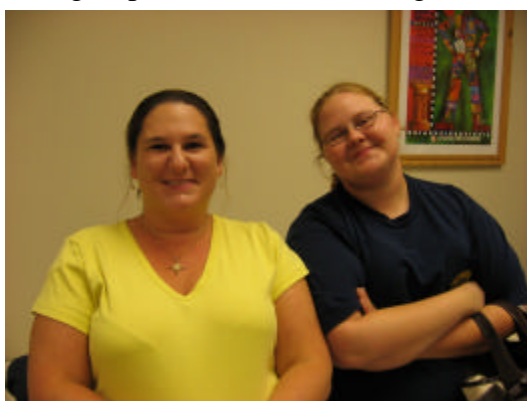
Stay tuned...we will be happy to share with you all our plans along the way.

Wishing your club a happy and fulfilling 4-H year!

TEEN COUNCIL

By: Lisa Torriero

In Teen Council's September start up meeting on the 20th there were some new faces and veterans. We're still trying to get more involvement, so come out and give us a try! While going over important business, members occupied their hands with Play-Doh and stencils. Icebreakers included getting to know names, and working together to solve puzzles. Teen Council is already planning for tons of fun upcoming events. A Washington DC trip is coming up fast, so we're fundraising and getting our Monmouth County Teen Council name out there. To participate in fun events and trips like Winter Camp and South Jersey Teen Council, you need to be a member in good standing, including keeping an up-dated record book. Club wear is still available for the up coming year- get your hoodies now, so we look uniformed when we travel as a group! For the next meeting on the 18th, don't forget the re-enrollment forms and a few friends.



Teen Council is pleased to welcome two new leaders:
Robin Torriero-Membership and Socials
Robin Joline-West Virginia Interstate Exchange

Right:
Teen Council members participate in a "Lofty Ideas" team building activity at the September meeting.



Heard Around The 4-H Clover (cont.)

RHYTHMIC ILLUSIONS

By: Lauren Coleman

We're growing! Our club, Rhythmic Illusions, has expanded to two locations—First United Methodist Church in Keansburg, in addition as our long-time abode at Fort Monmouth's Youth Center. Our first practice at our new location went quite well, with seven or eight new girls signing up to give rhythmic gymnastics—and the 4-H—a try.

On September 30, three of our members performed at the Keansburg Alliance Against Substance Abuse fair. Several 4-H clubs were there, plus the cheer-leading squad and football team from the local high school. Despite the windy conditions and occasional rain,

Katherine, Amanda, and Lauren performed a few routines each. We also demonstrated how to twirl a ribbon, and let some of the visitors give it a whirl (no pun intended). The people of Monmouth County are getting quite a taste of rhythmic gymnastics, as Concetta McLean helped close out the summer with a performance at Camp Nomocco. She also showed the campers, all attending the 4-H Arts Camp, how to do so skills with the equipment.

One of our original members, Kristin Bohnenberger, left the club to attend Wilkes University in Wilkes-Barre, Pennsylvania. Kristin was a 2005 Nationals silver medalist and is majoring in pharmacy. We'll miss you, Kristin!

On October 14, two of our girls—Amanda Tursi and Lauren Coleman—will be performing at the 4-H NERVF Convention at the Long Branch Hilton Ocean Palace hotel and spa.



Heard Around The 4-H Clover (cont.)



MONMOUTH LIVESTOCK

By: Cathy Falconio

While anticipating National 4-H week, our Livestock club held a zoo at the Allentown/Upper Freehold Harvest Festival. Gracie Spreat's goat, Waldron's goats, Lauren Myles' rabbit, Pillars' poultry, John Falconio's mini-horse and donkey, and finally, Bruins' sheep (thanks to Paige and Sandy Weatherbee) made a great variety of species for the public to enjoy. Jess Puhalski, Leah Waldron, and Lexie Mariolis attended in spite of busy college schedules. Robin Bruins stopped in with Ciara Weatherbee after a winning day at the sheep show. We also wrote "Hero" letters of encouragement to our troops and are collecting canned goods for local food pantries.

Next our club is preparing for Allentown's Harvest Festival which involves a zoo, face painting, pumpkin decorating and other fundraisers.



Gracie Spreat brought her goat to share on Community Day.



Jesse Puhalski is training to be a Livestock leader along with Gail Waldron.



Who is this mystery guest who came to support Monmouth Livestock at the County Fair?



Allentown Community Day included horse, donkey, sheep, goat, poultry, and rabbit.

Heard Around The 4-H Clover (cont.)



INTERESTED IN JOINING A



4-H SEWING CLUB



Meetings will be held at the
Ag. Building on the
3rd Wednesday of each month.

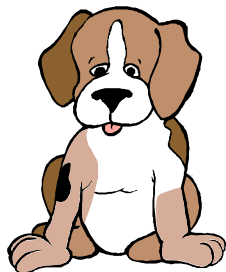
Time to be determined –
Daytime, Afterschool or Evenings.

What works for you?



Paulette Bradow, Club Leader
Call Virginia at 732-431-7267
with your contact information
and Paulette will get back to you.

Heard Around The 4-H Clover (cont.)



NEW 4-H DOG CLUB FORMING IN EATONTOWN

A new 4-H Dog Club is being formed in the Eatontown area. Prep kids are welcome to join our group. Older kids who join the club will have leadership opportunities. The only requirement to join this club is a love of dogs and the desire to learn more about them. You do not have to own a dog to join. We will find a way for anyone who is interested in being part of this club to be involved. The focus of the club will be to educate everyone about dogs and learn how to make all dogs that we come in contact with better citizens.

The club members will learn all about dogs including how to take care of dogs, train dogs, understand safety issues and do community service with and for dogs. Meetings will consist of monthly or bi-monthly 4-H Business meetings and optional dog training meetings. Trips with and without the dogs will be set up for enjoyment and to further our knowledge of dogs.

We hope to have our first meeting on Sunday, November 5 and the second one on November 19 both around 3:00 in Eatontown. Future days and times of meetings will be determined by the leaders and new members' schedules.

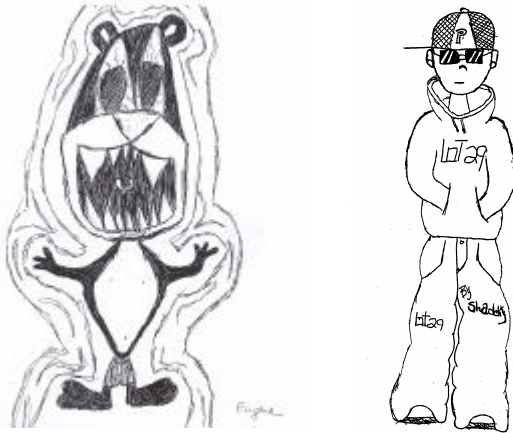
Please call Lee Ann Tursi, 4-H club leader at 732-935-0922
to see what we are about!



YOUTH CORNER



The Artistic illustrations below were done by youth at Monmouth County Youth Detention Center as part of 4-H Program Fall 2006.



THE SIGHTS OF FALL A HAIKU

By: Tyler Bane, Live and Learn

Changing colored leaves
Jack O'Lanterns glowing bright
Starry Autumn night.



