

THE LUCKY 4-H'ERS GAZETTE



Volume 9 Issue 4

July-August 2008

COME BE PART OF OUR “ONE WORLD, OUR DREAM”

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4-H'ers are busily preparing to demonstrate their knowledge and achievements at the Monmouth County Fair July 23-27th. While the project areas are diverse from arts to animal science, citizenship to culinary arts, all 4-H'ers are joined in the 4-H fair theme “One World, Our Dream”.

4-H'ers at the fair will be enthusiastically encouraging fairgoers to enter the 4-H world as future 4-H club members, campers, school and community participants and 4-H volunteers. It is at the fair each year that fair attendees learn about all that 4-H offers, thanks to the displays, exhibits, shows and public speaking offered by our 4-h'ers. Following the fair, there is a rise in club and volunteer enrollment. Impressed by what they see and learn from 4-H'ers, youth and their families eagerly sign up for 4-H information at the 4-H information booth. The public is attracted to the fun “hands on learning” of 4-H, the focus on leadership and citizenship, the inclusiveness and camaraderie.

Thank you to all of our 4-H'ers, 4-H club leaders, 4-H families and general volunteers who make this outstanding 4-H event possible. Without your commitment and dedication, such an extensive 4-H showcase as this could not come together so successfully. See you at the fair where we will proudly welcome fairgoers to become a future part of our “One World, Our Dream.”

DEADLINE FOR NEXT NEWSLETTER – August 15, 2008

PUBLICATION September-October 2008

NEW CLUBS: Bolger Paradise (Garden Club) - This after school garden club grew out of our CYFAR mini-grant project. The club incorporates horticulture, nutrition and visual and performing arts.

NEW LEADERS: Elizabeth Reyes, Leader of the Bolger Paradise Club

Backstage to Broadway

Jessica R. Holland

100% Steppers

Talula F. Dechev
Ayanna Williams

Bolger Paradise

Nancy M. Nappi
Francisco A. Rivera

Health & Service Club

Steven A. Medeiros
Joshua Y. Qian

Horsin Around

Shyanne N. Heffernan

Kids for Kids

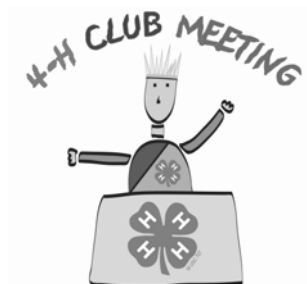
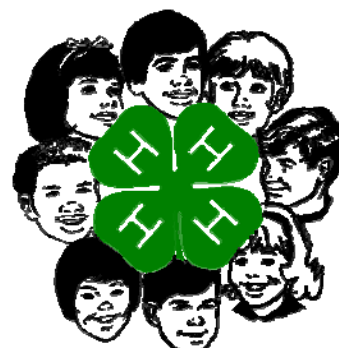
Victoria A. Napoli
Alysha M. Zimmerman

**Rising Stars
Rhythmic Illusions**

Alison K. Clark
Cheyenne Rescott

**4-H Independent Project
(Creative Writing)**

Linette Reeman



Ellen Williams

Ellen Williams
4-H Agent

Virginia Krzyzanowski
4-H Program Associate

Kelly Valenti
4-H Program Assistant



Mariela Osorio
Monmouth 4-H Cares Program Liaison

Rita Silvestri and Gladys Tarantino
4-H Secretaries



4-H Mission Statement

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

Heard Around The 4-H Clover

FREE SPIRIT GOAT CLUB

By: Arlene LaMarca, Leader

The energy level of our members are at an all time high right now as Brittany, Carly, Chelsea, Jenni, Kelly, Matt and Patrick are getting ready for the Monmouth County Fair. There are lots to do: work on record books, design and construct our club booth display and banner, complete the paperwork for all fair entries...and that's only the beginning! As a club, we are sharing the responsibilities of the fair livestock tent with fellow 4-H Monmouth Livestock Club. A joint fundraiser is planned on July 29th at Sickles Farm in Little Silver to raise the necessary funds to pay for trophies and more for the fair. Deep breath...next, our members are working with their animals, practicing their showmanship, grooming practices and studying their goat parts. Participation in the Stars and Stripes show will help hone their skills.

All the hard work this next month is to achieve the individual goals and dreams of each of our members. Could their dream be to win best showmanship? To have their beloved pet win best in class or show? To finally be able to sleep at the fair? We will find out July 23-27th... see you there!

RISING STARS RHYTHMIC ILLUSIONS

By: Lauren Coleman, Leader

Our club has had a busy few months performing, competing, and showing off our new routines! Last month on May 3, we hosted a state championship at Monmouth Gymnastics Academy in Morganville. Thirteen of our members participated in the fun event, and some of MGA's budding rhythmic athletes showcased a hoop routine that they have been learning over the past few months. We also held a few shows at our home base, the gymnasium at New Monmouth Baptist Church, to give our members a chance to perform for their parents. Two of our members, Sara Sheefer and Jeanine Reeman, earned special awards for their continuing assistance in helping other members learn routines.

All of this has been in preparation for our biggest event yet: the 2008 USAIGC National Gymnastics Championships in Fort Lauderdale, Florida. The event will welcome artistic and rhythmic gymnasts from across the United States, as well as athletes from Canada, South Africa, and Bermuda. It will be an exciting opportunity for our club members to meet other young people from around the country—and around the world. Twelve of our gymnasts: Jenna Antonaccio, Angela Antonaccio, Summer Smagacz, Katherine Martinez, Aarti Shah, and Lauren Coleman will compete with hoop, ribbon, ball, floor, and rope routines. The event will be held on June 28 in Fort Lauderdale, and we will be sure to keep you all updated on the results! Have an amazing summer!

