

THE LUCKY 4-H'ERS GAZETTE



Volume 10 Issue 6
November-December 2009

4-H'ERS BRING SOURCE OF THANKSGIVING TO MANY

Inside this issue:

Letter from Ellen Williams, 4-H Agent	1
Welcome New Leaders, Members, Clubs	2
Heard Around The Clover	3-7
Youth Corner	8-10
Thank You	10-12
Resources	13-19
In The News	20-22
Upcoming Events	23
Congratulations	24-30
4-H Calendar of Events	31

As we enter this season of Thanksgiving, we can draw deep satisfaction from the knowledge that many people's lives are better because of 4-H. Somewhere, a needy family will be having a Thanksgiving meal because of 4-H club's food collection. Somewhere in a pediatrics ward, a child will be having her fears and loneliness eased through play with the toys donated by another 4-H club. In another Monmouth County community, a nursing home resident is smiling thankfully for the sound of 4-H clogging dancers and the soft touch of a 4-h'ers rabbit. Among their Thanksgiving blessings, many parents and guardians will be expressing deep appreciation for the skills and self-confidence that 4-H has instilled in their youth. 4-H alumni, as they encounter the challenges of day to day living, are thankful for the life skills that they possess as a result of their participation in 4-H. At many times throughout this Thanksgiving season a new volunteer will ask how to share his or her talents with the 4-H Youth Development program, thankful for the good that 4-H does for youth and community, and wanting to be part of such an impressive youth development movement. Each of us has our own individual Thanksgiving 4-H story. 4-H is an important part of each of our lives. Happy Thanksgiving, 4-H; our lives would not be so enriched were you not so much of part A who we are! Thank you!

DEADLINE FOR NEXT NEWSLETTER – December 11, 2009
PUBLICATION January-February 2010

**NEW LEADERS:****Monmouth Clogging Express—Jennifer Simester****Highlands Variety—Lorraine Kephart****Free Spirit Goat Club—Cindy Cook and Marie Shoemaker****Monmouth Livestock—Bob Nichols, Wendy Potter Levens, and Suzie Spreat**

NEW CLUB: Budding Clovers—Meets every Monday beginning December 7, 2009 at the Cornerstone Calvary Chapel in Howell. Ages K-3rd grade explore many project areas with hands on activities.

ANIMAL SCIENCE

Danielle August

Megan August

Nicholas Bond

Sarah Bond

Rebeca E. Carmeli-Peslak

Makayla M. Mohr

Marissa R. Procopio

Alina M. Souza

Nyla P. Winning

Isabella M. Marcinkiewicz

Madison J. McCaffrey

RHYTHMIC ILLUSIONS

Heather M. Nelson

Caroline H. Osborne

Eleni R. Scurletis

Zoe R. Scurletis

INDEPENDENT PROJECT

Marc A. Kowtko

ANIME/MANGA

Joanna J. Balzarano

M-14

Thomas G. Alessi

Mary C. Fitzsimmons

Heathergrace McLoughlin

Christine M. Somma

BETTER TOGETHER

Thomas J. Abbate

Kaya L. Farrell

Alex L. Zelikovsky

MONMOUTH CLOGGING EXPRESS

Alyssa F. Bernstein

Gianna M. Coppotelli

Danielle M. Critelli

Victoria N. Lebioda

Logan R. Maarberg

CURRY COMBS

Annamarie A. Shalayda

HIGHLANDS VARIETY

Molly K. Connelly

Samuel Herrera, Jr.

*Ellen Williams*

Ellen Williams

4-H Agent

Virginia Krzyzanowski
4-H Program AssociateRita 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.

M-14 ANIMAL CLUB

By: Susan McLoughlin, Club Leader

The M-14 Animal Club met in Middletown on September 18th and October 16th. Our new officers for this year are: Juliette Muth as President, Patricia McLoughlin as Vice President, Summer Buffin as Secretary, and Matthew Bennett as Treasurer. We talked about different types of small animals, rabbits, and chickens and how to identify them. We also learned about good living environments for our animals.

In October, we chose a team for the Rabbit and Small Animal Bowl. We are really looking forward to that day in December. We also collected some more items for the SPCA.

We discussed places we want to go this year. At the top of our list is the Popcorn Zoo and a full-day trip to the Pine Grove Dude Ranch.

MONMOUTH LIVESTOCK

By: Rebecca Carmeli-Peslak

I love Monmouth Livestock. We are always doing fun activities! In September, we held our organizational meeting, had a slide presentation on the Fair by Grace Spreat, did a Halloween craft and had a program about animals prepared by Dr. Susan Spreat. In October, we will hold elections and go to Allentown Days with our animals.

I've been in Monmouth Livestock since 1st grade. We always are going to different places. This year we have many new members and a lot of fun activities planned. We meet once a month at different locations. Each month we have a program on a different animal. We usually meet on Sunday afternoons. For more information on the schedule and meetings topics e-mail Bob Nichols at: wa2fis@att.net

One of my favorites is the Fair. The Fair is 5 days long. Everyone brings one kind of animal. Some bring more. It is so much fun. Hope to see you there.



THE LUCKY 4-H'ERS GAZETTE

CORRECTION:

In the last issue Volume 10 Issue 5 for September-October 2009 on page 25 under 2009 Fair Results 4-H Show Tent Presentations:

Melissa Whoeler should have been listed for doing her Presentation which was an Illustrated Talk entitled, "The Hippy Culture".

Heard Around The 4-H Clover (cont.)

THE DRAWING BOARD

By: Mary Bane, Club Leader

The members of “The Drawing Board” will meet for the first time to kick off the new club year on October 17th. Our club will continue to meet once a month to explore visual art and creative writing. The club artists are bringing their creativity to a project inspired by the Cornell Lab of Ornithology and will celebrate the beauty of the crow as their subject. “A Murder of Crows” is an eerily titled art project; a murder of crows is another term for a group of crows. Club members will have the opportunity to submit their work to the Cornell art challenge. Check out the Cornell website and celebrate urban birds at www.celebrateurbanbirds.org.

The Drawing Board club members are looking forward to creating, sharing and participating in this new 4-H club year. Visit our club blog at:

[Http://drawingboard4hclub.blogspot.com](http://drawingboard4hclub.blogspot.com)

ABOVE AND BEYOND’S LATEST ACTIVITIES!

By: Natalie Cribbin

The Monmouth Mile: On August 9, 2009 our club went to Dawn Patrol and ran for ReRun! Dawn Patrol was very exciting. We got to meet Chuck Lopez, the jockey. Laurie Lane (ReRun director) calls us her 4-H club! After Dawn Patrol we ran for ReRun on the Monmouth Racetrack. All the money made was donated to ReRun. Jamie came in 1st for her age group. I came in 2nd for our age group and Krista came in 3rd for our age group (we were in the same group).

Cowtown: On September 26, 2009 our club went to Cowtown Rodeo! Although it was raining, most of us went. It started at 7:30 and we left about 9:00! It took about one hour to get there and to get home. Most of the people in the 4-H club are **BIG** animal lovers, so we didn’t really like the calf wrestling, bronco riding or the bull riding. We really wanted to see the Barrel Racing but we left too early. We had fun though.

TEEN SMALL ANIMAL

By:

Even though we are not far into the 2009-10 year of 4-H we have already accomplished many things such as the community service projects we have been planning. Like the Thanksgiving food drive being run by Kathy Smith; flyers and bin are in the hallway at the 4-H building (bright pink poster can’t miss it). We are also preparing to do an undergarment drive in the next month or so by Kathy Smith and Laura Dwulet. Laura is also in a program called Bridges; if you would like information don’t be afraid to ask her. She doesn’t bite! And last but not least, Clair’s Clothes Contribution. Aside from doing all of these community service projects, Clair McKittrick has also been crowned Monmouth County’s 2009-10 ambassador.

Heard Around The 4-H Clover (cont.)

MONMOUTH CLOGGING EXPRESS

By: Marty Wallenstein, Co-Leader

Happy Fall to everyone!

We are so excited about the wonderful turnout of new members this year! Some of them saw our club perform at the fair and some new recruits are friends of current members. All in all, we are looking forward to a very productive, and fun year for both old and new members alike!

We are very pleased to have Jen Simester join us to help with instruction of newer members who have never clogged before. Jen is a former 4-H'er and an excellent clogger and will be a huge asset to our club. We are sure JoAnna is very excited about the extra help! We thank JoAnna for her hard work last year and we are sure she is very happy about Jen joining the team.

Our new members are: Alyssa Bernstein, Gianna Coppotelli, Daniella Critelli, Katelyn Kennedy, Victoria Labioda, Logan Maarberg, Kelly MacGorman, Isabella Marcinkiewicz, and Madison McCaffrey.

We elected officers at last week's meeting and we have Christy Schaaf as President, Sarah D'Amore as Secretary and Amanda Schaaf as Treasurer.

Watch for us at the Freehold Halloween Parade!

TEEN COUNCIL

By: Amy Barker, Co Leader

Teen Council is looking forward to a very exciting year. We had a great time at the Fair and are very proud to announce that one of our members, Clair McKittrick, is the Monmouth County 4-H Ambassador. She has a lot of great ideas to spread the joy throughout the county while helping the less fortunate.

The club has many community service projects planned for the year including our annual Thanksgiving food drive, which will provide 2 families with Thanksgiving dinners through the Family Promise program. We will also be working on several clothing drives and have chosen to do a small drive each month, this month is bring a can of soup month. The club has decided every little bit helps and they are going to do all they can.

We are also looking forward to many activities this year. Our club members are active in STAC, State Teen Action Council, and helping plan activities with them for the year. We are also helping plan for SJTC, Monmouth County is responsible for the dance this year. We are also looking into doing an inter-state 4-H exchange, possibly with a group in Maryland. It's been a long time coming, but it will be great fun. Winter camp is coming soon. We will go in January this year with a new group of teens; everyone is looking forward to the winter fun.