FALL

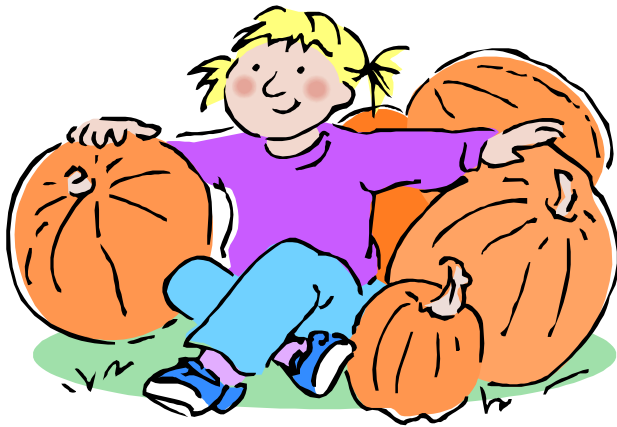
By: Wesley Bane, Live and Learn

Fall is nice
It's pretty good
It has leaves
That fall just as they should
The colors are orange, yellow and bright
A pretty sight
Makes me fee just right

PUMPKIN PICKING

By: Cooper Bane, Live and Learn

Pumpkin picking is fun,
Very fun.
When I see the pumpkins,
I start to run.
I run to the biggest pumpkin I see.
I tell my brothers, this one's for me!
The field is very, very orange.
I picked one pumpkin, but I want some more-ange!
I look at the pumpkins, big, medium, small
I look at them all.
They are round
They make no sound.



Can You Give A Title and Ending To This Story?

The following story was written by a participant in the 3rd Annual Monmouth County 4-H Arts Camp in a Creative Writing workshop conducted by Diana Vogel, 2006 Monmouth County 4-H Ambassador, newsletter Youth Corner editor, and member of the Raging Reptiles 4-H club. Can you finish the story? In the next issue, we will publish all the possible endings that were submitted. Why not share your imagination?

Title?

On a sunny day in Howell, three little kids named Byron, Amanda, and Ryan were taking care of their pets, Tabby the cat and Oreo the rabbit. They were very excited because in a couple of minutes they were going to the pet store to pick a toy.

After they got Columbo, they decided to take him to see their friends. They started talking and forgot about Columbo. So Columbo ran away. They went inside to look for Columbo but they couldn't find them. While they were looking for him, Columbo went in someone else's house, then an elderly person saw him. While Byron went into the woods and got stuck in the mud, Amanda got separated and got lost. One of the kids went to the house and found Columbo. Then Columbo starts on the leash that Byram was holding and went into the woods. There they found out that Amanda.....

Please conclude the story.

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

All Hands on Deck!

A big welcome to all of our new Troupe Members for this new fiscal year for Monmouth County 4-H FSNEP! We kicked off our new year with a troupe meeting on September 29th. 5-A-Day Troupe Members continue to amaze us with their creative ideas and energy. Monmouth County schools also continue to open their doors wide to our program; the demand is greater than ever! This year we are adding several new schools to our list including Freehold Borough High School, Hope Academy Charter and Freehold Intermediate School. There is a place for you, so if you have a desire to express your creative abilities through drama and encourage our Monmouth County School age children to eat a healthy diet please give Debbie Hemmann a call at: (732) 577-6689.

Bangs Avenue Elementary *in Action:*



Take your places everyone!



**It's not just what we eat.
We need exercise too!**

Health Corner:

Fall is a wonderful time for **corn**! Corn is a good source of Potassium, Folate, Fiber and Thiamine, and Vitamin C and much more. This is one vegetable that is consumed both as a vegetable and a grain. It is used in over 3000 grocery products, shelter, fuel and in decorations. It is a vital part of native America. Fun ways to eat corn are: *fresh* off the ear, corn bread, or even pop corn!

Corn Bread

This is a simple corn bread recipe that can be used as the basis for any corn bread stuffing recipe.

1 ½ c yellow cornmeal	1 t salt
1 ½ c flour	1 ½ c plain soy milk
3 T honey	2 eggs
½ t baking soda	½ c olive oil
1 T baking powder	

Directions: Spray an 8-inch square pan with butter-flavor spray. Preheat oven to 400 degrees. Combine cornmeal, flour, honey, baking powder, baking soda & salt in a large bowl. Whisk soy milk, eggs & oil in small bowl. Add to the dry mixture. Pour into pan and bake about 25 minutes until golden brown. YUM!

For an added treat, try adding canned or frozen kernels to the batter before baking!

A terrific **Corn** website to learn more about corn: www.urbanext.uiuc.edu/corn/03static.html



THANK YOU

SUCCESSFUL VOLUNTEER FORUM—NERVF

To all of you who worked so hard to provide a successful 2006 Northeast Regional 4-H Volunteer Forum—THANK YOU! It was years in the planning under the leadership of our co-chairs: Macy Compton and Dan Mundy. It truly took the entire state—our faculty, staff, and volunteers to put this together. I know the evaluations are being tabulated, but I heard nothing but praise for your leadership, support, and organization of the conference. We'll have all the final details in the next few months.

Again, thanks to those of you who worked so hard on this conference. It showed teamwork, leadership, and New Jersey's ability to provide a strong education and fun conference for the volunteers of the northeast region.

Ginny Powell, Chair
Department of 4-H Youth Development
Rutgers Cooperative Extension

THANK YOU DR. JOANNE BICKNESE

A special thank you to Dr. Joanne Bicknese who has helped myself and fellow 4-H'ers with raising our meat goats and preparing them for show. Even taking off a day from work to give us moral support and cheer us on during the state goat show. She has taught me so much about showing goats, because when I started I truly knew nothing at all. She has even helped Charlie by allowing him to assist with vaccinations of some of her goats. I think that someone who has assisted the youth of 4-H so much deserves recognition. Thank you Dr. Bicknese for helping to "Make the Best Better".

Sincerely,

Leigh Whitehouse



HORSE PROGRAM

Many thanks to the Leaders and Parents who helped throughout the 4-H year. I appreciate the time and effort all of you put into the Qualifying Shows, and State Events.

Thank you parents, and leaders, and Staff for braving the typical April weather at the first Qualifying Show. There was just no way of getting away from that rain!

New year's first Qualifying Show will be April 22, 2007 (rain or shine)!

Let's not forget all the Tuesday hours put into Horse Science by Meg Whitehouse and Denise Knapp. Congratulations to all who participated in all of the equine events.

A special salute to the new clubs and their leaders. They were particularly excited about their contributions to the 2006 Fair. Now that the new 4-H year is beginning let's all get on board and support each other and try to attend the meetings and activities that are available. Let's welcome all the new members and parents, and make them feel at home with a new group. Let's all really work at "Making the Best Better".

One way to get everyone involved is the up-coming Halloween party which will be October 20th at the 4-H office. All the Horse Clubs are invited to attend.

Hopefully I will see you all there.

Stella Almeida, Monmouth County Horse Project Chair



THANK YOU (cont.)

SPECIAL THANKS

Special Thank You to all the Monmouth County Volunteers for your time and talents in helping to make the "NEW VISIONS" New Jersey NERVF a big success!