ANIMAL SCIENCE CLUB

By: Johnine Licht

Our June meeting included many great practice presentations for the fair. Sarah talked about riding roller coasters at Six Flags Great Adventure with her friends Pete and Dan. Among the rides they enjoyed were: Skull Mountain, Superman, Big Wheel, King Da Khan, and El Toro. Tallulah presented on Chihuahua, a "toy" dog breed. She brought her adorable large short hair Chihuahua, whose name is Daisy. Then Julia gave a presentation all about rats. Her playful white rat, Izzy, is about 5 months old and loves to chew towels. The Animal Science Club is definitely feeling excited and prepared for the upcoming fair.

Heard Around The 4-H Clover (cont.)

4-H HEALTH & SERVICE CLUB

AT THE ACADEMY OF ALLIED HEALTH AND SCIENCE HS, NEPTUNE NJ

By: Joan Lynch, Leader

We have had a busy and successful school year, below is a list of our major activities 2007-2008 4-H Service Projects:

- 8/20 School supplies donated to Monmouth County Social Service program
- 9/29 Wag-On Inn Rescue Outreach (\$800 was raised to support dog rescue) Located at the Prince and the Pauper, dog treats were sold and a dog parade was held on a Saturday.
- 10/21 Crop Walk was represented by 7 members of the club and walked 5 miles and raised over \$800
- 10/24 Halloween Crafts prepared for the Gable Elementary School preschool class
- 10/26 4-H sponsored a school Halloween Door Decoration Contest (for school spirit)
- 11/12 Holiday Hunger Challenge (food drive ended)
- 12/12 Warm up America Project—Learn to Knit a Square (knitted squares made by many club members were sewn together to create one blanket, to be donated)
- 12/19 25 Holiday Greeting Cards to recovering soldiers were sent
- 1/23 Fleece Blankets for the Pediatric Clinic (4-H Grant sponsored) Over 15 blankets were cut from fleece during a one-hour time span. The blankets were donated to the Pediatric Clinic at Jersey Shore
- 2/1 American Heart Association's Wear Red Day (By selling pins, \$75 was raised for women's heart disease. The whole school participated by wearing the color red)
- 2/13 Valentine's Day Service Project (300 lollipops with messages of compassion were made by 4-H members to be given out on Valentine's Day to every student and faculty member)
- 3/3 Read Across America Book Drive (all school age books will be collected, then brought to 2 county agencies for distribution to children to keep-Asbury Park Sister's Academy)
- 4/22 Earth Day Planting (flower pots in front of school)
- 4/23 Seeing Eye Dog Speaker Program offered to entire school
- 4/28-May 1 PAWS for Life Program and wish list collections
- 5/18 Walk for HIV sponsored by "The Center" in Asbury
- 5/19-5/23 27 Dresses Project-collecting fancy dresses, gowns and boy/mens jackets to donate to those in need at Schroth School in Wanamassa for prom and graduation season
- 5/28 club scrapbook created for entry for fair
- 6/1 Volunteering at King Manor Nursing Home for their 20th Anniversary Celebration
- 6/2-6/5 Pennies for Puppies
- 6/11 Knitted Bunnies for the Pediatric unit JSUMC
- 6/18 Elections and farewell to Senior (12th grade) members

**Look for us at
the County fair
in July!**



SCI-BORG 4-H CLUB

By: Noah Resnick

At our May meetings Jayden Mline presented on Exoforce and Ms. Virginia Krzyzanowski gave a presentation on Get Moving-Get Healthy. We learned about healthy food habits, the benefits of exercise, the conditions caused by unhealthy foods and how to read labels. "Get Growing Get Healthy" Sci-Borgs, we need to enter food and nutrition into the fair.

We also received a grant for \$300 from Jersey Fresh. We will be making fruit and veggie displays at the 4-H fair in appreciation to them.

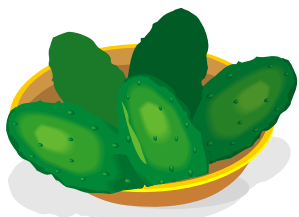
We will enroll as a Junior First Lego League Group "Climate Connection". Some kids presented items they built.

At our June meeting, we discussed participating in JFLL; registration is in August. We need a parent to commit to being the assistant coach. We also discussed the upcoming fair, Prep-Court, 4-H fair volunteers, and set-up and break down. Keep record books updated; they are due June 27, 2008.

NATURE'S NAVIGATORS

By: Lorraine Yoncak, Leader

Our May meeting taught us about Harmful Plants in New Jersey. We learned the only native cactus is a Prickly Pear and is only harmful if you step on it. That as pretty as Lily of the Valley are, don't eat them; all parts are poisonous. Some plants you can eat part of but not the rest, like Rhubarb; the stem is edible but the leaf is poisonous. Castor beans have a useful oil but the seeds can cause death. Black Locust trees have poisonous seeds and if you put a twig in your mouth, its poison can cause your mouth to swell. Of course, we also learned about poison ivy: If you see a hairy rope, don't be a dope; it has leaves of three and let it be. The stem on poison ivy gets air roots and it can look like a hairy rope wrapped around a tree.



Pictured above is Manasquan River Reservoir

Our outdoor activity for May was a bike ride around the Manasquan River Reservoir on May 23rd. It was a beautiful evening and we enjoyed the sights, sounds, and exercise. Near the end of our ride, we visited the Environmental Center, then met for delicious brownies and packing up.

In June most of us attend the Survivor Nomoco camp weekend; we'll let you know if we all survive!

We plan to do a lake clean up in July, using our canoes and kayaks at Lake Topanemus in Freehold. We will do some community service while enjoying nature, exercising and having a good time together.