We would love to see teens from your club make this club what it used to be. The more members we have, the more programs and fun we can have in our county. If you are interested in visiting with us, we meet the third Wednesday of every month at 7:30pm in the kitchen classroom. See you soon.

Heard Around The 4-H Clover (cont.)



By: Clair McKittrick

THUNDERHOOFS

Well, we are back for another year of learning, community service and working on our presentation skills. It was nice to see the returning members and some new members too, including Kaleigh, Reyne, Ellie and Kathy.

We started our meeting with a review of our fair activities. We had entries in over 14 categories as well as in Small Animal. We also had 100 % of the club members submit a record book! We had club awards for participation in the fair including: set-up, booth set –up, popcorn, dunking & food booths, herdsmanship and take-down. Everyone received their record books as well.

Next we had an icebreaker to introduce our members to each other and learn something that each member had a special interest for. After that, it was time to try to figure out what kind of animal was in the brown paper bag without looking. We had some really good guesses and fun playing with the animal afterwards. We ended the meeting with an apple tasting of red delicious, yellow delicious and rome apples.

Our next meeting will be on October 16th at 7:30 and we will be learning about how horses see, and having a little Halloween fun with monsters and pumpkins.

NATURE'S NAVIGATORS

By: Lorraine Yoncak, Club Leader

In September we made squeeze bottle rockets from Kool Aid Burst drinks, straws & play dough. The Wissler's can really launch the rockets far and C.J. got his to go the highest. It was fun and we learned about Newton's 3rd law of motion: for every action there is an equal and opposite reaction. Then we had our business meeting and planned a few things for fall. Next was more rockets. This time it was the Alka Seltzer film canister combination. That gave our meeting an extra "pop".



On September 28th, 18 of us went to Lake Topanemus in Freehold to do a lake clean up. The weather was great for boating and we went out in the boats several times to find litter around the lake.

We hauled it all in, then had a pizza lunch, cleaned up some more, and had fun while doing community service.



At our October meeting we did the National 4-H Science Experiment. We made a bio-fuel out of corn syrup and yeast. The yeast eats the corn syrup and creates carbon dioxide and ethanol, which can be added to gasoline as a bio-fuel. Good to know how we can start going green.

Heard Around The 4-H Clover (cont.)

14 CARROT RABBIT 4-H CLUB

By: Lorraine Yoncak, Club Leader

Our 4-H year has had a nice beginning. We have some new members in the club. We have gone to some new events, and we have continued with some past traditions.

We had six members exhibit in the State Small Animal Show September 12th. They all enjoyed the show and mingling with 4-H'ers from around the state. We again are sponsoring Holly the Sicilian Donkey at Popcorn Park Zoo. He sends us nice photos and letters a few times a year.

October with 4-H week found us very busy. Some families participated in the 4-H yard sale. Then we had the 4-H Achievement night on the 8th and our member Amelia received one of the Advanced Pomona Grange Awards. Congratulations to her! On the 10th and 11th we showed our animals and promoted 4-H at the Allentown Fall Festival. We missed a similar event on the 17th at the Oakley Farm in Freehold because of the rainy weather.



At our October monthly meeting many members brought their animals in costume for Halloween, really cute! Our educational portion was on showmanship, something we all plan to participate in this year. We plan to take our animals to Dearborn Farms in Middletown on Halloween to again promote 4-H and animal care.

In November we are collecting items to donate to the SPCA & the Humane Society as our Thanksgiving project. Looking ahead, we are collecting for Toys for Tots in November & December and will have a drop off box in the 4-H office for these projects.

We have members who will attend a Rabbit Bowl put on by Camden County in December 5th, so we have to study up for that.

RHYTHMIC ILLUSIONS

By: Lauren Coleman, Club Leader

Fall is here, and our club, Rhythmic Illusions, is already busy at work for the upcoming season. Our club members are hard at work learning new skills and new routines for the new year, and many of our club members moved up a level in rhythmic gymnastics. Congratulations to the following members for moving up to a higher level this summer: Summer Smagacz (moved up to the Gold level in rhythmic gymnastics), Jenna Antonaccio (moved up to Platinum level), Jennica Lee (moved up to Bronze level), Angela Antonaccio (moved up to Gold level), Aarti Shah (moved up to Silver level), Samantha Antonaccio (moved up to Silver level), and Kiera Kulaga (moved up to Silver level).

Additional thanks go to Jeanine Reeman, Ivane Lee, Kiera Kulaga, Sarah Sawaged, Jenna Antonaccio, Samantha Antonaccio, and Carla Rios for helping to teach the routines to some of the newer club members. Thanks, girls! A special welcome to our new club members: Zoey, Eleni, Heather, Caroline, and Anika! Welcome to our club!





WHAT RIDING HORSES IS

By: Cassidy Abramov, Above and Beyond

It's not gross, and it's not disgusting. That smell of horses in the morning, to hear them nay from their pastures, ready for someone to ride them.

It's not just the hot sun and sunglasses slipping off your nose. It's not just a helmet that no matter what the guarantee still lets the sun get in your eyes. It's not just the skin tight, cloth material pants that aren't flattering on anyone, or the thin material tee-shirts that always get untucked while you're riding. It's not just having to twist at odd angles to get on a pair of half-chaps, or getting them to stay snapped while your riding.

It's not just the rhythmic feeling of a curry comb brushing over a horse's back, removing dirt from below the surface. And it's not just the hard bristled brushes that remove that dirt and loose hair. It's not just the smell of fly spray or new leather.

It's not just using every muscle in your body to get a horse to move backwards so you can get a saddle on straight. It's not just the struggle with your horse on a stubborn day to get the bit in his mouth. It's not just having a hard time getting your girth tight enough so your saddle stays on.

It's not just getting on a horse and being afraid of falling. It's not just the fear that you have to make another entity do what you need it to so you can accomplish a task. It's not just the fear of doing something your horse doesn't like and getting bucked off. It's not just the knowledge that people die doing what you're trying to do.

You know what else riding horses is?

It's the feeling like you're flying when you're going as fast as you can on a trail back in the woods. It's that stomach dropping, butterflies turned to bats feeling when you land a two foot jump without falling. It's the freedom you feel when it's just you and your horse.

It's getting off covered in sweat and horse hair, and your horse being just as sweaty as you. It's going to put your tack away and your horse nudging you with his nose to say, "I love you...and hurry back". It's the horse spit you get on your hands when you give your guy some treats.

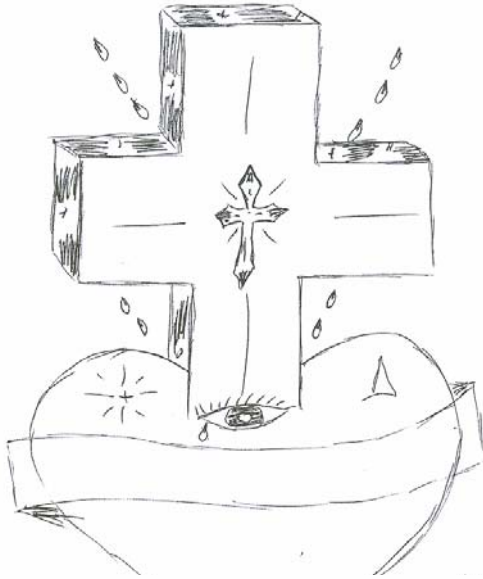
It's going to hose him down and getting soaked through to the skin because he was running from the water. It's the scared look in his eyes when something loud crashes down or when something moves to fast and startles him. And the look he gives you when you tell him it's alright and pat him on the neck.

It's the connection you feel before you leave when you walk your horse to his pasture and talk to him. AND feel like he understands every word you're saying. It's that sinking feeling you get when you leave and have to wait a week to ride again...

...and seeing his eyes light up when you come back because he knows you...

...it's not just horseback riding...it's so much more than that...

Art work pictured below by Alejandro,
Youth Detention Center.



i've noticed that
i can break down your walls
like they aren't even there.
and when you try to
build them up again,
they resist
(because your heart
likes being free).

and you know just how to
save me when i need saving
(my knight in shining denim).

so why don't you understand
that i just need your approval?
(and then what everyone says
won't matter.)

The following poems are by Linette Reeman,
Independent Project.

your antennas go up.
"alert! alert! FREAK! alert! alert!"
you study me intently,
trying to figure out what's wrong.
(well, i've been poked and prodded
all day,
so i'm not feeling very cooperative.)
go on, take it all in—
my high tops, baggy shirt, boy shorts,
short hair, the metal in my ears...
"what grade are you in?
you go to *what* school?"
(at least your assistants are nice[r].)
my turn: "i'm very interested in
body modification."
"what?"
"you know, piercings, tattoos...
i want to become a tattoo artist."
you *snicker*,
smirk,
snort.
i *glare*.

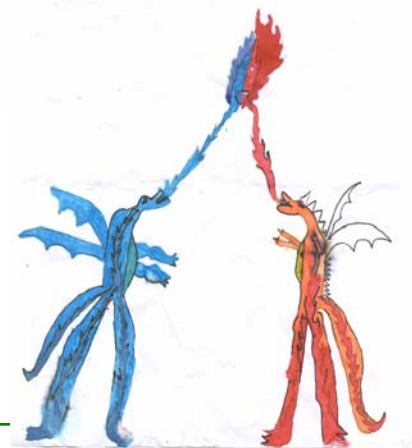
(see, this is what i get for being interesting.)

you needed a reason to keep on
living
, because dying wasn't good enough for you.
too bad you couldn't see far enough past
the rain on the windshield of your car to think
that maybe driving alone in the middle of the night
wasn't such a good idea...

when they found your body,
they gave me your jacket.
i curled up with it when i got back home and
pretended that it was your arms and that you'd been
sober
, because if i thought otherwise, i might have to
blame myself for pretending nothing was wrong.
for pretending i didn't stop you from leaving

simply because i was
mad

Pictured to the right:
Art work by Victor
Marchiafava
Arts Camp participant.