VOLUNTEERS

- Stella Almeida
- Amy Barker
- Cerina Caldwell
- Nancy Davis
- Suzie Eberhardt
- Ann Grega
- Jane Hight
- Robin Joline
- Denise Knapp
- Dave Krzyzanowski
- Susan Lebkes
- Amy Smith
- Sandy Smith
- Sue Sweetmen
- Bruce Timmerman
- Robin Torriero
- Frank Valenti
- Meg Whitehouse
- Lorraine Yoncak

ENTERTAINMENT YOUTH

- Keri Chonsky
- Rachel Ebner
- Alex McPherson
- Jonathan McPherson
- Summer Smagacz
- Amanda Tursi
- Nick Waladkewics

ENTERTAINMENT ADULT ASSISTANTS

- Adrienne Coleman
- Lauren Coleman
- Barbara Schenecker
- Bonnie Smagacz
- Karyn Waladke



RESOURCES

GET MOVING GET HEALTHY
A little healthy competition for your family.

A little healthy competition for your family



Make a copy of this chart for each family member and have him or her fill it out. Track everyone's progress for a week and you'll see. It's simple. It's basic. And best of all, it's healthy.

	DAILY NUMBER OF FRUIT & VEGETABLE SERVINGS				
	BREAKFAST	LUNCH	SNACKS	DINNER	TOTAL <small>Goal: 5 A Day</small>
SUNDAY					PHYSICAL ACTIVITY <small>Total number of minutes each day Goal: 30 minutes</small>
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

SO WHAT'S A SERVING ANYHOW?
 NCI's 5 A Day program defines one serving as:

- ◆ 3/4 cup, or 6 oz., 100% fruit or vegetable juice
- ◆ one medium fruit
- ◆ 1/2 cup cut-up fruit
- ◆ 1/4 cup dried fruit
- ◆ 1/2 cup raw or cooked vegetables
- ◆ 1 cup raw, leafy vegetables
- ◆ 1/2 cup dried, cooked or canned peas or beans

HIGH FIVE
 To help everyone in your family reach the 5 A Day goal, encourage them to help make the grocery list and prepare meals. That way, they all may choose their favorite fruits and vegetables. And consider these quick ideas:

- ◆ Try a variety of juices, like tropical blends, or make your own by blending orange-pineapple, orange-grape-lemon, and other combinations. Just be sure they're 100% juice.
- ◆ Stuff a pita pocket or roll a flour tortilla with vegetables, low-fat cheese, and mustard or low-fat vinaigrette.
- ◆ Freeze canned fruit, then whiz it in the blender for a fruit slushie.

- ◆ Add peas, broccoli or another vegetable to low-fat macaroni and cheese.

TRY 3 TEN-MINUTE WALKS
 Exercise can be easy by working a total of 30 minutes of physical activity into your daily routine — all at once, or throughout the day. Here are a few suggestions:

- ◆ Take 3 ten-minute walks throughout the day.
- ◆ Get off the bus a stop or two early and walk home.
- ◆ Join your kids. Take a bike ride, play catch or clean the yard together.
- ◆ Cleaning is exercise. Put on some music to liven it up.

SOURCE: 5-A-DAY for Better Health; National Cancer Institute; Center for Disease Control and Prevention. "Energizing tips for a Healthier Family" Web sites: <http://www.5aday.com>; <http://decs.ncl.nih.gov/saday>; <http://www.cdc.gov/nccdphp/dnpa/readysat>.

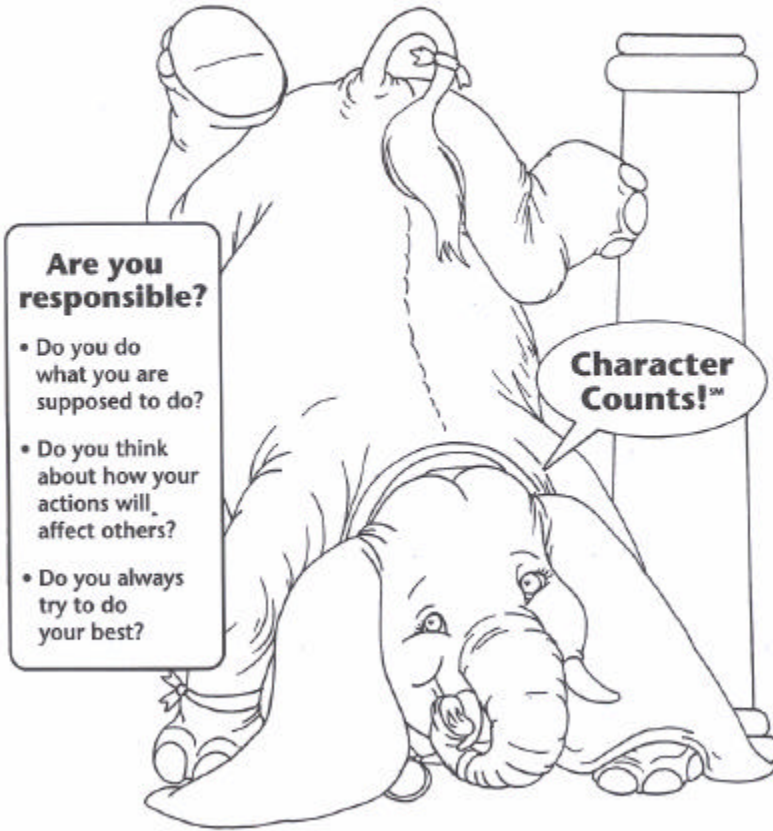
RESOURCES (cont.)



CHARACTER COUNTS!



RESPONSIBILITY



Below: County Teen ambassadors Diana Vogel and Sarah Sakowski mount two exhibits in the Ag building Lobby to promote 4-H!



Pictured left: National Character Counts Week—October 15-21, 2006 Diana Vogel mounts a Character Counts Poster.



Pictured right: National 4-H Week—October 1-7, 2006 Sarah Sakowski and Diana Vogel get ready to hang the 4-H Pledge for National 4-H Week.

SOURCE: ©2002 2002/2003 edition GOOD IDEAS to Help Young People Develop Good Character a project of the Josephson Institute of Ethics. Lessons and Activities for Bringing the Six Pillars of Character to Schools, Youth Groups and communities. Used with permission. Page 140.

RESOURCES (cont.)

TEEN TALK

5 WAYS TO HANDLE EMBARRASSMENT

Have you ever wished you could vanish from the planet because of something you said or did? Everyone has embarrassing moments. Here's what to do the next time you think you've made a fool of yourself.

1. **Admit that you're feeling embarrassed.** Don't get defensive or try to hide your feelings. You might even laugh and say, "Whoa! Am I ever embarrassed!" The feelings will pass more quickly if you don't try to cover them up or pretend they don't exist.
2. **Forgive yourself.** You made a mistake. It happens. Stop beating yourself up. If you've hurt or embarrassed someone else, apologize. Sometimes this is the hardest part, but it's important to say you're sorry, because it will make both you and the other person feel better.
3. **Know that the whole world didn't notice.** So you said or did something embarrassing. It may feel as if *everyone* is staring at you. This probably isn't true. Most people are much too concerned about their own mistakes to focus on yours.
4. **Move on.** Put the embarrassing moment where it belongs: *in the past*. Push yourself if you have to, but get on with your life. If someone kids you about what happened, say, "Oh, yeah! That was pretty embarrassing." Laugh and show that you can handle the teasing. Other people will soon forget about the embarrassing moment—and so will you.
5. **Think before you act or speak.** Remembering this will save you from some embarrassing moments. There's no guarantee that it will prevent *all* embarrassments, but it can help reduce them. And when you slip up, repeat steps 1-4 to recover more quickly.