Heard Around The 4-H Clover (cont.)

FRIENDSHIP CULTURE CLUB

By: Gladys Rios, Co-Leader

At our April meeting, we discussed the Food Booth Schedule for the Monmouth County Fair. Our club will be helping out on July 24th from 4:45 to 8:15pm. We also discussed making the banner for our club booth.

Diane Gregorio, our Club Leader, will organize a field trip for a jewelry maker to come visit. Members will make jewelry.

We were all reminded to keep our record books updated.

Our program was the Seven Wonders: Ancient, Modern, Natural and Manmade.

14 CARROT RABBIT CLUB

By: Katherine Sotovelez

Our 4-H year is now sadly coming to a close and many 4-H'ers are finding themselves looking back on the good times, such as our outings and meetings, friends' birthdays and fun parties in-between, but there is also much to look forward to, such as the Monmouth County Fair.

Even though we would love to go over every memory and good time that we've shared in 14 Carrot Rabbit Club, there are far too many events to go over, and so it's best to look into the future. This leads us into the Monmouth County Fair, a favorite event for many 4-H'ers, regardless of what club they are involved in or what they do.



For 14 Carrot Rabbit Club, it is a very unique experience to be at the fair. There is an entire tent designated for small animals such as rabbit and cavy; set-up for this tent is always interesting, as we scrub every bit of equipment until it is clean and satisfactory, then, of course, we have to recognize and set everything up. Despite the hard work it ends up being a great time.



Now, after everything is set-up and the tent is in good shape, everyone heads home, but soon after we are all returning to the camp grounds, animals in carriers as we get ready for our vet-check. This doesn't take long at all and ensures our animals health so that if there was any sickness to begin with, it wouldn't spread. After our animals have been checked, we fill out our name cards and put our rabbits in the cages.

Of course, the fair opens and fun ensues, creating even more memories for us to look back on and cherish. But it is best not to make any assumptions on the events of this fair, with 4-H; anything is possible! Hope you had a great 4-H year!



THE PUPPETRY CLUB

By: Rita Kole, Leader

The Puppetry Club has been meeting once a month since September 2007. Our meetings have been a lot of fun for all. Each month we created a different kind of puppet. We made turkeys with wings that moved, flying dragons, mitten people, community helpers, stick puppets and more. We learned a new original poem to go along with each puppet. We related what we did to the people and community around us. The children in the club enjoyed and looked forward to each meeting. It has been a wonderful experience for us and we look forward to it continuing.



YOUTH CORNER

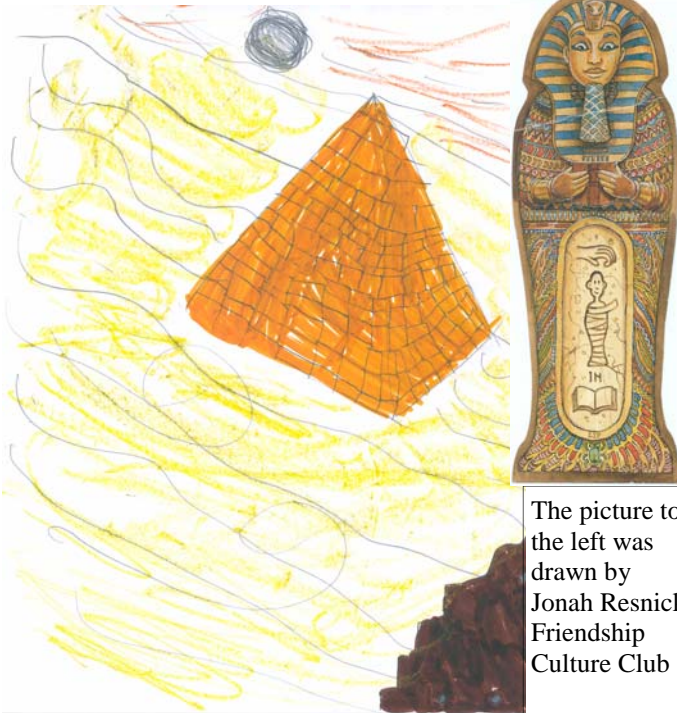
FROM SPECIES TO SPECIES: A WORD LADDER

By: Noah Resnick, Friends Culture Club, Sci-Borgs Builders Club, Ocean Grown Life Learners, and Live and Learn