Youth Corner (cont.)

STATE 4-H TRAIL RIDE 2009

By: Stella Almeida, Monmouth County. Chair Equine Activities

Riders included 4-H members from Warren, Monmouth, Salem and Ocean counties. The ride itself was in the Colliers Mills Wildlife Mangement Area in New Egypt. The weather was perfect, and the riders were a great group of 4-H'ers.

Tori Mathers, owner and operator, of Sleepy Hollow Stables in New Egypt allowed us to use her beautiful facility for the entire day.

I would like to say a special "thank you" to the Trail Ride Committee. Your tireless effort helped to make the ride a success. Ann Grega and Mark and Terri Dorr took care of the food and snack items. Paula Sagui compiled all of the data, including scoring at the event (how about that "pulled pork" she provided for dinner). David Sagui took care of marking the trail and the awards. Let's not forget the hours Robin Tuzeneau spent with us also marking the trail. Chris Cleary (and his horse Two Socks) was the Trail Master. Meg Whitehouse was able to acquire reflective safety vests for the volunteers. Katie Vogel was instrumental in acquiring the proper personnel to assist throughout the day (and answering my endless questions). Dr. Sara Ralston from Rutgers University volunteered her vet services for the day. Marie Shoemaker was the time keeper and Kelly Shoemaker served as water stop monitor. The Mobile Radio Club of Ocean County was on the trail to keep track of all the riders. Gladys Tarantino of the 4-H office staff accepted all the entries and correspondence for the trail ride.

Thank you all, again, for the countless hours you gave to make October 11th a successful Trail Ride.

THANK YOU

Congratulations to Monmouth County Small Animal and Horse Project for Successful 4-H State Sponsored Events

The strength of the Monmouth County Animal Science Project area is reflected in the strong leadership of our volunteers and commitment of our 4-Hers. Congratulations to the Monmouth County Small Animal Science division for hosting the State Small Animal Show at the Horse Park of New Jersey, Allentown on September 12th. Particular thanks goes to Meg Whitehouse who chaired this statewide event, working with small animal club leaders throughout NJ and coordinating logistics. Thank you to all who assisted with the event: Nyna McKittrick, Clair McKittrick, A.J. Santoriello, Lori Landry, Navin Boggavarapu, Debra Grey, Delaney Gray, Robin Bloom, Rich Yoncak, Paul Yoncak, Lorraine Yoncak, Sarah Sakowski, Terri Whoeler, Melissa Whoeler, Randy Martin and Sam Martin.

Congratulations to our Horse Science Project for hosting the State Trail Ride. For many years the Curry Combs club has been actively involved in Trail Ride and this year co-leader Dave Sagui blazed the trail for Monmouth County's hosting of the event. Thank you to all of the committee: Stella Almeida, Ann Grega, Mark Dorr, Terry Dorr, Kate Vogel, Marie Shoemaker, Meg Whitehouse and Chris Cleary.

All of our state event volunteers truly make us proud of the Monmouth County 4-H program; through your dedication and example, you provide opportunities for our 4-H'ers to flourish and grow. Thank you so much!





THANK YOU (cont.)

Thank You

By: Meg Whitehouse

As a member of the State 4-H Small Animal show 2009 committee, please accept my thanks to all the Monmouth County 4-H'ers, leaders and volunteers who helped with the show on Saturday, September 12, 2009 at the Horse Park of New Jersey. It was a wonderful event with over 230 rabbits, 45 guinea pigs, 27 small animals, 55 poultry and 13 herpetology entries. We had over 20 entries in showmanship.

Running a small animal show is no small task and the Monmouth County crew pitched in and helped with set up, wrote for the judges, assisted with entries, ran the raffle table, handed out prizes and ribbons, announced classes, sold snacks, took photographs and cleaned up afterwards. Most sincere thanks to Rita Silvestri; Gladys Tarantino; Ellen Williams; Nyna & Clair McKittrick; A.J. Santoriello; Lori Landry; Mrs. Boggavarapu; Anthony Santoriello; Debra & Delaney Gray; Robin Bloom; Rich, Paul & Lorraine Yoncak; Sarah Sakowski; Terri & Melissa Whoeler; and Randy & Sam Martin for all their help.

Lorraine & Paul Yoncak and Leigh Whitehouse put away one load of equipment and then Lorraine and Paul made another trip and stacked away all the tables.

Great job done by all! The 4-H'ers, leaders and volunteers truly made the State 4-H Small Animal Show great.

Thanks again,
Meg Whitehouse

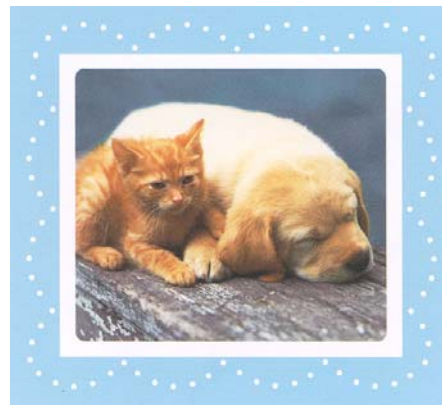
To My Friends,

I wanted to say "Thank You" to my friends who assisted with my petting farm animals during the "weather situation" at this year's Monmouth County Fair. Everyone was safe—because of your help.

Have an enjoyable rest of the summer!

Sincerely,

Bonnie Conover
Little Bit Ponies 'n More
(and a former 4-H Leader myself)





ASSOCIATED HUMANE SOCIETIES, INC. ♦ POPCORN PARK
 PUBLISHER OF THE HUMANE NEWS
 WWW.AHSCARES.ORG

October 14, 2009

L. Yoncak
 14 Carrot Rabbit 4-H Club
 193 Ely Harmony Rd.
 Freehold, NJ 07728-8013

Dear Friends;



Holly the Sicilian Donkey at Popcorn Park Zoo. This donkey is sponsored by the 14 Carrot Rabbit 4-H Club.

Please accept our sincere thanks and appreciation for your continued concern and support of your sponsored pet Holly. Enclosed you will find your new group passes.

We hope it is possible for you to visit our facility and see how donations we receive are used for the welfare of the animals. Since we receive no federal, state or local funding we rely on the generosity of sponsors like you.

If you have any questions please feel free to contact me. The phone and address are on this letter and this is my email address; njhumane3@aol.com

Again, thank you.

Very truly yours,

Colleen Buchanan

CB: me
 Enc.

Colleen Buchanan
 Sponsorship Coordinator



EXECUTIVE OFFICES / ESSEX COUNTY BRANCH
 124 EVERGREEN AVENUE
 NEWARK, NJ 07114-2133
 (973) 824-7080
 FAX: (973) 824-2720
 E-MAIL: CONTACTUS@AHSCARES.ORG

OCEAN COUNTY BRANCH
 HOME OF POPCORN PARK
 HUMANE WAY - PO Box 43
 FORTKED RIVER, NJ 08731-0043
 (609) 693-1900 FAX: (609) 693-8404
 E-MAIL: NJHUMANE@AOL.COM

MONMOUTH COUNTY BRANCH
 2960 SHAFTO ROAD
 TINTON FALLS, NJ 07753-7608
 (732) 922-0100
 FAX: (732) 922-4032
 E-MAIL: TINTONFALLSAHS@AOL.COM



RESOURCES



Seasonal and 2009 H1N1 Flu: A Guide for Parents



Flu information

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by flu viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus starts spreading among people and making people sick.

What is 2009 H1N1 flu?

2009 H1N1 flu (sometimes called swine flu or novel flu) is a new and very different flu virus that is spreading worldwide among people. This flu season, scientists expect both 2009 H1N1 flu and seasonal flu to cause more people to get sick than a regular flu season. More hospital stays and deaths may also occur.

How serious is the flu?

Most people with 2009 H1N1 have had mild illness and have not needed medical care and the same is true of seasonal flu. However, the flu can be serious, especially for young children (risk is highest in children younger than 2 years) and children of any age who have certain chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. Children with these conditions can have more severe illness from any flu, including from the 2009 H1N1 flu virus.

How does flu spread?

Both 2009 H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with flu. People also may get sick by touching something with flu viruses on it and then touching their mouth, nose or eyes.

What are the symptoms of the flu?

Symptoms of seasonal flu and 2009 H1N1 flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people sick with the flu will not have a fever.

How long can a sick person spread the flu to others?

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, some people can shed virus for longer, especially children and people with weakened immune systems and people infected with 2009 H1N1 flu.

Protect your child

How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Get a 2009 H1N1 vaccine for your child. Ask your doctor about whether you should get one too.

Take - and encourage your child to take - everyday steps that can help prevent the spread of germs. This includes:

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw away tissues and other disposable items used by sick persons in your household in the trash.



RESOURCES (continued)

Is there a vaccine to protect my child from H1N1 flu?

A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu. This vaccine is recommended for children 6 months through 18 years of age and all people who are close contacts (caregivers) of children younger than 5 years of age.

A vaccine against 2009 H1N1 flu also is being made. This vaccine is recommended for all children and young adults 6 months through 24 years of age. Other people, including close contacts of children younger than 6 months of age and adults with certain chronic medical conditions, are recommended for vaccination too. More information about the 2009 H1N1 flu vaccine and the seasonal flu vaccine is available on the CDC Web site.