SOURCE: Life Lists for Teens. Tips, steps, hints, and how-tos for growing up, getting along, learning, and having fun. By: Pamela Espeland; Free Spirit Publishing Inc. Minneapolis, MN Copyright 2003. Pgs 218-219.

THE ACADEMY OF ROBOTICS WITH LEGO® NXT & fischertechnik®

Have you ever considered teaching robotics? PCS Edventures has developed a robotics solution for teachers or after-school providers who want to start or continue a robotics program.

This academy combines exciting manipulatives such as fischertechnik® and LEGO® NXT with our own sophisticated curriculum and support to create an amazing teaching experience for you and your students (Grades 5-12). The AOR is a complete, portable robotics laboratory that teaches robotics, logic, programming, science, technology, engineering, and math (STEM). No other robotics program in the world includes the wealth of curriculum, resources, features, and support. Please visit our website for detailed information: www.edventures.com/aor

Science, Technology, Engineering, & Math (STEM) Solution

PCS Edventures has developed PreK-12 hands-on enrichment programs that utilize a variety of manipulatives such as LEGO®, K'NEX®, and fischertechnik® to teach science, technology, engineering, and math (STEM). For additional information on all of our products, please visit our website: www.edventures.com

For additional information or questions call (800)429-3110 or e-mail sales@edventures.com.

IN THE NEWS

4-H'ERS PROVIDE ENTERTAINMENT FOR NORTHEAST REGIONAL VOLUNTEER FORUM

Monmouth County 4-H talent was the feature of the October 14th Saturday evening program of the Northeast Regional Volunteer Forum held in Long Branch. This forum attracted approximately 200 4-H volunteers from throughout the northeast. Much thanks and congratulations to our performers who shared their talent that evening. They are:

- Keri Chonsky—Backstage to Broadway drama club
- Lauren Coleman—Rising Stars Rhythmic Illusions gymnastics club
- Rachel Ebner—Backstage to Broadway drama club
- Alex McPherson—Court Street Education Center
- Jonathan McPerson—Court Street Education Center
- Summer Smagacz—Backstage to Broadway drama club
- Crysta Timmerman—4-H NJ Children’s Chamber Choir 4-H club
- Amanda Tursi—Rising Stars Rhythmic Illusions gymnastics club
- Mary Tursi—Rhythmic Illusions gymnastics club
- Nick Waladkewics—Backstage to Broadway drama club

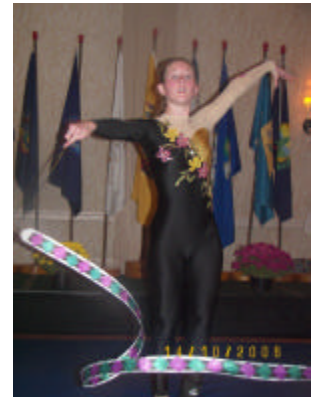
They began the evening with a sing along welcome song for our 4-H volunteer audience. Performances included gymnastics, singing, instrumental, monologues, and dance. Our youth displayed great poise and were greeted with appreciative feedback. Thank you, 4-H’ers for giving our 4-H volunteers a special welcome!



Back row: Ellen Williams, 4-H Agent, Alex McPherson, Jonathan McPherson, Lauren Coleman, Summer Smagacz and Rachel Ebner.
Front row: Kerri Chonsky; Amanda Tursi, and Nick Waladkewics.



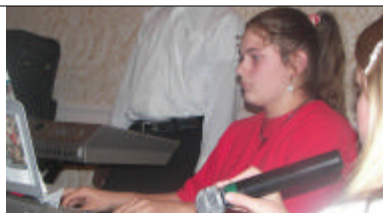
Monmouth County 4-H Welcomes NERVF participants with “Consider Yourself First Rate”



Laura Coleman does a gymnastics routine (Rising Stars Rhythmic Illusions)

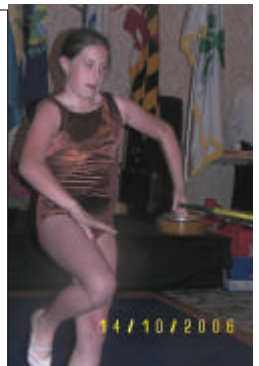


Left: Rachel Ebner plays Mozart (Backstage to Broadway)



Summer Smagacz plays Italian tune on the keyboard (Backstage to Broadway)

Right: Amanda Tursi uses her hoop in rhythmic gymnastics (Rising Stars Rhythmic Illusions)



IN THE NEWS (cont.)

BEANIE BABY SUCCESS!

By: Caitlin Docker

Thanks for your support in my National Honor Society Leadership project. My goal to reach 500 was met within the first month of the project. I then quickly adjusted it to 1000 Beanie Babies that were to be sent overseas by November 11th (Veteran's Day), just in time for the holiday season.

Donations from Monmouth County 4-H, Sea Girt Elementary School, and Allied Health totaled 521 Beanie Babies which made for the first shipment to Afghanistan. I presented these to Major General Reith, the Adjutant General, on July 20, 2006 at Sea Girt National Guard Training Center. This included the impressive 100 Beanie Babies that the Monmouth County 4-H donated. I explained to Major General Reith that there was an entire box filled with donations from the 4-H alone and he was equally impressed.

Throughout the month of July, I gathered donations from Recreational Departments around Sea Girt Army Camp. Local stores such as Third Ave Chocolate Shop also donated Beanie Babies. This made a grand total of 1,175 Beanie Babies given to the Family Support of the NJ National Guard on August 11, 2006 to go to Iraq.

Thanks again, 4-H, for your support and donations throughout the course of this project.



4-H PARTICIPATES IN COURT STREET EDUCATION CENTER BUILDING DEDICATION SEPTEMBER 9th

4-H was invited as a community partner to participate in this community celebration of the mission of the Court Street Education Center. Ellen Williams set up a display and answered questions regarding 4-H membership and volunteerism. Over this past year, youth from Court Street have participated in 4-H public presentations and performed at the Northeast Regional Volunteer Forum.

There is strong interest in conducting a 4-H club program at Court Street. If you are interested in assisting with the establishment of this program, please contact Ellen Williams, 4-H Agent at (732) 431-7266 or e-mail: williams@aesop.rutgers.edu.



IN THE NEWS (cont.)



Monmouth County 4-H Clubs

LIVE GREEN CHALLENGE



Help reforest New Jersey
by collecting acorns for the
NJ State Forest Nursery



Instructions:

Recycle a plastic 1 gallon milk jug. Wash and dry it thoroughly. Discard the cap.

Write your name and club in permanent marker on the bottom of the milk jug.