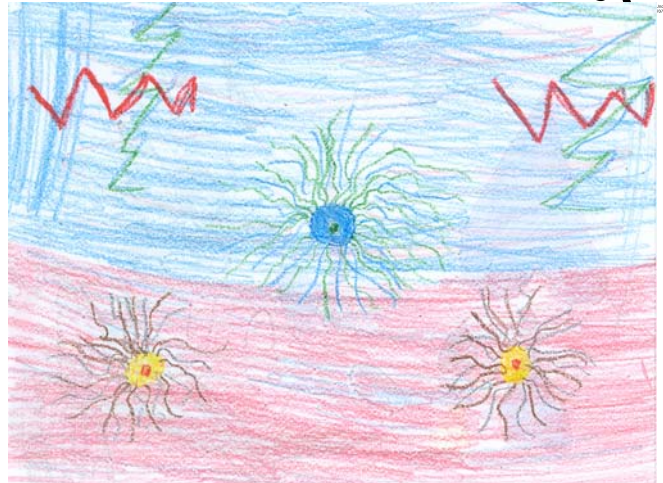
INSTRUCTIONS: Fill in the blanks to make a word that fits the description and uses some letters from the previous word.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Clue 2. Shelter 3. Knotted 4. Conceal 5. Grasped 6. Combine 7. Dissolve 8. Count 9. Change 10. Opposite of groom <p><u>Species 1: It flies</u></p> <ol style="list-style-type: none"> 11. Present tense of brought 12. Cooked 13. Commander 14. A, an, or, and 15. Run over 16. Sly 17. Awe <p><u>Species 2: Always has hair</u></p> | <p>Fish</p> <p>_ i _ _</p> <p>t _ _ t</p> <p>t _ e _</p> <p>_ i d _</p> <p>_ e _ _</p> <p>_ _ l _</p> <p>m _ l _</p> <p>t _ l _ _</p> <p>a l _ _ _</p> <p>_ r _ _ e</p> <p>b _ r _</p> <p>_ r i _ _</p> <p>b _ i _ _ _</p> <p>l _ _ d _ _</p> <p>a r _ _ _ _ _</p> <p>t _ _ _ _ l _</p> <p>_ r _ _ _ y</p> <p>_ _ r _ _ _</p> <p>_ _ m _ _ l</p> |
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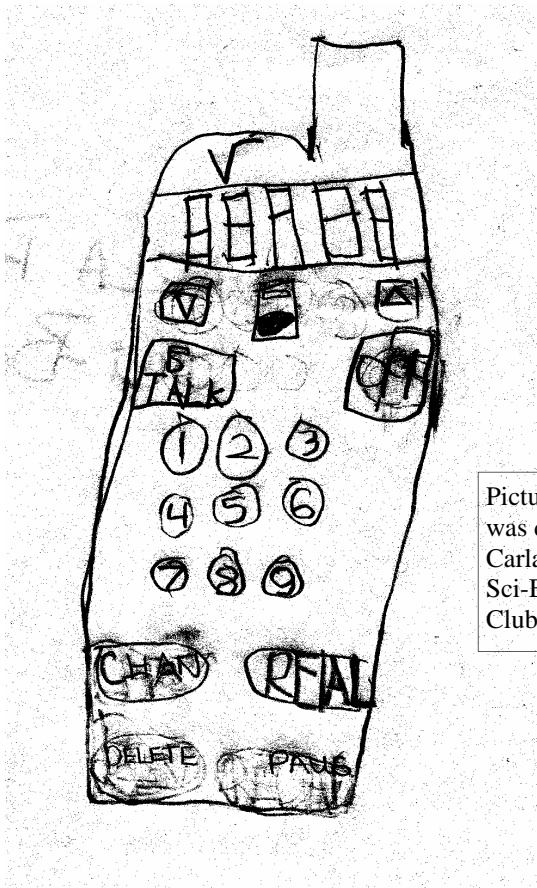
YOUTH CORNER (cont.)



The picture to the left was drawn by Jonah Resnick, Friendship Culture Club



The above picture was drawn by Mackenzie Scandrett of the Friendship Culture Club.



Picture to the left was drawn by Carla Rios, Sci-Borgs 4-H Club.

4-H Ρυλησ,
ηφην ιν ΓΡΕΕΚ!

The statement above is 4-H Rules Even in Greek, by Noah Resnick, Friendship Culture Club





THANK YOU

MEMORIAL DAY PARADE THANK YOU!

Thank you and congratulations to Monmouth County 4-H'ers for our impressive representation at the Memorial Day parade on May 26th in Freehold Boro. 4-H participants reflected true 4-H spirit as all worked together to display Monmouth County 4-H pride. As a result, the Freehold Boro parade committee recognized Monmouth County 4-H as parade award winners. Much thanks to Denise Knapp and Diane Mauser for coordinating 4-H's participation. Thank you to Reed's Sod Farm for once again providing the flat bed truck.

As 4-H'ers passed the reviewing stand at the Hall of Records, they proudly delivered the 4-H Pledge. Thank you for demonstrating 4-H pride to the Freehold community. (See pictures on pages 13-14)

Dear Monmouth County 4H

Thank you for contributing to our service-learning project, "Every Day is Earth Day." We chose our project because our class wanted to educate elementary school students about the important topics of energy conservation, recycling, and healthy eating. By presenting our service project in a natural environment, Shark River Park, the students were able to gain a greater appreciation for nature. The environmental materials that you sent were a great addition to our project. Without your support, the success of this project would not have been possible.

With much thanks,

<p><i>Vincent P. Buchella</i></p> <p><i>Natalya Medylwetkays</i></p> <p><i>Jane Rupp</i></p> <p><i>Victoria Bao</i></p> <p><i>Teresa Esposito</i></p> <p><i>Aleva Boertland</i></p> <p><i>Christina</i></p> <p><i>Nathan Mahaniramananda</i></p> <p><i>Jackie G.</i></p> <p><i>Kingla Harrison</i></p>	<p><i>Jon Lyndee Traub</i></p> <p><i>Alyssa</i></p> <p><i>Brian Sunwoo</i></p> <p><i>Paul Sun</i></p> <p><i>Elana Algow</i></p> <p><i>Rachael Whelan</i></p> <p><i>Andrea Kwok</i></p> <p><i>Tracy Conlon</i></p>
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Academy of Allied Health and Science Community Health Class P. 2



CONGRATULATIONS

MONMOUTH COUNTY 4-H'ERS ATTEND STATE PUBLIC PRESENTATIONS

Congratulations to our 4-H'ers who participated in 4-H State Public Presentations at Rutgers University on June 7th. In order to be eligible to present at state, they needed to receive an excellent rating on the county level.

Thank you for representing Monmouth County 4-H with such distinction:

Chelsea Cook
Randi Door
Cait Kazimir
Clair McKittrick
Lauren Myles
Brittany Rappleyea
Kelly Shoemaker



Keep "Making The Best Better!"

