

Welcome Michelle Teitsma!



*From the Desk
of the Agent*

We had over 150 applicants for the position of Program Associate and Michelle was our successful candidate! She comes to us from Sussex County 4-H where she working part time as a program associate. She has a B.S. Degree in Equine Science from Centenary College and just finished a Masters Degree in social science at Montclair State University. Michelle will be working closely with the club program and you will soon see her name on many of the forms and flyers coming from the office !

Essentially 4-H

There are 4 basic elements all clubs should provide for youth in 4-H

Belonging – It's where we are

Everyone wants to belong. Youth need to know they are cared about and accepted by others. They also need to experience a sense of physical and emotional safety and to feel a sense of connection to others in the group. Research shows that it is important for youth to have opportunities for long term consistent relationships with adults other than their parents. Research also suggests that a sense of belonging may be the single most powerful positive ingredient we can add to the lives of children and youth. Your club should include everyone in activities and make everyone feel like they belong. Cliques and private jokes make it hard to feel welcome.

Independence – it's how we roll

Youth need to know they are able to influence people and events through decision-making and action. Independence refers to an adolescent's growing ability to think, feel, make decisions and act on her or his own. By gaining a sense of independence, youth develop personal

responsibility and discipline.

Your club should allow youth to plan activities and events that will allow them to contribute to the club. Youth can't practice this skill if the adults do all the work.

Mastery – It's what we do

Mastery includes the development of skills, knowledge, and attitudes followed by the competent demonstration of these skills and knowledge. In order to develop self-confidence and a sense that they matter, young people need to feel like they are capable. Mastery is sometimes called self-efficacy. Settings that promote self-efficacy and mastery encourage youth to take risks, seek out challenges and focus on self-improvement rather than comparing themselves to peers.

Your club should encourage youth attempt things for themselves, even if it means they won't win. It's not about the ribbon color, it's about helping youth build confidence in themselves to try.



Generosity – It's who we are

Young people need to feel their lives have meaning and purpose. They need opportunities to connect to their communities and learn how to give back to others. As part of this process, they gain an understanding of others' needs and learn how to respond to these needs. Generosity may also include the development of values such as compassion and tolerance for diversity.



Reminders

The Annual 4-H Leaders Association Dinner

April 1, 2015 at Skoogy's Bar & Grill.

All registered Warren County 4-H leaders are welcome to attend. Invitations will be going out soon. Please RSVP!

If you prefer a hard copy mailed to your address, please call the office and confirm your updated contact information so we can send you a paper copy. We will only send paper copies to those families that contact us. We hope that 4-H families take advantage of the Grapevine online and help us save the environment.

The Jr. Breeder loan program

a great program for young adults already participating in 4-H to acquire livestock via a low-interest livestock loan. Contact the 4-H office for the forms and additional information.



Going to Rutgers????
Going to miss 4-H????
No Need! You can join the Collegiate 4-H Club!
They do much to support 4-H in NJ

Our Mission

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.



This mission is accomplished by using the knowledge and resources of the land grant university system, along with the involvement of caring adults

Family Grapevine
Bi-Monthly Newsletter
Rutgers Cooperative Extension
165 County Route 519 South
Belvidere, NJ 07823
(908) 475-6502
www.warren4-h.org

Alayne J. Torretta, County 4-H Agent
Michelle Teitsma, 4-H Program Associate
Alex Zolla, 4-H Secretary

Rutgerscience Saturday: The Human Brain

March 7, 2015 @ 10:00 am – 2:00 pm

Rutgers Robert Wood Johnson
Medical School, New
Brunswick, NJ

Students in grades 5-8 (parents
welcome to register and attend
the event).



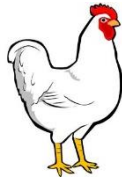
<http://4hset.rutgers.edu/blog/event/rutgerscience-saturday-the-human-brain/>



Middlesex County 4-H Rabbit, Cavy, Small Animal, Herpetology and Poultry Show

WHEN: Sunday, March 22, 2015
WHERE: Middlesex County 4-H Center
645 Cranbury Road, East Brunswick

For more information please contact the
Middlesex County 4-H Office at (732) 398-5261



Breakfast with the Bunnies & Friends

Saturday, March 28, 2015 at the 4-H Office 9-12

**Cooks, Servers, Hosts/Hostesses,
lots of friendly Rabbits and other
baby animals NEEDED!**

For more information, please contact Michelle
Teitsma in the 4-H Office at 908-475-6502 or by
email at teitsma@njaes.rutgers.edu

7th annual Morris County 4-H Science-Sational Day!