Collect dry, clean acorns in the jug.

Store jug in a cool, dry place out of direct sunlight. Return full jug to Virginia at the 4-H Office by November 30th and you will receive community service credit. The club that collects the most acorns will receive a prize!



Did you know the Red Oak is our state tree?



IN THE NEWS (cont.)



33 YOUTH PARTICIPANTS IN 3RD ANNUAL MONMOUTH COUNTY 4-H ARTS CAMP

The 3rd Annual Monmouth County Arts Camp attracted 33 youth for a weekend of fun educational activities at Camp Nomoco, Turkey Swamp Park from August 25-27. Activities included, for example, creative writing, drama, mask making, dance, arts and crafts, rhythmic gymnastics, drum making and puppetry. Campers assisted with ice cream and pizza making. Camp coordinator Ellen Williams wishes to give special thanks to the following:

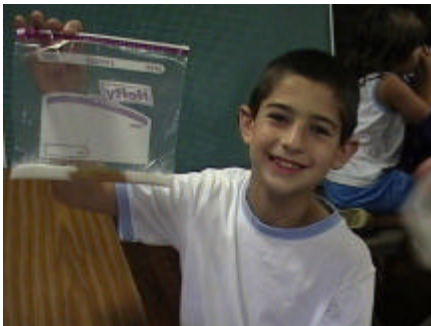
Our teen instructors Diana Vogel and Concetta McLean. Diana, 2006 Monmouth County 4-H Ambassador taught creative writing and dance, while Concetta conducted a gymnastics demonstration.

Our adult instructors Lucy Sardonia, Christine Saavedra, John Saavedra, Diane Gregorio, and Peggy Gottlieb.

Our food coordinator Diane Gregorio. Our photo/video volunteer Rita Gamez.

Thanks to our chaperones Ms. Resnick, Ms. Rios, Ms. Salazar, Ms. Scandrett, Ms. Young, Ms. Kelly, and Ms. Wallenstein.

The campers developed new friendships and explored new 4-H project areas. Through this camp experience, youth develop positive life skills including communication, teamwork and accepting differences. As a result of the increasingly strong response to the arts camp, this will be an annual event. Look for news in next year's calendar!



Chadler Gottlieb at Ice Cream Making taught by his mother Peggy Gottlieb.



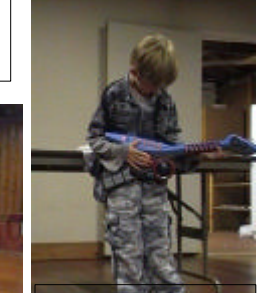
Ellen Williams, 4-H Agent and Chandler Gottlieb.



Cameron Scandrett, and Kayla Marchiafava make pizza



Melissa Leroy



Victor Marchrafava-Talent Revue



Arianna Gregorio



Concetta McLean, member of the Rising Stars Rhythmic Illusions Gymnastics club teaches ball routine to campers



Marianna Sardonia Ice Cream Making



Left: Mr. Saavedra teaches soccer to campers.





IN THE NEWS (cont.)



THE WHITE HOUSE INTERNSHIP PROGRAM

The White House Internship Program offers an excellent opportunity to serve our President and explore public service. We are seeking exceptional candidates to apply for this highly competitive program. In addition to typical office duties, interns attend weekly lectures, tours, and complete an intern service project.

Interns may serve a term in the Fall, Spring or Summer. *Every candidate must be a United States citizen, enrolled in a college or university, and at least 18 years of age.*

An application and additional information about the program can be found at <http://www.whitehouse.gov/government/wh-intern.html>.

Strong applications exhibit:

- sound academic credentials
- a history of community involvement and leadership
- solid verbal/written communication skills
- a demonstrated interest in public service

Applications should be submitted to Karen Race, Deputy Director and Intern Coordinator, White House Personnel, at intern_application@whitehouse.gov **on or before** the following deadlines:

- **October 13, 2006 for SPRING 2007 – (January 9 to May 11, 2007)**
- **March 6, 2007 for SUMMER 2007 – (May 22 to August 24, 2007)**

If you have questions you may contact Karen Race at (202) 456-5979 or intern_application@whitehouse.gov.

We look forward to hearing from you.



IN THE NEWS (cont.)



**HORSE HALLOWEEN PARTY
2006**





IN THE NEWS (cont.)

4-H SUPPORTS KEANSBURG COMMUNITY DAY 9/29

Thank you to the 4-H clubs which represented Monmouth County 4-H at the Keansburg Alliance Day on September 29th. They included Rising Stars Rhythmic Illusions gymnastics club at Fort Monmouth, Live and Learn club and Middletown 14 Carrot club. The Keansburg community enjoyed the presentation by our 4-H gymnasts and learned about animal science from 4-H'ers describing their rabbits and goats.

Thanks to leaders Pete McLoughlin, Adrienne Coleman and Mary Bane. Ellen, 4-H Agent was able to recruit new 4-H members and volunteers while at the event. As a result of 4-H's participation in the Keansburg day, Keansburg youth have joined our clubs.

Below left to right: Wesley Bane displays his rabbit while Cooper Bane and Ronnie Adams show off their Guinea Pigs. The 4-H members are very proud of their rodents.



Wesley Bane

Tyler Bane

Ronnie Adams



Above: Patricia McLoughlin finds that Keansburg has rarely seen goats.



Above: Pete McLoughlin, leader of Middletown 14 Carrot club, answers visitors' questions regarding 4-H.



Above: Bobby Adams, Ronnie Adams, Pete McLoughlin and Abe (goat) invite the public to meet and greet their project animals.



Above: Wesley Bane, Tyler Bane and Patricia McLoughlin with their project buddies.



ANNOUNCEMENTS



Date: 1st TUES
of the MONTH

*Youth
Horse
Council*

Time: 6:30 PM

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



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

Official Business



ANNOUNCEMENTS (cont.)

**HORSE SHOW
QUALIFYING DATES**

**English: April 22, 2006
East Freehold Park**

**Western: May 12, 2006
(Saturday is correct)
East Freehold Park**

**UPCOMING ASSOCIATION
MEETINGS**

**October 26, 2006 @ 7:00pm
January 25, 2007 @ 7:00pm
April 26, 2007 @ 7:00pm**

**We would like all 4-H Leaders, Parents,
and most importantly members to attend.**

**PUBLIC PRESENTATION
WORKSHOPS**

**Two Public Presentation workshops will be
held on:**



**November 8, 2006 @
6:30pm
January 18, 2006
@7:00pm**

**Please RSVP to the of-
fice 1 week prior to the
workshop to let us know
if you can attend.**

**NJ SART/CART SUMMIT MEETING
FOR VETERINARIANS & FIRST
RESPONDERS**

Call the New Jersey Dept. of Agriculture, Division
of Animal Health at (609)292-3965 to Register!

DATE: 12/1/06 (free registration by 11/27)

PLACE: Freehold Gardens Hotel &
Conference Center
50 Gibson Place, Freehold

DIRECTIONS: www.freeholdgardens.com

Sponsored by a grant from the American Veterinary
Medical Foundation.