CONGRATULATIONS TO THE 2008 CONGRESS DELEGATE

We are proud to announce that Sarah Sakowski has been selected as Monmouth County's teen to join the New Jersey State Delegation attending the National 4-H Congress in Atlanta, Georgia in November of 2008. The selection process included a written application and an interview before a panel of state judges. 4-H Congress allows teen delegates from all 50 states to come together and participate in workshops and community service. Way to go Sarah! It's a fantastic opportunity.



NEW JERSEY 4-H STATE HORSE JUDGING AND HIPPOLOGY RESULTS 2008

Senior Hippology-Phase A-Exams

8. Jessica Sagui

Phase B-Stations

5. Jessica Sagui

High Individual Overall

9. Jessica Sagui

Senior Horse Judging-Individual Halter

1. Abbey Lanz

Individual Performance

9. Jessica Sagui

High Individuals Overall

5. Abbey Lanz

State 4-H Hippology Team

2nd Alternate—Jessica Sagui

State 4-H Horse Judging Team

4. Abbey Lanz

MONMOUTH 4-H CARES

By: Mariela Osorio, Monmouth 4-H Cares Program Liaison

Ah, the dog days of summer are upon us. As we breeze into barbecues, baseball and family gatherings, our pilot-program is well underway and we are soaring to new heights. To date, we have served twenty-two Monmouth Cares children and interest in 4-H clubs has escalated sky-high. Case in point is 10 year old Danny from Matawan/Aberdeen Club. Since becoming a member, this Monmouth Cares youth has participated in all of the club's activities, learning along the way to work well with others as he planted gardens and painted murals for a local community park. In addition, this youngster's entrepreneurial side has taken off, becoming very active in several fundraisers and readily seeking—with his mother's permission, of course—to host a club meeting in his home. Moreover, our friends at the Middletown Senior Center keep rising to the occasion, jetting towards various independent projects with MonmouthCares kids under their wings.

Like birds of a feather, MonmouthCares and 4-H share similar guiding principles. 4-H is grounded in the belief that “youth are often an untapped resource in their communities, and given the right tools, youth can be part of the solution rather than the problem.” This closely correlates to Monmouth Cares and its mission to “serve as a catalyst for positive change by enhancing the capabilities, knowledge and skills of the children they serve so that they may thrive, develop and lead in their communities.” With this in mind, let us follow in the footsteps of the Lenape Indians who inhabited New Jersey long before the Europeans arrived, and lead by example wholeheartedly receiving outsiders with welcoming hearts and hands.

At the risk of sounding like a broken record, community service makes the planet a better place and Americans always seem to be ready to do their part. C'mon, let's make this a summer of service by stepping up to the plate and doing our part. It's as American as baseball, hot dogs and grandma's apple pie.

For more information on how you can help mentor a child, either through your club or by way of an Independent Project, please contact Mariela Osorio, at 732-222-8008 ext. 132 or e-mail at

mosorio@monmouthcmo.org.

IN THE NEWS

MINI MANIA

NIGERIAN DWARF EXTRAVAGANZA

By: Marie Shoemaker

On June 8, 2008, the third annual Mini Mania Nigerian Dwarf Extravaganza sanctioned by American Goat Society (AGS) was held at Dearborn Market in Holmdel, New Jersey. This show was sponsored by Beth Mariolis and Nigerians Unlimited and they invited 4-H members to show either their Nigerian Dairy goats, wethers or other goat breeds. Those 4-H members who own Nigerian Dairy goats showed in numerous classes in the Senior Doe, Junior Doe and Buck divisions. Those 4-H members who did not own Nigerian Dairy goats participated in the Wethers and Showmanship classes.

This was a wonderful opportunity for 4-H members to learn more about showmanship and the Nigerian goat breed. This was a fun event and we encourage you to visit Nigerians Unlimited's website at www.nigeriansunlimited.net for upcoming shows and more information.

4 MONMOUTH TEENS ATTEND CITIZENSHIP WASHINGTON FOCUS

Virginia Krzyzanowski, 4-H Program Associate

We are proud to announce that Abby Petterchak, Christin Sagui, Amelia Valente, and John Voorhees are participating in the Citizenship Washington Focus National 4-H Trip from July 6th to 12th. They are spending the week at the 4-H Youth Center in Chevy Chase, Maryland.

The program is based on the principle that democracy requires skills and strategies that must be learned and practiced. CWF teaches participants to be active, responsible citizens and leaders. Utilizing Washington, D.C. as a working classroom, the teens learn about government, citizenship and civic education through hands-on opportunities. We can't wait to hear all about it once they return.

STATE PUBLIC PRESENTATIONS

By: Marie Shoemaker

On Saturday, June 7, 2008, several of our youth members from Monmouth County participated in the State Public Presentation held at Rutgers University in New Brunswick, New Jersey.

In order to be eligible to compete at the State 4-H Public Presentations program, these members had to receive an excellent rating at their county presentations contest. During this competition, the members were judged on several different aspects of their Presentation; Introduction, Organization, Content and Accuracy, Stage Presence, Delivery, Effect on Audience and Summary.