Is there medicine to treat the flu?



Antiviral drugs can treat both seasonal flu and 2009 H1N1 flu. The priority use for these drugs this season is to treat people who are seriously ill (hospitalized) or people who are sick with the

flu and either have a medical condition or are in an age group that puts them at high risk of serious flu complications. Antiviral drugs can make people feel better and get better sooner and may prevent serious flu complications. These drugs need to be prescribed by a doctor and they work best when started during the first 2 days of illness. These drugs can be given to children.

What should I use for hand cleaning?

Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.



If your child is sick

What can I do if my child gets sick?

If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or

cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 (and especially younger than 2) or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, ask a doctor if your child should be examined. This is because younger children (especially children younger than 2) and children who have chronic medical conditions may be at higher risk of serious complications from flu infection, including 2009 H1N1 flu. Talk to your doctor early if you are worried about your child's illness.

What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get a severe case of flu.

Call or take your child to a doctor right away if your child of any age has:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

For more information, visit www.cdc.gov or www.flu.gov or call 800-CDC-INFO



RESOURCES (cont.)



KIDS' SCIENCE CHALLENGE

A FREE NATIONWIDE COMPETITION FOR 3rd TO 6th GRADERS

FUNDED BY THE NATIONAL SCIENCE FOUNDATION

In the *Kids' Science Challenge (KSC)* 4-H kids have fun learning the principals of science and engineering while seeing their ideas come alive. Along with an exciting competition we offer a suite of online projects, activities and curricula designed to national science education standards; as well as fun and educational videos, games, interactive learning opportunities and an extraordinary group of kid-friendly scientists and engineers.

How the KSC works

Students learn about the work of a select group of scientists and engineers on our website: kids-science-challenge.com. Kids submit their own problems and experiments to these scientists and then winning ideas are chosen on the basis of originality, do-ability and grasp of scientific principles. Competition winners visit and collaborate with the scientists to see their ideas turned into realities. Kids, parents and 4-H leaders can follow this process online. The competition runs from October 1, 2009 – February 28, 2010.

The first thousand entrants receive a free Science Activity Kit. 771 kids from all over the country entered last year's KSC competition. Please visit our Press Room to see some of the great media coverage the project and our participants have received.

KSC and 4-H After-school

We'll be working directly with a number of 4-H groups this year, and we hope that yours will be one of them. We provide online training of mentors and group leaders, and plenty of downloadable materials to encourage 4-H members to participate. We hope that you'll bring the KSC into your 4-H after-school science clubs.



"This was an excellent contest for the kids – easy to explain, discuss and enter... It also prompted an interest in science in a fun way. For my group, it got them excited about science and talking about the various ways science impacts our lives." K. Pleticha, Mahtomedi, MN - Girl Scout Troop Leader

Sincerely,

Jim Metzner, Producer
The Kids Science Challenge

Read more about the *Kids' Science Challenge* and our recent winners by visiting our website: www.kids-science-challenge.com. Follow KSC on Twitter: KidScience.



345 Dug Road • Accord, NY 12404 • 845-626-2253
jim@kids-science-challenge.com • Jim Metzner, Producer



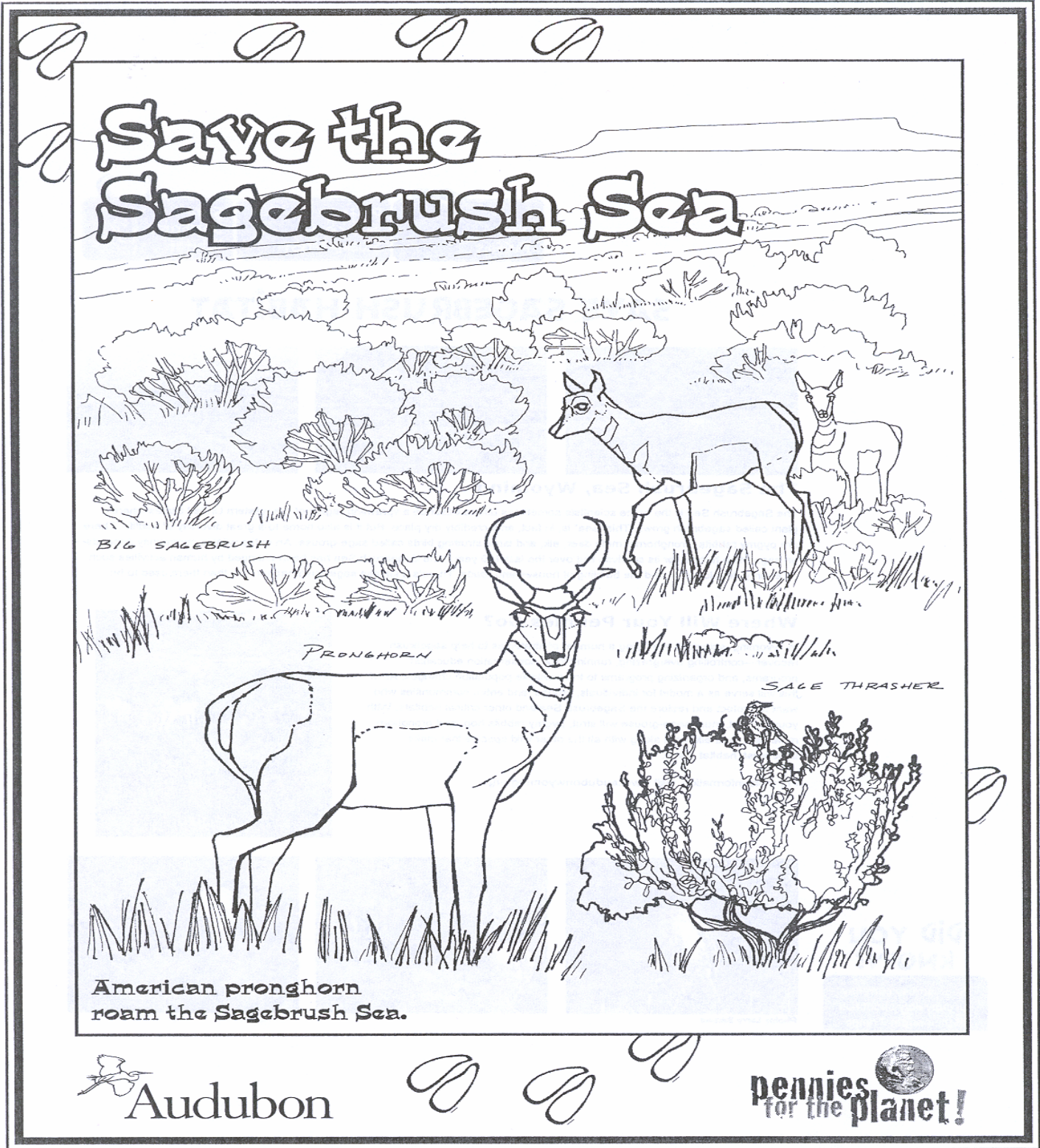
FROM IAN RIOS 4-H S.E.T. AMBASSADOR

Join: NASA Kids' Club

[Http://www.nasa.gov/audience/for-kids/kidsclub/flash/index.html](http://www.nasa.gov/audience/for-kids/kidsclub/flash/index.html)

RESOURCES (cont.)

NAME: _____ CLUB: _____



American pronghorn
roam the Sagebrush Sea.

 Audubon



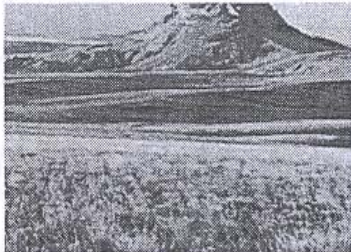
Return your picture to the 4-H office for a prize.



RESOURCES (cont.)



SAVE SAGEBRUSH HABITAT



The Sagebrush Sea, Wyoming

The Sagebrush Sea is the name scientists sometimes use to describe a sprawling region of the western United States where a plant called sagebrush grows. This "sea" is, in fact, an incredibly dry place. But it is also home to a great diversity of wildlife. There are pygmy rabbits, pronghorns, mule deer, elk, and large strutting birds called sage-grouse. An entire wildlife community depends on sagebrush habitat for its survival. But over the last 100 years, the Sagebrush Sea has been changed by human activities such as energy development and the building of houses and roads. There's a lot less sagebrush habitat now than there used to be.

Where Will Your Pennies Go?

In Wyoming, scientists are trying a number of strategies to help sagebrush recover—controlling overgrazing, running local conservation education programs, and organizing programs to track wildlife population changes. All of this will serve as a model for individuals, groups, and entire communities who want to protect and restore the Sagebrush Sea and other critical habitats. With your support, more sage-grouse will strut, pygmy rabbits hop, and pronghorn, mule deer, and elk roam along with all the other wild species that make sagebrush habitat home.

For more information, visit www.audubonwyoming.org

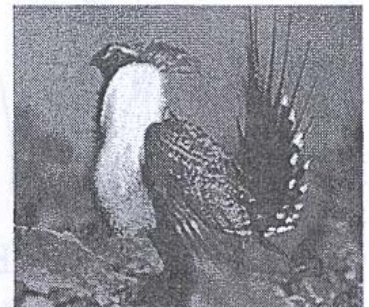
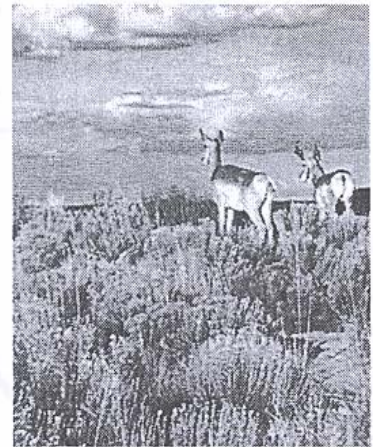


Photo: Larry Barnes

DID YOU KNOW?