**NASA ANNOUNCES NEW STUDENT
AERONAUTICS COMPETITION**

NASA's Aeronautics Research Mission Directorate,
Washington, announced a new aeronautics competi-
tion for high school and college students. The com-
petition is sponsored by the directorate's Fundamen-
tal Aeronautics Program, and it is part of NASA's
mission to inspire the next generation of engineers,
scientists, and explores.

High school students are challenged to put them-
selves 50 years into the future to describe how air
transportation systems have evolved with vehicles
flying at various speeds. Entries are due by March
15.

College students are invited to propose solutions for
complex technical problems in hypersonic and super-
sonic flight; subsonic fixed and rotary wing trans-
ports; or Mars entry, descent, and landing. College
entries are due by April 27.

For details about this competition, visit:
[Http://aero.larc.nasa.gov/competitions.htm](http://aero.larc.nasa.gov/competitions.htm)



UPCOMING EVENTS



4-H Club Open House!

1-4 pm

Saturday March 3, 2007

(club set up noon-1pm)

Open to the public 1-4pm



Each club will have two 5ft. long x 2ft. wide tables

For more information, please contact:

Sarah Sakowski
Americangirl422@aol.com

or

Diana Vogel
viper@burtal.com

****Please cut along dotted line, and return bottom portion****

Club Name _____

Leader _____ Phone _____

Is electric needed for your display? Yes _____ No _____

Return to Virginia at the 4-H office 4000 Kozloski Road,
PO Box 5033, Freehold, NJ 07728 by **December**

15, 2006

Thank you!



UPCOMING EVENTS (cont.)



Join Teen Council for A WEEKEND IN WASHINGTON

WHO: All Monmouth County Teens, grades 8 to 13.

WHAT: A 3 day weekend getaway to Washington, DC!

Friday—Travel via public transportation to the National 4-H Conference Center, Chevy Chase, MD (Dinner not included)

Saturday—Visit the Smithsonian Castle, National Zoo and Union Square (3 meals included).

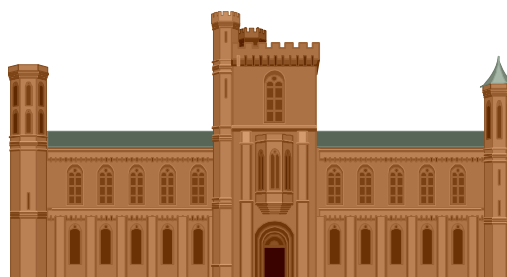
Sunday—visit the Spy Museum and return trip home. (Breakfast & Lunch included)

WHERE: We will be staying 2 nights at the National 4-H Conference Center in Chevy Chase, MD. The accommodations are dorm style bunks—4 teens to a room. Saturday and Sunday we will tour downtown Washington, DC.

WHEN: Leave 4:00 pm on Friday, December 8th—Matawan Train Station. Return 11:00 pm on Sunday, December 10th—Matawan Train Station.

COST: \$200.00 includes travel expenses, rooming, meals indicated and insurance. Contact Virginia at 732-431-7267 or Rita at 732-431-7263 for registration forms. Deadline to register is November 15th with a \$100.00 non refundable deposit. \$100.00 balance will be due by December 1st.

MAKE CHECK PAYABLE TO MONMOUTH COUNTY 4-H TEEN COUNCIL.





UPCOMING EVENTS (cont.)



All 4-H Prep Members are invited
January 20th to
**TAKE a TRIP AROUND THE
WORLD...**

- Our journey will begin at **10AM** in the 4-H Office, 4000 Kozloski Rd., Freehold.
- It will take us to 4 countries as well as 4 different continents.
- At **1:30PM** we will return to our port of origin
- All 4-H Prep (K-Gr. 3) members & their Prep age friends are welcome.
- Journey fee is \$10.00 per child. \$25.00 for families with 3 or more children.
- Adults are welcome as volunteers. Registration deadline is 1/12/07
- If interested please contact Kelly Valente at 732-431-7265 or Diane Gregorio at 732-974-7004.
- If you have food allergies please contact the 4-H office.

TRIP AROUND THE WORLD - REGISTRATION FORM

Family Name: _____ Phone: _____

Address: _____

Email: _____

Child's Name & Age: _____

Child's Name & Age: _____

Child's Name & Age: _____

Adult Volunteers: _____

Total Amount Enclosed: \$ _____

Mail to: RCE of Monmouth County 4-H Office
4000 Kozloski Road, PO Box 5033
Freehold NJ 07728
ATTN: Kelly – Prep Rally



UPCOMING EVENTS (cont.)



VOLUNTEERS NEEDED FOR 4-H PREP MEMBERS TAKE A TRIP AROUND THE WORLD



Hi Everyone -

As most of you heard we are having a program for our prep members on January 20th here at the 4-H office. They will be taking a Trip Around the World. :-)

We are in need of some volunteers. Please read the different areas in which we need volunteers and let me know if you will be able to help out.

Flight Attendants or Pilots

The volunteer will help the members fly to their different countries and assist the presenter in the room, if necessary. The time you are needed would be from 10am until 2pm. Need a minimum of 3 volunteers.

Spanish Speaking Person(s)

When our preps are in Mexico on a layover they will be eating lunch in our breakroom. We would like the members to be read a story in Spanish while they eat. The time you are needed would be from 11:45am until about 12:45pm. Need 1 volunteer. If others would like to teach some Spanish words to the members, that would be great as well.

Kitchen Workers

The preps will be having tacos and Mexican fare while on their layover. We need workers to help prep the meal and to help members make their plates and with the clean up. The time you are needed would be from 10am until about 2pm; if you are not able to work the whole time just let me know. Need a minimum of 2 volunteers.

Assistants to the Presenters

There will be 10-15 preps visiting each country and the prep may need some assistance with a craft or help participating. Need a minimum of 3 volunteers.

Photographer

The photographer will capture the day and get quotes from the members and the parents. Need a minimum of 1 volunteer.

General Volunteers

The general volunteers will assist with various tasks throughout the day. You can volunteer anytime from 9:00am until 3:00 pm. Need a minimum of 2 volunteers.

Also if anyone would like to serve on the prep committee just let Kelly Valenti know by calling (732)431-7265 or e-mail dumas@aesop.rutgers.edu. Please also remind everyone about this program being offered for members in grades 1-3.

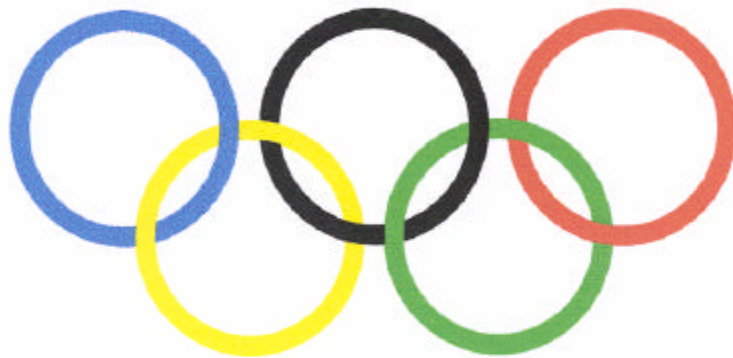


UPCOMING EVENTS (cont.)