Please join Monmouth County 4-H as we congratulate these outstanding youth members for competing in the State Public Presentations: Chelsea Cook, Curry Combs & Free Spirit; Randi Dorr, Bits and Bridles; Cait Kazimir, Power of Music; Clair McKittrick, Teen Small Animal; Lauren Myles, Monmouth Livestock; Brittany Rappleyea, Curry Combs & Free Spirit; Kelly Shoemaker, Curry Combs & Free Spirit; Amelia Valente, 14 Carrot Rabbit Club. (See congratulations, Page 10)

COLONY COLLAPSE DISORDER

By: Alex Kubiak, Garden Ambassador

As some of you may already know, the Honeybees are leaving their hives, never to return. The most likely reasons are a possible shortage in their food, pesticides, and maybe even a new virus that is attacking the Honeybees' immune system. The bees are the main pollinators for the farmer's crops. Some of the crops are almonds, apples, avocados, and cherries that need to be pollinated. The massive bee deaths are called C.C.D., also known as Colony Collapse Disorder. All of this started in 2006. In China, all the Honeybees are dead; now the Chinese farmers have to pollinate the plants by hand. If we lose all of our Honeybees, then we will have to hand pollinate all the plants in the United State of America. For more information, you can visit this website: <http://lifestyle.msn.com/green/greenstaticsslide/showcl.aspx?cpdocumentid=7081174&imageindex=1>

IN THE NEWS (cont.)

SPRING FEST HUGE SUCCESS!

June 2008 Freehold Township Heritage Society Newsletter

On May 3 and 4, over 500 people visited and were given the opportunity to explore roughly 300 years of township history during their visit to the Oakley Farm and West Freehold Schoolhouse during the Spring Festival sponsored in cooperation with the Monmouth County Historical Commission; two commissioners also visited the Oakley Farm during this two-day event. Visitors were able to view the house and seven outbuildings that were open to the public. Two of those buildings-the feedhouse and smokehouse-were open to the public for the first time since being renovated. The feedhouse was converted into a Civil War field museum. The historic tollhouse on the property, a precursor to the Garden State Parkway's toll booths, also was open during the festival. This festival is the first of its kind and is hoped to be an annual event.

The success of the event was outstanding. Activities ranged from many donated home baked goods, master gardeners on hand to answer questions, spinning and weaving demonstrations, colonial toy demonstrations by Joe Remus, chair caning by Eileen Webb, blacksmithing and butter churning by Floyd Bennett, rabbits from the 4-H Rabbit Club, house and barn tours and the 3rd NJ volunteers encampment. There was also an art exhibition with 34 entries sponsored by the Freehold Township Art Society and "Art Around the Corner," with awards being given. There was also a coupon drawing for a stained glass window and a Diana doll.

Though admission to the festival was free, profit from the various activities and donations during the two-day event amounted to over \$1,000. All proceeds will go toward historic preservation projects in the township.

FREEHOLD MEMORIAL DAY PARADE

(See Thank You, page 9)



Freehold Memorial Day Parade continued on next page...

IN THE NEWS (cont.)

Pictures continue from Freehold Memorial Day Parade



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ANNOUNCEMENTS

FREEHOLD ROTARY

The Freehold Rotary has donated \$500 to support Monmouth County 4-H programming. The money is being applied to 4-H club community service projects (e.g.– craft materials for a nursing home program, school supplies for a youth group home, plants for a community garden, etc.) Clubs must submit applications for review by September 19th, with project completion by December 19th. For more information, contact your club leader. Thank you to the Freehold Rotary for their generous support of our youth life skill development mission.

ANNOUNCEMENTS (cont.)

WIN A HORSE SADDLE, PLASMA TV, AND MOVE!

Please support the New Jersey Agricultural Society and the New Jersey Agricultural Leadership Development Program by purchasing one of two raffle tickets.

THE FIRST RAFFLE TICKET IS FOR A CHANCE TO WIN:

- First Place:** \$2000 Saddle from Rick's Saddle Shop
(‘Florida’ Western Circle Y Show Saddle, or any other saddle of equal value)
- Second Place:** \$150 Gift Certificate to Rick's Saddle Shop
- Third Place:** \$50 Gift Certificate to Rick's Saddle Shop

Winners will be drawn at Rick's Saddle Shop on Sunday, December 7, 2008, at 3:00 pm

THE SECOND RAFFLE TICKET IS FOR A CHANCE TO WIN:

- First Place:** 42" Panasonic Plasma TV, worth \$1,499.00
- Second Place:** Garmin Navigation System Nuvi 200, worth \$225.00
- Third Place:** Apple iPod Nano, worth \$149.00

Winners will be drawn at New Jersey Farm Bureau Convention on November 17, 2008

Tickets are \$10.00 each.
If Interested, please contact Diane Zahorsky,
Agriculture Department
RCE of Monmouth County
4000 Kozloski Road
PO Box 5033
Freehold NJ 07728
Phone: (732)431-7262
E-mail: zahorsky@aesop.rutgers.edu

ANNOUNCEMENTS (cont.)

June 25, 2008

Dear 4-H Parent,

We know that, like us, you are very proud of the skills and accomplishments of your child. The 4-H program is extensive and we are constantly receiving notices of opportunities for your child's participation. For example, 4-H is involved in many community events such as parades, community days, open houses, school programs and more.

Your child's participation in these 4-H promotional events provides many benefits to your child, such as community service credit, scholarship opportunities, public speaking experience, field work experience, field work credit and leadership development.

What are the types of assistance 4-H'ers can provide in 4-H outreach? There are many, as outlined in the form below. Please complete the form and return it to the 4-H office. You will be contacted to discuss specific program arrangements.

Thank you for your support of the 4-H program. We hope that you will take advantage of this opportunity to have your child's talents recognized through participation in 4-H promotional programming. Should you have any questions, please do not hesitate to contact Ellen Williams, 4-H Agent at (732)431-7266 or Williams@aesop.rutgers.edu, Karen Reeman, 4-H volunteer at (732)933-1882 or email: ckreeman@juno.com, or Denise Knapp, 4-H volunteer at (732)202-8251 or email: Luckyline05@aol.com. Thank you.