Sage-grouse currently occupy only about half of their original range.



RESOURCES (cont.)

PENNIES FOR THE PLANET MONEY-RAISING IDEAS

In the last newsletter we provided you with the information on how to design your container for collecting Pennies for the Planet. Now that you have a container all ready to collect coins, you can plan a special fund-raising activity like the ones below. Or you can set up a collection table at school, a place of worship, a nature center, in your neighborhood, at a zoo or aquarium, inside or outside local businesses, at community events...anywhere people with change in their pockets and a desire to help wildlife and wild places might pass by.



A WHEELY GOOD IDEA - Offer to walk or ride your bike to school and activities instead of getting a ride from your parents. See if your parents will be willing to donate to your Pennies jar a portion of the money they would have used on gas.



PENNIES FOR THE PLANET BAKE SALE - Hold a bake sale featuring items that draw attention to the projects of this year's campaign. You can make Four Holes Swamp Donut Holes, Puffin Pastries, Gingerbread pronghorn, and much more. Create informational tags about the animal or habitat represented by each item. You might add: "your pennies will go toward protecting these and other wild creatures around the planet. Thank you!"



LOCAL BIRD GUIDE - Hundreds of bird species-both common and rare-make their home in this year's three featured regions. What kinds of birds live in your area? And how much do people know about them? Work with your friends, classmates, or scout troop to create a field guide to local birds. Download photographs or draw pictures that clearly show each bird's markings. Include a short summary of the bird and its characteristics, songs, preferred habitat, and conservation status. See if you can find a local bird expert to double-check your field guide for accuracy. Then make copies and sell them at local fairs, school open houses, etc.



PUFFIN STUFF - Everyone loves a puffin! Try decorating stationery, t-shirts, and other useful items with a puffin logo you design. Sell your puffin stuff at school fairs, sporting events, or concerts. Be sure to tell people about the project your sales will support!



HOME IMPORVEMENT - One of the great things about pennies is that they're everywhere. In the junk drawer, on your parents' dresser, behind the sofa cushions, and under the TV. Now's your chance to collect and earn pennies at the same time. Offer to clean your house for a small fee. Then ask your parents if you can keep any pennies you find while you're at it. You'll be amazed at how the pennies pile up.



CRANBERRY-POPCORN FEEDER

Materials: needle and thread, cooked popcorn, cranberries.

Instructions: Use a needle and thread to string together popcorn and cranberries. Drape in trees or even in a discarded Christmas tree.



RESOURCES (cont.)

MARTIN LUTHER KING, JR. DAY OF SERVICE JANUARY 18, 2010 4-H: Mobilizing Head, Heart, Hands and Health to Assist Families Coping with Tough Times



Today, our country is in the midst of a serious economic crisis. Men and women across the country are losing their jobs, homes are in foreclosure, children are going to school hungry, the elderly are unable to afford energy bills, businesses are closing and community resources are being stretched to the limits. As a result, many families are facing economic challenges, some for the first time ever. The current economy has some middle-class families falling through the cracks into poverty. And those families already struggling with poverty before the economic downturn are encountering even more difficult circumstances.

The stock market may be showing signs of improvement however other indicators, such as unemployment rates are not expected to show improvement for quite some time. The financial crisis for families is far from over and it will still take some time for most to recover. In today's economic climate, civic engagement will play an even greater role in responding to the needs of families and the communities in which they live. President Obama's call to service points to the need for America to lay a new foundation of recovery and growth—empowering individuals and organizations to take an active role in improving the lives of our fellow citizens. "Economic recovery is as much about what you're doing in your communities as what we're doing in Washington—and it's going to take all of us, working together."

4-H has a long history of engaging young people individually and collectively in solving problems and making a difference in their communities. However, now is the time for 4-H to renew its commitment to citizenship as an integral and important component of the organization to ensure a lifetime of contribution as youth enter adulthood. As such, 4-H will launch its renewed commitment to service as part of the larger effort to help solve community issues with collective participation in the Martin Luther King, Jr. Day of Service. The theme for our system will be **4-H: Mobilizing Head, Heart, Hands and Health to Assist Families Coping with Tough Times**—focusing on the economic challenges and issues facing American families.

About the Martin Luther King, Jr. Day of Service

In 1994 Congress passed the King Holiday and Service Act, designating the King Holiday as a national day of volunteer service. Instead of a day off from work or school, Congress asked Americans of all backgrounds and ages to celebrate Dr. King's legacy by turning community concerns into citizen action. The King Day of Service is a way to transform Dr. Martin Luther King, Jr.'s life and teachings into community service that helps solve social problems.

The King Day of Service takes place each year on the third Monday in January. In 2010, it will take place on January 18. The vision of the King Day of Service is to commemorate the legacy of Dr. King through service projects that strengthen communities, empower individuals and bridge barriers. The goal is to bring together people in the community that may not ordinarily meet, cultivate ongoing relationships and community partnerships, and engage volunteers beyond the day of service. Dr. King recognized the power of service to strengthening communities, once stating that "Everybody can be great because everybody can serve."

How will 4-H be involved?

There are many types of service that draw on Dr. King's message of uniting people around a common goal to help solve social problems. Some service may meet a tangible need, such as organizing a food drive, or some may meet a need of the spirit, such as a series of open forum discussions. No matter the type of service, participation in the MLK Day of Service can be a valuable and transforming experience for 4-H youth, 4-H clubs, the community and the nation. However, the success of this experience has a lot to do with planning. To help clubs get started early, the 4-H Citizenship Task Force will release some tools, resources and project examples to the system on September 15.

If you have any questions, please feel free to contact Lisa Hampton, lhampton@csrees.usda.gov 202-720-4087, or Justin Crowe, jcrowe3@utk.edu 865-974-2128.

**Creativity and Camaraderie Mark
The 6th Annual Monmouth County 4-H Arts Camp**

Despite the rain, 29 Monmouth County 4-H'ers participated in an arts camp program August 28-30, 2009 at Turkey Swamp Park. in Monmouth County, Freehold, NJ

Arts Camp provides youth with an opportunity to experience a variety of arts activities in a camp setting conducive to socialization. No prior arts experience is necessary. Due to the increasing enrollment in the camp program over the years, it is an established yearly event at the end of August. Youth may attend daily or stay overnight; they have the option to participate for a single day or all three days. Since the camp is open to youth grades K-12, activities are divided along age appropriate lines. Cloverbud teams are Head and Heart, Standard club teams are Hands and Health. A priority is giving youth the opportunity to share their talents as arts instructors; this summer, teen leaders taught workshops in songwriting. A variety of other arts workshops were offered including, among others, theatre arts, photography, visual arts, and music. An atmosphere of acceptance and inclusiveness invites youth to showcase their talents and explore new interests. They are invited to bring to camp any arts form they would like to share (e.g. an instrument, poem etc.) and they are given the opportunity to share this at the talent showcases each evening. There is no competition or auditioning involved; individual self expression is fostered and recognized without judgment. Over the camp period, partner and small group work is promoted to foster socialization.

Program Goals and Objectives are: Development of each child's imagination and self-expression; Increase in participants' self esteem as a result of encouragement of their creativity; Fostering of family relationships through interaction of guardians and campers; Recruitment of new 4-H club members among non-club member camp registrants and new volunteers among the chaperones; and Promotion of teen leadership skills through provision of opportunity for teens to serve as arts workshop instructors

As a result of participation in arts camp, non 4-H club members have joined 4-H and new volunteers have trained as club leaders. A core group of campers return each year. Guardians attest to the positive impact that 4-H has had on their children, noting increased confidence and socialization. Those who choose to camp with their children express gratitude for the time that camp provides for them to have quality time with their children. Parents who initially registered their children for day participation due to uncertainty as to whether their children would feel socially comfortable enough to stay overnight, often choose the overnight option once they see the joy and camaraderie their children are experiencing at camp. Many 4-Hers registered in non-arts related clubs have a strong interest in the arts; this arts camp provides a venue for them to express their arts interests through 4-H. As a result of participation in arts camp, they then have the opportunity to join an arts club (e.g., drama, anime', dance, etc.) or pursue an independent 4-H arts project. The arts camp has generally enrolled a balance of registered club members and those who attend arts camp as their first Monmouth County 4-H event. For those for whom this is their first 4-H experience, this serves as an entry into 4-H club registration. For those who may not have become club members in the past due to a misconception that 4-H was solely animal science and agricultural science, the arts camp serves as a significant event, opening opportunities to a rewarding 4-H career.

Following photography workshop, campers capture images of camp.



Juliette Muth



Victor Marchiafava



Onika Latham
Arianna Gregorio
Bridgette Hecht



Maggie Ciufu
Gabrielle Gregorio
Rebecca Carmeli-Peslak



IN THE NEWS (cont.)



National 4-H Conferences Schedule

Here is a general timeline for the following National 4-H activities. If you are interested in applying to attend one of these conferences, you should speak to your 4-H leader as soon as possible and contact the 4-H office to obtain copies of the application. Review the eligibility criteria carefully and good luck!

National 4-H Conference

August.....county receives applications and send to teens

October.....applications due back to the state

November.....group and individual interviews/counties are notified of selections

February.....orientation

March/April.....trip

CWF – Citizenship Washington Focus

January.....county receives applications and send to teens

March.....applications due back to the state/counties are notified of selections

June.....orientation

July.....trip

National 4-H Congress

February.....county receives applications and send to teens

April.....applications due back to the state

May.....individual interviews/counties are notified of selections

October.....orientation

Nov/Dec..... trip

IN THE NEWS (cont.)