4-H CLUB OFFICER EDU-PARTY

NOVEMBER 30, 2006

6:30pm



Are you ready for the Edu-'Lympics?

What is a Club Officer Edu-Party? An Educational Party designed to give 4-H officers the skills they need to perform the office that they hold or want to hold. You will also have the opportunity to meet other 4-H Club Officers, participate in games, win prizes and, overall, have FUN!

Who should attend? All 4-H members who hold an officer position or hope to be an officer should register to attend. Please register no later than November 17, 2006.

Club Officer Edu-Party Registration Due By November 17, 2006

Name _____ Grade _____

Club(s) _____

Email _____

Phone _____

Please return the registration to:
RCRE 4-H Office
4000 Kozloski Road
PO Box 5033
Freehold, NJ 07728
ATTN: Club Officer Edu-Party



UPCOMING EVENTS (cont.)



VOLUNTEERS NEEDED CLUB OFFICER EDU-PARTY

Set Crew

For this Olympic event several items will need to be made. We would like 4-H'ers to help create these items.

Volunteers Needed: An Unlimited #

Date to work on this is: November 14, 2006 at 6:00pm. Please RSVP to the office if you are able to assist.

Half Time Show Actors

At the Olympic event we will hopefully be able to have a half time show. We need the actors to demonstrate how to have an effective club meeting.

Volunteers Needed: Approximately 20 4-H'ers, 1-2 leader(s) and a few adults to assist in putting together a video for the half time show.

Date to work on this is: November 15, 2006 from 6:00-7:30pm. Please RSVP to the office by November 8th if you are able to assist.

Referees

At the Edu-Party we will have numerous games in which we will need adult referees to assist.

Volunteers Needed: 5 Adults

Date: November 30, 2006 from 6:30pm until 9:00pm

Paparazzi

The night of the Edu-Party we will need to capture all of the fun in photos. We would also like to take some time to interview the 4-H members to see what they think of the program.

Volunteers Needed: 2 adults. We can take more volunteers if they are able to use their own camera.

Date: November 30, 2006 from 6:30pm until 9:00pm

Concession Stand Workers/Cooks

What's an event without some snacks? ? We will need some concession stand workers to work the refreshment area during the half time show. Concession stand workers will be responsible for putting the food out and breakdown. In addition to the concession stand workers, we need some cooks to make some healthier Olympic type snacks.

Volunteers Needed: Minimum of 2 adults.

Date: November 30, 2006 from 6:30pm until 9:00pm

Set-Up and Breakdown Crews

The Olympics usually stretch over several weeks, but ours are going to take place in one night. So, there will be a lot to set-up and break down. Multiple adults will be needed.

Volunteers Needed: Minimum of 4 adults

Date: November 30, 2006

Set-Up Crew 6:00pm until 7:00pm. Breakdown Crew 8:00pm-9:30pm.



UPCOMING EVENTS (cont.)



SAVE THE DATE

**FRIDAY, NOV. 17, 2006
6:30 PM - 9:30 PM**

4-H OFFICE

IT'S BACK!!!!

4-H RABBIT ACADEMY 2

**LEARN SOME MORE ABOUT OUR FURRY FRIENDS...HEALTH CARE,
BREED TYPES, FUR TYPES, COMPLETING SHOW ENTRY FORMS
ETC, ETC.**



OPEN TO GRADES 4-13

- **SPECIAL HANDS ON DEMONSTRATIONS OF NAIL CLIPPING & TATTOOING**
- **HOW TO DO A HEALTH CHECK**
- **NEST BOX CONSTRUCTION (IF WE HAVE TIME)**
- **WHAT'S MY BUNNY FUN QUIZ**

**PRESENTED BY THE MONMOUTH COUNTY SMALL ANIMAL COMMITTEE,
TEEN 4-H MEMBERS AND 4-H STAFF**

.....Please send registration form to 4-H office by November 13, 2006.....

RABBIT ACADEMY 2 REGISTRATION:

NAME _____ **CLUB NAME** _____

GRADE _____ **EMAIL OR PHONE NUMBER** _____

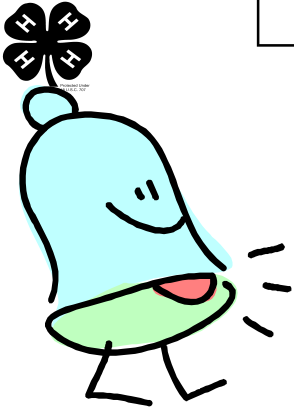
COST \$5 PER PERSON

MAIL TO: RCE of Monmouth County, 4-H Office
4000 Kozloski Road, PO Box 5033, Freehold NJ 07728
ATTN: 4-H Rabbit Academy 2



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UPCOMING EVENTS (cont.)



COME MINGLE & JINGLE

Open to all 4-H'ers and their families!

WHEN: December 9, 2006
TIME: 2:00 pm to 5:00 pm
WHERE: 4-H Office
4000 Kozloski Road
PO Box 5033
Freehold NJ 07728

It will be a covered dish event with crafts, games, community service projects, and holiday festivities! Any clubs or individuals that wish to run a game or help out, please contact Lorraine Yoncak at (732) 462-9703.

Please RSVP by December 4, 2006 to the 4-H office and please state what you are bringing, i.e. appetizers, main course, dessert, etc.

REFLECTING ON THE FUN LAST YEAR! 2005





UPCOMING EVENTS (cont.)



2007 TEEN WINTER CAMP



Where: L.G. Cook 4-H Camp, Stokes State Forest
Who: 4-H Teens, grades 8th to 1st year in college
When: January 12-17, 2007
Cost: 1 Youth = \$45.00, 2 Youth = \$70.00, Adults = \$30.00
(Cost includes camp fee, meals, insurance and snacks)
Transportation is NOT included.

Join the fun-filled weekend. Make a new friends and spend time with old ones. Hike or cross country ski in the scenic wilderness of New Jersey. Skate, sled and toboggan if weather permits. Indoor recreation includes crafts, baking and games. Enjoy a warm fire, good food and fellowship.

SPACE IS LIMITED SO DON'T DELAY!

Send registration form and check made payable to Monmouth County 4-H Teen Council at-
 attention Virginia, RCE 4-H Office, 4000 Kozloski Road, PO box 5033, Freehold NJ 07728
 By December 15, 2006.

4-H Teen Winter Camp *January 12-14, 2007*

Name _____

Grade _____ Club _____

Address _____

Email _____ Phone _____



A confirmation letter with more details will be sent once I receive your registration.



CONGRATULATIONS



2006 NEW JERSEY 4-H GOAT SHOW RESULTS Held Thursday, August 24 Hunterdon County 4-H and Agricultural Fairgrounds

37 4-H members from 8 counties (Atlantic, Burlington, Cape May, Gloucester, Hunterdon, Mercer, Monmouth, and Salem) exhibited 126 goats. Congratulations to all participants!

Best in show, Market	Leigh Whitehouse
Market Goats: Does Champion	Leigh Whitehouse
Wethers Champion	Leigh Whitehouse
Wethers Reserve Champion	Leigh Whitehouse

2006 STATE 4-H HORSE SHOW RESULTS

Congratulations to all State 4-H Horse Show participants. The State 4-H Horse Show was held August 25-27, 2006 at the Horse Park of New Jersey. A special thanks to everyone who volunteered at the show, especially Stella Almeida. Your dedication and commitment to the program is greatly appreciated.