Sincerely,

Ellen Williams
Ellen Williams, County 4-H Agent

Karen Reeman
Karen Reeman, 4-H Outreach Committee
Denise Knapp
Denise Knapp, 4-H Outreach Committee

4-H Activities My Child Can Offer for 4-H Outreach

Parent's/Guardian's Name: _____

Name of 4-H Members: _____

4-H Clubs: _____

Phone Number: _____

- Bring my animal
- Lead a craft
- Give a demonstration (e.g. make a salad, rewire a lamp.etc)
- Give a performance (singing, acting.etc.)
- Provide a service (play a game; provide chores for senior citizens, etc.)
- Present a club presentation
- Design promotional materials (e.g. poster, power-point.etc.)
- Other:

Please complete a form for each child. Return by mail or in person to Rutgers Cooperative Extension of Monmouth County, 4000 Kozloski Road, Freehold NJ 07728 or by fax (732)409-4813.

ANNOUNCEMENTS (cont.)

GET MOVING GET HEALTHY

Is it okay to snack? Yes-especially for your young child. A snack serves as a way to recharge a hungry child so she can do her best all day long on the playground or in the classroom. **Snacks...The Golden Rule:** It's your job, as a parent, to offer your child a variety of tasty snack options each day. It's also up to you to keep snack time lighthearted. Your child has a job too! She decides how much or even whether to eat the snack. She may not eat, but because of your routine and healthy offerings, she'll know she know she can count on you for meals and snacks. This may be a new way of thinking about how to feed your child, but if raising a healthy eater is your goal this rule is a winner! **THE GOLDEN RULE:** is adapted from Eilyn Satter, "Secrets of Feeding a Healthy Family", Keicy Press: 1999.



Think AHEAD
Plan daily snacks for your child.

- Your child has a small tummy and needs refueling every 2-3 hours.
- Keep mealtimes in mind when planning snacks. If dinner is scheduled at 6:00 PM and your child is hungry at 5:00 PM don't panic! Carefully consider the food and portion size of the snack for those close-to-mealtime "hungeries."
- Some snacks are more filling than others. An example of a less filling snack might be a slice of bread or a few crackers, and a more filling snack could be a slice of cheese and a whole piece of fruit.

SNACK Together!
The best way to help your child choose healthy snacks is to choose them for yourself and eat together. **MAKE IT A PRIORITY!**

Your child really does pay attention to the way you eat. Keep in mind that as he grows up, most likely, he will eat the way you eat.

Keep Snacks HANDY
What's the best way to plan for snacks? Keep snack foods at home that are easy to prepare and eat on the go.

- When grocery shopping be sure to buy a few snack-friendly foods.
- Make a bag of snacks ahead of time. Build your snack bag by picking an item from at least 2 columns from the "Grocery List."
- Be adventurous! Rather than have the same snack each day, try new foods and new combinations.

Create EAGER TASTERS!
Inviting children to the store and kitchen helps make eager tasters.

- Involve your child in food shopping and cooking. Ask her what she would like to add to the grocery list!
- Let your child pick a new fruit or veggie each week at the store and include her in washing, slicing and serving.
- When offering a new food at snack time, be sure to serve it with some of your child's old favorites.
- If your child wrinkles up her nose to the new snack food, don't worry. Sometimes it takes 10-15+ tries before a new food even gets tasted!

GROCERY LIST
Use this list at the grocery store to keep your kitchen stocked with grab-n-go snack ideas. For your child's next snack choose foods from at least 2 columns.

Fruit Basket	Gupboard	Refrigerator
Apples	Almonds	Carrots
Bananas	Bagel	Celery
Berries	Crackers	Cheese
Cantaloupe	Dry cereal	Cottage cheese
Dried fruit	English muffin	Deli meats
Grapes	Fig bar	Hard boiled egg
Kiwi fruit	Peanuts	Milk
Mango	Peanut butter	100% Juice
Oranges	Sunflower seeds	Salsa
Peaches	Tortilla	Veggie dip
Pears	Trail mix	Yogurt



UPCOMING EVENTS



BENEFIT CONCERT FOR KIDS FOR KIDS 4-H CLUB

Featuring Josh Zuckerman & Beth Arentsen



Saturday, September 6th, 2008
Doors open at 3:00 PM
Showtime 4:00 PM



Tickets \$6.00 in advance; \$10.00 at the door
For the Benefit of the 4-H Kids for Kids
4-H Kids for Kids is a non-profit 4-H club that sponsors an
Annual Spring Formal for the developmentally disabled.

At the VFW
1 Veteran's Lane (Right off of Rt 36 Eastbound)
Port Monmouth, New Jersey

For advanced ticket sales, please call: 732-691-9301

ATTENTION! STATE SHOWS

Goat Show	August 21, 2008
Horse Show	August 22-24, 2008
Small Animal Show	September 13, 2008

**IF YOU NEED MORE INFORMATION ON ANY OF THESE SHOWS,
PLEASE CONTACT KELLY AT THE 4-H OFFICE!**



UPCOMING EVENTS (cont.)

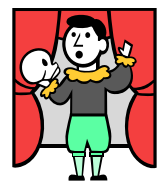


5th ANNUAL 4-H ARTS CAMP August 22-24, 2008

Friday 11 AM—Sunday 12 Noon
Grades K—12

Camp Nomoco—Freehold Township
Come explore 4-H fun with creative arts!

Drama Puppetry Music Dance Visual Arts Writing And More!



Share your talents! Learn new skills!

Teens have the opportunity to serve as camp assistant leaders.

Cost \$15.00 per camper for entire weekend or \$5.00 per day.

Campers have the option to camp overnight or attend day sessions.

They can attend one or more day sessions.

Open to 4-H club members and youth new to 4-H.

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

Registration deadline August 15, 2008.