ESSAYISTS DANCE WITH THE HONEY BEE

SOURCE: The Foundation for the Preservation of Honey Bees, Inc.; Sponsored by the American Beekeeping Federation, Inc.

Honey bees don't do the Electric Slide, admits Helen Coats in her first place essay in the 4-H Beekeeping Essay Contest, but their Honey Bee Dance makes them successful at producing honey—"So let's hear a round of applause for our little friends, who communicate through circles, wiggles, and waggles... in order to create one of the world's favorite sweeteners—honey."

The 2009 essay contest, sponsored by the Foundation for the Preservation of Honey Bees, drew state-winning essays from 27 states. The assigned topic was "The Dance Language of Honey Bees." Essayists were to learn about the honey bee's dance language, how it was discovered, how it works and how it provides colonies the ability to find and exploit floral resources.

Helen, 10, lives in Rock Hill, S.C. She combines music with her love of nature and hopes to become an accomplished violinist and singer. She titled her essay: "The Bee Dance—Not Exactly the 'Electric Slide'!" As first place winner, she received a \$750.00 cash award.

"BZZZZT! BZZZZT! A honey bee buzzes wildly while walking on the honeycomb. Becoming suddenly quiet, she circles left and downward..." Leslie Pike, 11, of Hodgenville, Ky., began her essay with a word-picture of the dance. She won second place and a \$500.00 cash prize.

The third place essay earned a cash award of \$250.00 for Traci Sirotiak, 18, of Newberg, Ore., who plans to continue in 4-H as a volunteer in her adult years. Because the four best essays were of such good quality, the judges are awarding an honorable mention prize of \$100.00 to Solly Burton, 17, of Sullivan, Ind. He has taken beekeeping in 4-H for eight years.

Each state winner, including the national winners, will receive a copy of a book about beekeeping.

The essay topic for 2010 is "Is My Community Honey-Bee Friendly?" Essayists are invited to survey their communities to see what is being done, or could be done to help honey bees. And, conversely, what activities, if any, are harmful to honey bees.

Students interested in writing should contact their local 4-H offices for contest details. The state selection must be done through the 4-H system.

RECOGNITION NIGHT OPENING SPEECH

By: Clair McKittrick, Monmouth County 4-H Ambassador

I would like to welcome you to recognition night 2009. This is the night that honors 4-H members for their dedication to the program. Certificates are awarded to club members by their leaders so that they can be recognized for their participation for meeting the standards of excellence, and for their cooperation within the program and their progress in meeting personal goals.

Recognition night is a celebration, and I am so glad that you could come tonight to see the good work that 4-H'ers do. Monmouth County clubs have given over 5000 hrs of community service. They have volunteered to do everything including visiting the County youth correctional facility to educate the public about the proper way to hold a snake, and everything in between.

The level of dedication we have from our members and our leaders is immeasurable, and to those of you who have made this program what it is; this evening is for you.

Thank you for making Monmouth County, our community, our country and our world a better place!



2010 SOUTH JERSEY TEEN CONFERENCE

- **WHEN:** March Friday March 5th- Sunday March 7th 2010
- **WHERE:** Trenton Marriott Hotel
- **WHO:** 4- H Members in 8th through 13th grades

Weekend Highlights

- Participate in the Great 4-H Race (scavenger hunt)
- Educational sessions will be held at the State House
- Visit Historical Sites
- Community Service Projects

Estimated cost: \$180.00 per person
Remember to save the date so you can participate!
Call your county 4-H office for more information



UPCOMING ANIMAL EVENTS

MARK YOUR CALENDARS!

Middlesex County Fall 2009 Rabbit, Cavy, Herpetology, Small Animal & Poultry Show, Saturday, November 21, 2009; 8:30 AM. For all 4-H members. Contact the 4-H Office for more information.

Camden County 4-H Rabbit and Small Animal Bowl, Saturday, December 5, 2009. Sicklerville, New Jersey. Contact the 4-H Office for more information.

5th Annual NJ 4-H Goat Extravaganza, Saturday, January 9, 2010 RCE of Hunterdon County (Flemington, New Jersey) More information and registration forms will be distributed in early November.

CONGRATULATIONS

MEMBER'S RECOGNITION NIGHT

OCTOBER 8, 2009

Congratulations to all of our 4-H'ers for "Making the Best Better" through their achievements. Thank you to all of the 4-H club leaders who have guided and motivated our 4-H'ers to achieve their potential. Much appreciation is extended to our 4-H families, for without your support of your children's involvement in 4-H, they could not have achieved these 4-H successes.

POMONA GRANGE AWARD NOMINEES

Senior Awards

Crysta Timmerman Teen Council
Amelia Valente 14 Carrot Rabbit Club

Certificate of Merit

Caitlyn Anderson Curry Combs
Chelsea Cook Curry Combs
Emonee Davis 14 Carrot Rabbit Club
Laura Dwulet Teen Small Animal, Teen Council
Simone Khouzam Teen Council, 4-H Health & Service
Bethany King Thunderhoofs
Kellie Moran Curry Combs
Briana Pheifer Backstage to Broadway
Margaret Ragan Animal Science
C.J. Ramos Nature's Navigators
Brittany Rappleyea 14 Carrot Rabbit Club
Christy Schaaf Monmouth Clogging Express
Thomas Schreiber Nature's Navigators
Kathy Smith Thunderhoofs, Teen Council
Trisha Smith 14 Carrot Rabbit Club
Jessica Wooley Bits & Bridles
Kenneth Yaeger 14 Carrot Rabbit Club

Jennafir Antonaccio
Kiera Kulaga
Ivane Lee
Jennica Lee
Jeanie Reeman
Carla Rios
Sarah Sawaged
Summer Smagacz
Nicole Zenine
Aarti Shah

Backstage to Broadway

Morgan Gottlieb

Animal Science Club

Kaleigh Bennett
Reyne Bennett
Sarah Bush
Amanda Fasciano
Mary Finnerty
Kristin Giordano
Jessica Glass
Graham Haliskoe
Jillian Haliskoe
Mikayla Harris
Catie Leary
Kailyn Leary
Johnine Licht
Morgan Martin
Samantha Martin
Maria Elena Martino
Jayden Milne
Daniel Moore
Juliette Muth
Nicholas Nichols
Erin Panek
Nadine Pearsall
Cynthia Pearsall
Margaret Ragan
Julia Ward

4-H Health & Services

Jacob Persily

Monmouth Clogging Express

Emily Chaimowitz
Sara D'Amore
Susie Ferrer
Melissa Martin

4-H MEMBERS RECOGNITION

CHARACTER

Nature's Navigators

Grace Badgley
Jeevan Boggavarapu
Ramya Boggavarapu
Holly Kasternakis
Kassy Kasternakis
Tiffany Kasternakis
Daniel Moore
Rachel Moore
Ashley Moshett
Brandon Moshett
Madison Personette
Austin Ramos
C.J. Ramos

Rhythmic Illusions

Angela Antonaccio
Samantha Antonaccio

(continued on next pg)

Brianna Pheifer
Mackenzie Powers
Amanda Schaaf
Christy Schaaf
Jamie Wallenstein
Casey Young
Kathy Smith

Raging Reptiles
Nichole Herner
Marisa Morris

Teen Small Animal
Laura Dwulet
Clair Mckittrick
Kathy Smith

Teen Council
Vishal Chandawarkar
Laura Dwulet
Simone Khouzam
Clair Mckittrick
Kathy Smith
Crysta Timmerman
John Voorhees

Thunderhoofs
Amanda Fasciano
Bethany King
Clair McKittrick
Erin Meyer
Gabrielle Murphy
Ashley Reha
Justin Reha

Curry Combs
Kayla Kramer
Kellie Moran
Kelly Shoemaker
Caitlyn Anderson
Chelsea Cook
Carly Eidman
Amber Henderson
Emily Contract
Abbey Lanz
Olivia Bundschuh
Meg Ragan
Kacie Moran
Jillian Haliskoe

14 Carrot Rabbit 4-H
Jennifer Clayton
Emonee Davis
Delaney Gray
Ray Gray
Matthew Hervilly
Mikala Kocsik
Morgan Martin
Samatha Martin

Daniel Moore
Rachel Moore
Madison Personette
Brittany Rappleyea
Bruce Reiss
Anthony Santoriello
David Sherman
Vele Sherman
Trisha Smith
Amelia Valente
Kim Wood
Ryan Yaeger
Paul Yoncak

CITIZENSHIP Community Service

Rhythmic Illusions
Angela Antonaccio
Samantha Antonaccio
Jennafir Antonaccio
Kiera Kulaga
Ivane Lee
Jennica Lee
Jeanine Reeman
Carla Rios
Summer Smagacz

Nature's Navigators
Gautam Boggavarapu
Jeevan Boggavarapu
Ramya Boggavarapu
Holly Kasternakis
Kassy Kasternakis
Tiffany Kasternakis
Daniel Moore
Rachael Moore
Ashley Moshett
Brandon Moshette
Madison Personette
Austin Ramos
C.J. Ramos
John Redding
Thomas Schreiber
Mana Wissler
Walter Wissler
Paul Yoncak

Animal Science Club
Morgan Martin
Samantha Martin

4-H Health & Services
Lauren Christi
Marina Ghatiey
Matthew MacLean
Daniele Raneri
Morgan Shafer

Monmouth Clogging Express
Emily Chaimowitz
Sarah D'Amore
Susie Ferrer
Melissa Martin
Brianna Pheifer
Mackenzie Powers
Amanda Schaaf
Christy Schaaf
Jamie Wallenstein
Casey Young
Kathy Smith

BITS & BRIDLES
Amy Bergquist
Hannah Burgess
Randi Dorr
Danielle Havens
Sarah Hughes
Brianna McGowan
Janelle Whitfield
Jessica Woolley
Courtney Baunnie
Teresa Locascio

Teen Small Animal
Laura Dwulet
Clair Mckittrick
Kathy Smith

Teen Council
Laura Dwulet
Simone Khowzam
Clair Mckittrick
Kathy Smith
Crysta Timmerman
John Voorhees

Thunderhoofs
Amanda Fasciano
Bethany King
Clair McKittrick
Erin Meyer
Gabrielle Murphy
Ashley Reha
Justin Reha

Curry Combs
Kellie Moran
Kelly Shoemaker
Caitlyn Anderson
Chelsea Cook
Abbey Lanz
Meg Rogan
Kacie Moran

14 Carrot Rabbit Club
Ciara Cavannah
Jennifer Clayton

CONGRATULATIONS (cont.)