270 4-H Members

324 Horses

13 Counties

(Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Middlesex, Monmouth, Ocean, Salem, Somerset, Sussex, Warren)

Dressage Division

Class 2 Sr. USDF 2003 Intro Level Test B (16)

2. Erin Hamer, From One to Sixty

Games Division

Class 10 Barrel Race-Horse (22)

9. Julie Couch, Mama Mia

Class 12 Pole Bending Horse (21)

6. Julie Couch, Mama Mia

Class 14 Bow Tie Horse (23)

6. Julie Couch, Mama Mia

Class 16 Keyhole Horse (23)

6. Julie Couch, Mama Mia

English Division

Class 28 Hunter Hack—Pony (16)

6. Erin Mauser, Martinique



Class 31 Sr. English Equitation Over Fences (21)

6. Jessica Sagui, Martinique

Class 34 Working Hunter—Pony (14)

2. Jessica Sagui, Martinique

Driving Division

Class 36 Cones Course—Horse (3)

2. Gina Hawkins, Connors Girl

Class 38 Jr. Reinsmanship (3)

2. Gina Hawkins, Connors Girl

Class 40 Working Pleasure—Horse (4)

1. Gina Hawkins, Connors Girl





CONGRATULATIONS (cont.)

NEW JERSEY 4-H SMALL ANIMAL SHOW RESULTS Saturday, September 9, 2006 Horse Park of New Jersey, Allentown

Thank you to all the 4-H Leaders who made this event possible. Everyone had a great time. Way to go 4-H'ers! There were 34 members from 8 counties that showed 164 different animals. In addition to showing their animals members had an opportunity to participate in a poster contest and a breed ID contest.

RABBIT
American Fuzzy Lop
BOB Maureen Docker

Beveren
BOB Amelia Valente

Harlequin
BOB Jennifer Clayton

Lionhead
BOB Patricia McLoughlin

Mini Lop
BR Jennifer Clayton

Mix
BR Katherine Sotovelez

CAVY

American
BR Paul Yoncak

Mixed
BOB C.J. Halpin
BR Katherine Sotovelez

SMALL ANIMAL

Best Reserve in Show
Ferret **Graham Haliskoe**

BOB Graham Haliskoe
BR Graham Haliskoe

BREED IDENTIFICATION CONTEST

- 4. Paul Yoncak
- 6. Kathleen McLoughlin

SHOWMANSHIP—BEGINNER:

- B-1 Patricia McLoughlin
- INTERMEDIATE**
- A-1 Paul Yoncak
- C-1 Katie McLoughlin



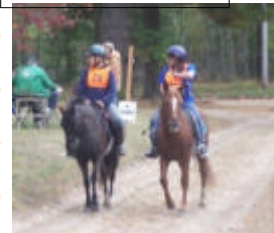
STATE TRAIL RIDE

Congratulations to our State Trail Ride participants. The Monmouth County Trail ride team (Matt Hutchinson-Capt, Diana Vogel-Vice Capt, Kate Beirne, Christin Sagui, Abbey Lanz and Erin Mauser) participated in the State Trail Ride hosted by Middlesex County on Saturday October 7th. The team has been preparing their horses all summer and recently participated in a clinic to learn about the rules, judging criteria, setting up the holding area and completing the declaration form. The clinic was followed by a twenty mile practice ride. The team is coordinated by Jane Hight and coached by Phillippa Buffin assisted by Jessica Sagui.

Best Conditioned Horse Senior-8. #32 Diana Vogel, Wilrou
Best Managed Horse-3. #26 Christin Sagui, Martinique
Best Senior Rider-7. #26 Christin Sagui, Martinique



Erin, Olivia & Jess



Christin & Diana at the finish line



Jess, Olivia & Kate



Waiting for final Vet check



2006 4-H State Trail Ride





MEMBERS RECOGNITION

Members Recognition night was held on October 4th in honor of National 4-H week. Almost 200 people came to celebrate all of the 4-H'ers accomplishments. This year we had a record breaking number of record books submitted. We are proud of all of you for your hard work and commitment to 4-H. Keep "Making the Best Better".



ALUMNI

MONMOUTH COUNTY 4-H ALUMNI HAPPENINGS

By: Lorraine Yoncak

The Alumni Club raffled off another beautiful quilt at the fair this year. A former leader, Lydia Wikoff won it. The second prize of Great Adventure tickets was won by Barbara Lynch of Belmar. The lovely third prize, an Art Folio platter, was awarded to the Gionattasio Family of Toms River. The money raised with this raffle supports the 4-H program here in Monmouth County, some State 4-H projects, and grants a scholarship to an Alumnus for continuing education.

Several of the Alumni were able to help out at the Northeast Regional Leaders Forum (NERVF) held in October. When the 4-H spirit gets in your blood, it stays for a life time of community service and 4-H fellowship.

The Alumni Club is open to anyone who has been in a 4-H program as a youth or adult volunteer in any county or state. Please feel welcome to join us at our events or let the 4-H office know that you are a 4-H alumni.

Our next event is our annual covered dish luncheon being held at the 4-H office on November 5th from 1:00-4:00pm. We will honor our scholarship winner and an Alumni of the Year award will be presented to an outstanding 4-H Alumnus, Stella Almeida. Stella is Monmouth County Horse Program Chair and a long time leader of the Knight Riders. Please join us if you would also like to honor Stella for all her 4-H dedication. We will also play some games, enjoy great food, and plan some winter activities.

The Alumni are going to sponsor and participate in the county wide Mingle & Jingle event being held on December 9th. We hope that many of you can come out that day for some great 4-H mingling and jingling.

4-H CALENDAR OF EVENTS

November 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SJTC Delegates Mtg Gl Cty.	2	3	4
				National Round Up 11/2-11/5		
5 Alumni Luncheon 1:00pm Ag Building	6 Youth Horse Council 6:30pm/ Horse Ldrs Mtg 7:00pm	7 Election Day-County Office Closed-Remember to vote!	8 Public Presentation Workshop 6:30pm	9	10 Veterans Day-County Office Closed	11
Nat. Round Up Ends						
12	13	14 Small Animal Adv Mtg 7:00pm	15 Teen Council Mtg 7:30pm	16	17	18
					Rabbit Academy 2 6:30-8:30	
19	20	21	22	23 Thanksgiving Day-County Office Closed	24	25
					National 4-H Congress	
26	27	28	29	30 Edu 'lympics 6:30pm 4-H Office		
National 4-H Congress 11/24-11/28						

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 STAC Mtg	4	5	6 Livestock Advisory Mtg	7	8	9 Mingle & Jingle 2-5pm
					Teen Council Washington, DC Trip	
10	11	12	13	14	15 Newsletter Deadline!	16
TC 12/8-12/10						
17	18	19	20 Teen Council Mtg 7:30pm	21	22	23
24	25 Christmas Day Observed-County Office Closed	26	27	28	29	30
					Summer Camp Winter Reunion	
31						
Camp reunion ends						



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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