Yes I am interested in going to 4-H Arts Camp at Camp Nomoco on August 22-24, 2008

Name _____ Phone _____

Address _____ E-Mail _____

Grade in September _____

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





UPCOMING EVENTS (cont.)



Get Moving, Get Healthy SIDEWALK GAMES



Saturday, Aug. 9th 9 am to noon

4-H/Ag. Bldg., 4000 Kozloski Rd., Freehold

\$3.00 Donation for all participants over age 3

- Come for all or part of the morning. There will be games for all ages, adults and children alike. **RAIN or SHINE!**
- Hopscotch, Sidewalk Chalk, Jump Rope, Jacks, Paddle Ball, Yo-Yo, Hacky Sacks, Hula Hoops, Bean Bag Toss, etc.
- Prizes and surprises will be available
- Healthy Refreshments will be available for purchase



All proceeds will go to support

The Child Advocacy Center of Monmouth County

This center will serve as a safe facility for children who have been victims of abuse, neglect and assault. It will provide law enforcement, mental health, medical help, victim advocacy, and prosecutorial services. This center will also reduce children's trauma and stress since they will only need to go to one place instead of various locations to get help. Donating to this cause will help the team build this center which is planned to be completed 9/2009. Because the organization is non-profit they rely on nothing else but your support. Please be a friend to them and help.

- This event is sponsored by the Friends Culture Club & 4-H Ambassador Amelia Valente.
- If you are unable to attend but would like to make a donation to this worthwhile organization, please forward your donation to 4-H. Make checks payable to the Child Advocacy Center.
- For more information please contact the 4-H Office at 732-431-7263.

Pre-registration is not mandatory but is helpful for planning purposes.

Detach Registration Form - Get Moving, Get Healthy SIDEWALK GAMES Mail to the 4-H Office.

Family Name: _____ Telephone: (_____) _____

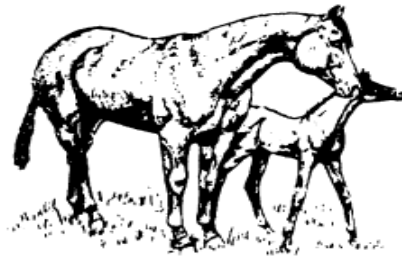
Email Address: _____

Name & ages of participants: _____

Donation Enclosed \$ _____ We can't attend but support this worthwhile cause. _____



BE OUR GUEST AT THE FESTIVAL OF HORSES



Sunday, August 10, 2008

10:00 a.m. – 2:00 p.m.

Horse Park of New Jersey

626 Route 524, Allentown, New Jersey 08510

Featuring:

**Woodedge at the Park Hunter/Jumper Horse
Show**

Standardbred Yearling and Mare and Foal Shows

Millstone Township Drill Team

Equine Demonstrations

Educational Programs

**Petting Farm, Face Painting, Pony Rides and
More!**

Sponsored by the

NJ Department of Agriculture

NJ Equine Advisory Board

Standardbred Breeders and Owners Association of NJ

Information – Call 609-984-4389

Lynn.Mathews@ag.state.nj.us

Debra.Moscatiello@ag.state.nj.us



4-H CAMP NEWS



CAMP ADVISORY COMMITTEE

By: James Tavares, Director, Lindley G. Cook 4-H Youth Center for Outdoor Education

Lindley G. Cook 4-H Camp is now accepting applications for the Camp Advisory Committee. I am sending you information about the committee. The applications will be reviewed on July 23rd by the Camp Advisory Task Force, and members will be selected from the applicant pool. The first Camp Advisory Committee meeting will be on September 27th (10am) at the Lindley G. Cook 4-H Camp Dining Hall.

The purpose of the 4-H Camp Advisory Committee is to provide advice, input and support to the 4-H Camp Director and the 4-H Camp Program Director responsible for the 4-H Camp facility and the educational programs offered there. A few of the responsibilities of the members include:

- Support the mission and goals of the New Jersey Department of 4-H Youth Development
- Analyze, identify and give priority to the needs, concerns and interests of the 4-H Youth Development Program as it applies to 4-H Camp facility and outdoor education programs
- Serve as an advocate for the NJ 4-H Camp and the educational experiences offered
- Annually review and endorse the proposed facility and program budget
- Develop strategies for 4-H Camp marketing and promotions
- Select recipients for 4-H Camp scholarships

The committee will address such issues as programming, budgeting, special programs and policies at camp. It is an exciting time in the evolution of the 4-H Camp.

If you are interested in being a part of this committee, or you know of someone who is interested, please have them fill out the enclosed application. If you have any questions, please feel free to call me.

I look forward to hearing from you.

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

July 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Youth Horse Council 6:30pm Horse Leaders 7:30	2	3	4	5
6	7	8	9	10	11	12 Freedom Fest Fair, Horse Park of NJ, Allentown www.freedomfestair.com
13	14 Fair entry drop off 8:30am-7:30pm Mandatory State Horse Show mtg. 6:30pm	15 Fair entry drop off 8:30am-7:30pm	16	17	18	19 Fair removal of items from barn!
20 Fair set-up 9:30 am	21	22 Set up of club booths 5:00pm Food Booth orientation 7:00pm	23	24	25	26
MONMOUTH COUNTY FAIR 7-23 TO 7-27						
Fair ends 6:00pm	28	29	30	31		

August 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9 Get Moving-Get Health Sidewalk Games 9am to Noon 4-H Building
10 Festival of Horses 10am to 2pm Horse Park of New Jersey	11	12	13	14	15	16
17	18	19	20	21	22	23
					8/22-8/24 Arts Camp; Camp Nomoco, Freehold Township	
24 Last day for Arts Camp	25	26	27	28	29	30
31						



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

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