March 28, 2015

County College of Morris, Randolph, NJ
10:00am -3:00pm

Calling all scientists! Youth in grades K-6 are
invited to explore new ideas, put their designs to
the test, and discover a new love for science!
Workshops are educational focused, incorporate
hands-on activities, and encourage youth
engagement in science.

Grades K-3 programs include: Snakes Alive!,
Home Style Science, Bitter Bean to Tasty Treat,
Doggone Safety, Amazing World of
Water, and Fooling Your Senses.

Grades 4-6 programs include:
Wind Powered Boats, Bird is the
Word, Get a Clue, Rockets to the
Rescue, What's Bugging You?, and Happy
Healthy Hearts.



Youth will also attend an entertaining and
engaging program presented by *Mad Science*
called "Frozen Science".

For more information and registration materials,
please contact the Morris County 4-H Office at
973-285-8301 or 4hmorris@njaes.rutgers.edu.

We hope you will join in the fun at the 2015 Morris
County Science-Sational Day!



4-H Tack Swap & Sale

Saturday, March 28, 2015

Independence Fire House
24 Cemetery Road, Great Meadows
10am -2pm

Sell your new & used horse equipment, riding
attire and other equine supplies or buy what you
need for the upcoming season!

For more information, contact Jan at
908-459-5812

NJ Junior Breeder and Young Farmer Symposium

Saturday – March 28, 2015
Rutgers University

School of Environmental and Biological Sciences
(Round House - College Farm Rd, New Brunswick, NJ)

Informative sessions on Equine, Dairy, Small Ruminants, Poultry, Beef and Swine
\$12 per person for all day programs and includes lunch

For registration materials call 609-984-4389 or
Email Lynn.Mathews@ag.state.nj.us

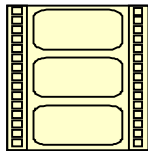


1st Sheep and Goat Video Contest/Film Festival

March 28, 2015

Round House at the Rutgers Cook Campus Farm

In conjunction with the Junior Breeder Livestock Symposium, Mercer County 4-H Agent, Chad Ripberger invites 4-H youth to create educational videos about sheep and/or goats to enter the Sheep and Goat Video Contest.



Youth may work individually or as a team to create educational videos (three minutes or less) **Youth must upload their video, entry form, and media release by the end of the day March 15.** A selection of videos will then be shared at the film festival in the Round House at the Rutgers Cook Campus Farm during the final session of the Junior Breeder Livestock Symposium on Saturday, March 28 (2:00 p.m.). Youth of the top three scoring videos will receive awards. Videos will be scored on educational value, creativity, clarity, pacing, and technical quality (sound, lighting, etc.). Youth are encouraged to have fun and be creative in designing their video entries!

Details are available on our website at <http://nj4h.rutgers.edu/goats/film-festival/>.

National 4-H Congress

November 27-December 1, 2015
Application Deadline: April 10, 2015

National 4-H Congress is the flagship event of the 4-H program. It is a national leadership conference held each year over the Thanksgiving Holiday Weekend (Friday - Tuesday), currently held at the Hyatt in Atlanta, Georgia. For over 80 years, youth from the United States and its territories have participated in this youth leadership development conference. Congress provides youth with a quality educational and cross-cultural experience.

The program is built upon the Cooperative Extension System's belief that young people can be significant partners in addressing the issues that face our nation, especially those affecting youth.

Applicants must be enrolled in grades 10-12 as of September 2014 in order to be eligible to apply.

Applications are due to the 4-H Office by April 10, 2015.

www.nj4h.rutgers.edu/leadership/nat4hcongress

For more information, please contact Michelle Teitsma in the 4-H Office at 908-475-6510 or by email at teitsma@njaes.rutgers.edu



Livestock Judging

Saturday, April 18, 2015

Delaware Valley College will be conducting a livestock judging contest for 4-H and FFA groups on April 18, 2015 and registration begins at 8:00am.

Pre-registration deadline is April 10, 2015

For more information, please contact Rodney A. Gilbert, Asst. Professor of Animal Science at Rodney.Gilbert@delval.edu.



Shooting Sports Training

April 24-26, 2015

State shooting sports training for volunteers interested in becoming shooting sports leaders. Training to be held at the Lindley G. Cook 4-H Camp. For more information and the schedule of events, please contact Jim at 973-948-3550.



Rutgers Day

Saturday, April 25, 2015

Experience the ever-expanding health sciences programming on the Busch Campus, catch the third annual parade down College Avenue, or visit the farm animals and participate in environmentally-friendly activities on the picturesque Cook/Douglass Campus.

For more information and the schedule of events please visit:

<http://rutgersday.rutgers.edu>



Council of Presidents

If you are elected as an officer in your club for the 2014-2015 4-H year and are in grades 4-13, this meeting is for YOU! You will learn how to run a business meeting, what all those terms mean, have some fun and help plan the countywide community service project!