Emonee Davis
 Delaney Gray
 Ray Gray
 Matthew Hervilly
 Mikala Kocsik
 Morgan Martin
 Samantha Martin
 Daniel Moore
 Rachel Moore
 Madison Personette
 Brittany Rappleyer
 Bruce Reiss
 Anthony Santoriello
 David Sherman
 Kevin Sherman
 Valey Sherman
 Amelia Valente
 Kim Wood
 Ryan Yaeger
 Paul Yoncak

LEADERSHIP

Rhythmic Illusions
 Angela Antonaccio
 Samatha Anotaccio
 Jenna fir Anotaccio
 Sara Drobish
 Kiera Kulaga
 Ivane Lee
 Jennica Lee
 Jeanine Reeman
 Sarah Sawaged
 Summer Smagacz
 Nicole Zenine
 Aarti Shah

Backstage to Broadway

Briana Pheifer
 Christy Schaaf
 Nick Waladkewics

Animal Science Club

Sarah Bush
 Graham Haliskoe
 Jillian Haliskoe
 Johnine Licht
 Morgan Martin
 Samantha Martin
 Sarah Sakowski
 Melissa Whoeler

4-H Health & Services

Lauren Cristi

Monmouth Clogging Express

Christy Schaaf
 Kathy Smith

Teen Small Animal

Laura Dwulet
 Clair Mckittrick
 Kathy Smith

Teen Council

Vishal Chandawarkar
 Laura Dwulet
 Simone Khouzam
 Clair Mckittrick
 Kathy Smith
 Crysta Timmerman
 Thunderhoofs
 Clair McKittrick
 Ashley Reha

Curry Combs

Kelly Shoemaker
 Caitlyn Anderson
 Chelsea Cook
 Amber Henderson
 Abbey Lanz
 Olivia Bondchuch

CLUB PRESENTATIONS

Rhythmic Illusions

Carla Rios
 Summer Smagacz
 Nicole Lenine

Nature's Navigators

Gautam Boggavarapu
 Jeevan Boggavarapu
 Ramya Boggavarapu
 Holly Kasternakis
 Kassy Kasternakis
 Tiffany Kasternakis
 John Redding
 Thomas Schreiber
 Maria Wissler
 Walter Wissler
 Paul Yoncak

BACKSTAGE TO BROADWAY

Morgan Gottlieb
 Briana Pheifer
 Summer Smagacz
 Tiffany Viray
 Nick Waladkewics

BITS & BRIDLES

Amy Bergquist
 Hannah Burgess
 Randi Dorr
 Danielle Havens
 Brianna McGowan

Raging Reptiles

Jesse James Black
 Gautam Boggavarapu
 Jeevan Boggavarapu
 Ramya Boggavarapu
 Gabriella Ferraro-Negri
 Nichole Herner
 Miranda Landry
 Daniel Moore
 Marisa Morris

Teen Small Animal

Laura Dwulet
 Clair Mckittrick
 Kathy Smith

Teen Council

Vishal Chandawarkar
 Laura Dwulet
 Morgan Gottlieb
 Simone Khouzam
 Clair Mckittrick
 Kahty Smith
 Crysta Timmerman
 John Voorhees

Thunderhoofs

Amanda Fasciano
 Bethany King
 Clair McKittrick
 Erin Meyer
 Gabrielle Murphy
 Ashley Reha
 Justin Reha

Curry Combs

Kayla Kramer
 Kellie Moran
 Kelly Shoemaker
 Caitlyn Anderson
 Chelsea Cook
 Carly Eidman
 Amber Henderson
 Danielle Cullen
 Abbey Lanz
 Olivia Bondchuch
 Meg Rogan
 Kacie Moran
 Jillian Haliskoe
 Bevg Yow

14 Carrot Rabbit Club

Ciara Cavannah
 Jennifor Clayton
 Emonee Davis
 Delaney Gray
 Ray Gray
 Matthew Hervilly

Mikala Kocsik
Morgan Martin
Samantha Martin
Daniel Moore
Rachel Moore
Madison Personette
Brittany Rappleyer
Bruce Reiss
Anthony Santoriello
David Sherman
Kevin Sherman
Valey Sherman
Amelia Valente
Kim Wood
Ryan Yaeger
Paul Yoncak
Kattie Barry

COUNTY PUBLIC PRESENTATIONS

Rhythmic Illusions
Carla Rios
Summer Smagacz
Nicole Lenine

4-H Health & Services
Simone Khowzan

4-H Monmouth S.E.T
Nicholas Bryant

M14
Mary Finnerty

Monmouth Clogging Express
Emily Chaimowitz
Sarah D'Amore
Susie Ferrer
Melissa Martin
Brianna Pfeifer
Mackenzie Powers
Amanda Schaaf
Christy Schaaf
Jamie Wallenstein
Casey Young
Kathy Smith

Bits & Bridles
Randi Dorr
Danielle Havens
Brianna McGowan

Teen Small Animal
Laura Dwulet
Clair Mckittrick
Kathy Smith

Teen Council
Laura Dwulet

Morgan Gottleib
Simone Khouzam
Clair Mckittrick
Kathy Smith
Crysta Timmerman

Thunderhoofs
Clair Mckittrick
Curry Combs
Kelly Shoemaker

RECORD BOOKS

Rhythmic Illusions
Summer Smagacz
Jeanine Reeman

Nature's Navigator
Gautam Boggavarapu
Jeevan Boggavarapu
Ramya Boggavarapu
Holly Kasternakis
Kassy Kasternakis
Tiffany Kasternakis
Maria Wissler
Walter Wissler
Paul Yoncak

Raging Reptiles
Jesse James Black
Gautam Boggavarapu
Jeevan Boggavarapu
Ramya Boggavarapu
Gabriella Ferraro-Negri
Nichole Herner
Miranda Landry
Daniel Moore
Marisa Morris

Teen Small Animal
Clair Mckittrick

Teen Council
Vishal Chandawarkar
Laura Dwulet
Morgan Gottleib
Simone Khouzam
Clair Mckittrick
Kathy Smith
Crysta Timmerman
John Voorhees

Thunderhoofs
Amanda Fasciano
Bethany King
Clair Mckittrick
Erin Meyer
Gabrielle Murphy
Ashley Reha
Justin Reha

Melissa Whoeler

Animal Science
Sarah Bush
Juliette Muth
Mary Finnerty
Amanda Fasciano
Nicholas Nichols
Graham Haliskoe
Jillian Haliskoe
Taylor Torris
Kayla Torris
Sarah Sakowski
Melissa Whoeler
Kaleigh Bennett
Reyne Bennett

Free Spirit Goat Club
Rebecca Crmeli-Peslak
Carly Eidman
Annie Diaz
Kelly Shoemaker
Matthew LaMarca

Above & Beyond
Melissa Gioia
Natalie Cribbin
Rebecca Shannon
Kristen Tracey

Backstage to Broadway
Summer Smagacz
Nicklas Waladkewics
Brandon Moshett

Curry Combs
Abbey Lanz
Carly Eidman
Amber Henderson
Beverly Yow
Kelly Shoemaker
Chelsea Cook
Brittany Rappleyea
Kayla Kramer
Christin Sagui

Independent Projects
Joshua Ian Todd
Linette Reeman

**Monmouth Livestock
14 Carrot Rabbit Club**
Rebecca Carmeli-Peslek
Paul Yonack
Madison Personette
Kim Wood
Ciara Cavannagh
Erica Todd
Joshua Todd

Caitlyn Anderson
 Anthony Santoriello
 Anthony Sotovelez
 David Sherman
 Kevin Sherman
 Valery Sherman
 Matthew Hervilly
 Jen Clayton
 Raymond Gray
 Delaney Gray
 Amelia Valente
 Emonee Davis
 Trisha Smith
 Mikala Kocsik
 Bruce Reiss
 Kenny Yaeger
 Kattie Barry
 Kathryn Stillman

Natures Navigators

Walter Wissler
 Maria Wissler
 Rachel Moore
 Kassy Kasternakis
 Holly Kasternakis
 Tiffany Kasternakis
 Gautam Boggavarapu
 Meg Ragan

SWAP

Patricia McLoughlin
 Smantha Martin
 Morgan Martin
 Johanna Muller

Allied Health

Vishal Chandawarkar

M-14 CLUB

Emily Bennett
 Matthew Bennett
 Summer Buffin

Knight Riders

Anthony Santoriello Jr.