The Council of Presidents meeting/training is 10-1:00 on the following dates:

May 16
July 19



We
want
you!

Exchange Students

In June 2015, we are being offered the opportunity to host foreign exchange students! This year we will be hosting 18 students and 2 adult chaperones from Azerbaijan!

The students will be visiting us for approximately 3 weeks and would be honored to be your guest during their stay here in NJ!

For more information or if you are interested in being a host family, please contact Maureen Overko at mho16@scarletmail.rutgers.edu.



The Fair is Coming!

July 25 – August 1 2015



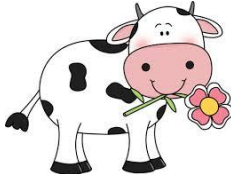
Deadline for Fair entries is June 30, 2015!!!



State 4-H Dairy Show

Wednesday August 26, 2015
Hunterdon County Fairgrounds
(South County Park) Ringoes, New Jersey.

Save the date!



Science of Soil Summit



Warren County Team from the Science of Soil Summit

Students (grades 6-8) were invited to work with the NJ Association of Conservation Districts, the NJ Department of Agriculture, Soil Conservation Districts, USDA/ Natural Resources Conservation Service, and Rutgers University scientists to learn about soil science and to develop community service projects that apply their knowledge in their local communities.

Student teams and their advisors participated in a series of activities to enrich their understanding of soil science. Teams of 6-8 students from each school joined together with faculty, staff, and educators from the Soil Conservation District on the Rutgers Cook Campus to discuss soil science research and gain exposure to career and research opportunities in soil science related sciences. As part of the program students developed and implemented soil related service projects in their local communities.

4-H Camp News

- It's not too late to sign up for Summer Camp! March 14th is the deadline for the early-bird discount!
- March 28th is the Camp Community Service Day 10 am - 2 pm. Come help get camp ready for the summer! We will be setting up the dining hall, waterfront and cleaning up around camp. Lunch is provided, so please RSVP.
- April 11th — Range Day! - 10 am - 1 pm. Come help get camp ranges ready for the summer! A BBQ lunch and a fun shoot will follow the range clean up. (April 12th is the range day rain date)



Goat Extravaganza

Was held January 10 in Flemington. The event included 92 goat themed art exhibits, a poster-presentation contest (12 teams), skillathon (8 stations), and a quiz bowl (28 questions per match – one-on-one and toss-up). Congratulations to Warren County participants, **Brittany Smith** 1st place Senior 3-D Art, 2nd place 2-D Art, **Stacey Giordano** 1st place Senior 2-D Art, 2nd place Senior Skill-A-Thon, 2nd place Team Poster Presentation, **Kimberly Kolibas**, 3rd place Team Poster Presentation, and **Kristine Zurovchak** 1st 2nd and 3rd place Novice 2-D Art, 1st and 2nd place Novice 3-D Art, 1st place Novice Skill-A-Thon



Kristine Zurovchak



Kidding Around Club



Club News!

Got club news? Send it to
4-H@co.warren.nj.us

HORSE NEWS



2015 NJ State 4-H Model Horse Show Results

The annual State 4-H Model Horse Show was held on Saturday, Jan. 24 2015 at the Middlesex County 4-H Center, East Brunswick, NJ. Two Warren county 4-H members participated: **Brittany Smith** and **Rhiannon Bernard** from the Outlaws Model Horse & Horse Club. Both came home with many ribbons! **GREAT JOB!**



Warren County Horse Bowl Team Members



2015 Equine Presentations

Sunday, March 22, 2015
Rutgers EcoComplex, Bordentown, NJ

Open to 4-H Horse Club members in the 4th-13th grade.
Registrations are due March 13, 2015 and must be signed by Michelle or Alayne before being submitted



Save the dates!

2015 Warren County 4-H Qualifying Show
Sunday, June 7 at the Fairgrounds

2015 State 4-H HORSE SHOW
August 21, 22, AND 23
at the Horse Park of NJ



2015 NJ State 4-H Horse Bowl Results

The annual State 4-H Horse Bowl competition was held on Saturday February 21, 2015 at the Somerset County 4-H Center. Warren County sent 6 participants! The Senior Team included Pier Semanchik, Brittany Smith, Sarah Qualls, and Craig Cronce. Junior competitors were Rachel Vence and Rhiannon Bernard, and they were combined with 2 team members from Somerset County to create a full junior team.

Both teams took 3rd place overall!
Pier Semanchik placed 2nd High Individual!
Rachel Vence placed 1st High Individual!

Congratulations!!!!