Friends Culture Club

Maria Gregorio
 Ariana Gregorio
 Gabriella Gregorio

TEAM PLAYER

Rhythmic Illusions

Anika Adragna
 Angela Antonaccio
 Samantha Antonaccio
 Jennafir Antonaccio
 Sara Drobish
 Kiera Kulaga

Ivane Lee
 Jennica Lee
 Jeanine Reeman
 Carla Rios
 Sarah Sawaged
 Summer Smagacz
 Nicole Lenine
 Aarti Shah

Nature's Navigators

Ramya Boggavarapu
 Holly Kasternakis
 Tiffney Kasternakis
 Madison Personette
 Paul Yoncak

Animal Science Club

Kaleigh Bennett
 Reyne Bennett
 Sarah Bush
 Mary Kate Clayton
 Tommy Clayton
 Amanda Fasciano
 Mary Finnerty
 Graham Halsikoe
 Samatha Martin
 Daniel Moore
 Nicholas Nichols
 Erin Panek
 Margaret Ragan
 Melissa Whoeler

Monmouth Clogging Express

Emily Chaimowitz
 Sarah D'Amore
 Susie Ferrer
 Melissa Martin
 Brianna Pheifer
 Mackenzie Powers
 Amanda Schaaf
 Christy Schaaf
 Jamie Wallenstein
 Casey Young
 Kathy Smith

Raging Reptiles

Gautam Boggavarapu
 Jeevan Boggavarapu
 Ramya Boggavarapu
 Gabriella Ferraro-Negri
 Nichole Herner
 Miranda Landry

Teen Small Animal

Clair Mckittrick
 Kathy Smith

Teen Council

Vishal Chandawarkar

Laura Dwulet
 Morgan Gottlieb
 Simone Khouzam
 Clair Mckittrick
 Kathy Smith
 Crysta Timmerman
 John Voorhees

Thunderhoofs

Clair Mckittrick
 Bethany King
 Erin Meyer
 Ashley Reha
 Justin Reha

Curry Combs

Kayla Kramer
 Kellie Moran
 Kelly Shoemaker
 Caitlyn Anderson
 Chelsea Cook
 Danielle Cullen
 Meg Rogan
 Kacie Moran

14 Carrot Rabbit 4-H

Ciara Cavannah
 Emonee Davis
 Delaney Gray
 Ray Gray
 Matthew Hervilly
 Daniel Moore
 Rachel Moore
 Madison Personette
 Anthony Santoriello
 David Sherman
 Kevin Sherman
 Kim Wood
 Kattie Barry

SPORTSMANSHIP

Rhythmic Illusions

Anika Adragna
 Angela Antonaccio
 Samatha Antonaccio
 Jennafir Antonaccio
 Sara Drobish
 Kiera Kulaga
 Ivane Lee
 Jeanine Reeman
 Carla Rios
 Sara Sawaged
 Summer Smagacz
 Nicole Lenine
 Aart Shah

Animal Science Club

Mary Finnerty
 Juliette Muth
 Nicholas Nichols
 Cynthia Pearsall
 Nadine Pearsall

Monmouth Clogging Express

Emily Chaimowitz
 Sarah D'Amore
 Susie Ferrer
 Melissa Martin
 Brianna Pheifer
 Mackenzie Powers
 Amanda Schaaf
 Christy Schaaf
 Jamie Wallenstein
 Casey Young
 Kathy Smith

Raging Reptiles

Nichole Herner
 Marisa Morris

Teen Council

Vishal Chandawarkar
 Morgan Gottleib

Curry Combs

Kayla Kramer
 Kellie Moran
 Kelly Shoemaker
 Caitlyn Anderson
 Chelsea Cook
 Danielle Cullen
 Abbey Lanz
 Olivia Bondchuch
 Kacie Moran
 Jillian Haliskoe

TEAMSPIRIT**Rhythmic Illusions**

Anika Adragna
 Angela Antonaccio
 Samantha Antonaccio
 Jennafir Antonaccio
 Sarah Drobish
 Kiera Kulaga
 Ivane Lee
 Jennica Lee
 Jeanine Reeman
 Carla Rios
 Sarah Sawaged
 Summer Sagacz
 Nicole Zenine
 Aarti Shah

Nature's Navigators

Grace Badgley
 Guatam Boggavarapu
 Jeevan Boggavarapu
 Kassy Kasternakis
 Daniel Moore
 Rachel Moore
 Ashley Moshett
 Brandon Moshett
 John Redding
 Thomas Schreiber
 Maria Wissler
 Wlter Wissler

Animal Science Club

Mary Kate Clayton
 Tommy Clayton
 Amanda Fasciano
 Kristin Giordano
 Jessica Glass
 Maria Elena Martino
 Daniel Moore
 Erin Panek
 Sarah Sakowski
 Melissa Whoeler

4-H Health & Services

Simone Khouzam
 Jacob Persily

Monmouth Clogging Express

Emily Chaimowitz
 Sarah D'Amore
 Susie Ferrer
 Melissa Martin
 Brianna Pheifer
 Mackenzie Powers
 Amanda Schaaf
 Christy Schaaf
 Jamie Wallenstein
 Casey Young
 Kathy Smith

Raging Reptiles

Jesse James Black
 Jeevan Boggavarapu
 Ramya Boggavarapu
 Daniel Moore
 Kyle Smith

Teen Council

Morgan Gottleib
 Simone Khouzam
 Kathy Smith
 Crysta Timmerman

Thunderhoofs

Clair McKittrick
 Erin Meyer

Gabrielle Murphy

Ashley Reha
 Justin Reha

Curry Combs

Kayla Kramer
 Kellie Moran
 Kelly Shoemaker
 Caitlyn Anderson
 Carly Eidman
 Amber Henderson
 Danielle Cullen
 Emily Contvuit
 Abbey Lanz
 Olivia Bondchuch
 Meg Ragan
 Kacie Moran
 Jillian Haliskoe
 Bevg Yow

14 Carrot Rabbit 4-H

Jennifor Clayton
 Delaney Gray
 Mikala Kocsik
 Morgan Martin
 Samantha Martin
 Brittany Rappleyer
 Bruce Reiss
 Valey Sherman
 Trisha Smith
 Amelia Valente
 Ryan Yaeger
 Paul Yoncak

4-H PROMOTER**Rhythmic Illusions**

Carla Rios
 Summer Smagacz

Nature's Navigator

Gautam Boggavarapu
 Jeevan Boggavarapu
 Ramya Boggavarapu
 Holly Kasternakis
 Jon Redding
 Thomas Schreiber
 Maria Wissler
 Walter Wissler
 Paul Yoncak

Animal Science Club

Sarah Sakowski
 Melissa Whoeler

4-H Health & Services

Simone Khowzan
 Matthew MacLean
 Jacob Persily

Morgan Shafer

Monmouth Clogging Express

Amanda Schaaf
Christy Schaaf
Jamie Wallenstein

Raging Reptiles

Jesse James Black
Ramya Boggavarapu
Miranda Landry

Teen Small Animal

Laura Dwulet
Clair McKittrick
Kathy Smith

Teen Council

Morgan Gottlieb
Simone Khouzam
Clair McKittrick
Kathy Smith
Crysta Timmerman

Thunderhoofs

Amanda Fasciano
Bethany King
Clair McKittrick
Erin Meyer
Gabrielle Murphy
Ashley Reha
Justin Reha

Curry Combs

Kelly Moran
Amber Henderson

14 Carrot Rabbit Club

Emonee Davis
Delaney Gray
Mikala Kocsik
Morgan Martin
Samantha Martin
Daniel Moore
Rachel Moore
Madison Personette
Brittany Rappleyer
Bruce Reiss
Anthony Santoriello

David Sherman

Kevin Sherman
Amelia Valente
Kim Wood
Ryan Yaeger
Paul Yoncak

EAGER LEARNER

Monmouth Clogging Express

Emily Chaimowitz
Susie Ferer

Raging Reptiles

Gabriella Ferraro-Negri
Daniel Moore

ATHLETE OF THE YEAR

Amanda Schaaf
Christy Schaaf

CREATIVE ARTIST

Monmouth Clogging Express

Melissa Martin
Jamie Wallenstein

Raging Reptiles

Gautam Boggavarapu
Ramya Boggavarapu
Miranda Landry

BEST NEW MEMBER

Raging Reptiles
Kyle Smith

EDITOR FOR 2009 YEAR

Raging Reptiles
Gautam Boggavarapu

STATE PUBLIC

PRESENTATIONS

Tina Chou
Morgan Gottlieb
Simone Khouzam
Clair McKittrick
Melissa Whoeler

CREATIVE CLOVERBUD

Backstage to Broadway

Victoria Capasso
Maggie Capasso
Cassie Devine
Hannah Dresher
Bridgette Hecht
David Jolly
Ashleigh Lathom
Onika Lathom
Ashley Moshett
Brandon Moshett
Regan Riehl
Patrick Viray
Sydney Wasesky

Arts Camper

Victoria Capasso
Maggie Capasso
Maggie Ciufo
Cassie Devine
Bridgette Hecht
Carley Herman
Ashleigh Lathom
Onika Lathom
Ashley Moshett
Brandon Moshett
Tyler Palodino

4-H Fair Talent

Victoria Capasso
Maggie Capasso
Maggie Ciufo
Zack Dresher
Bridgette Hecht

Carley Herman
Katelyn Kennedy
Maria Elena Martino
Ashley Moshett
Brandon Moshett
Regan Riehl
Tiffany Viray

Creativity

Sam Dresher
Zack Dresher
Kelly O'Donnell
Dylan Wasesky

2009 NEW JERSEY 4-H ROUND UP TEAM

Christin Sagui has been chosen for the 2009 New Jersey 4-H Roundup Team for the Eastern National 4-H Round Up Competition in November. Christin will be on the Hippology Team. Way to go Christin.

4-H CALENDAR OF EVENTS

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 4-H Association Meeting 7:00 PM	20	21 Middlesex County Fall 2009 Rabbit, Cavy, Herpetology, Small Animal & Poultry Show 8:30 AM
22	23	24	25	26	27	28
29	30					

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 4-H Alumni Dinner 5:00 PM/ Camden County 4-H Rabbit & Small Animal Bowl
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

HAPPY HOLIDAYS TO ALL!



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

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