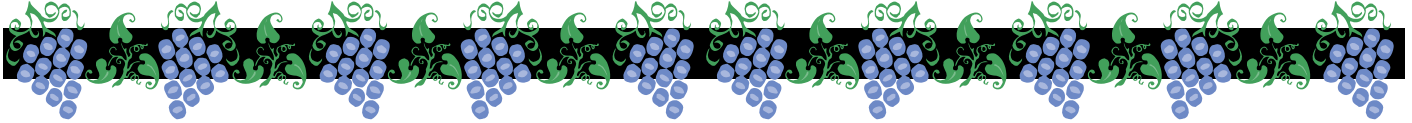


www.warren4-h.org

Family Grapevine
Information for 4-H families
March/April 2023



From the Desk of
the Agent

Funding has been made possible, in part, by the Warren County Cultural and Heritage Division of Land Preservation

Agripalooza! and Tractorcade!

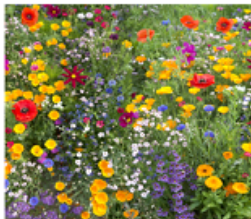
Free Parking

Free Admission

May 20, 2023

Van Nest Hoff Vannatta Farmstead
Rt. 519N Harmony, NJ

10-3 pm



WE **R** HERE WHEN YOU NEED **US**



Reminders

The Next 4-H Leaders Association Meeting

April 5, 2023 at 6:30 location TBD

All registered Warren County 4-H leaders are welcome.

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

Mark Your Calendars!

If you are interested in joining Teen Council, please call the 4-H Office at 908-475-6502. The next Teen Council meeting is March 15 at the 4-H Office.



NJ 4-H Legislative Leadership Experience
Registration Deadline March 16, 2023

NJ 4-H LEGISLATIVE LEADERSHIP EXPERIENCE

We R 4-H

SAVE THE DATES

- MARCH 30 | 6:30 PM | VIA ZOOM
- APRIL 18 | 6:30 PM | VIA ZOOM
- APRIL 25 | 9:30 AM | IN TRENTON

4-H MEMBERS GRADES 9-12

Take your 4-H civics lessons to the next level! Learn how a bill becomes a law, sharpen your communication skills, tour the State House, and more!

INTERESTED? ADD YOUR CONTACT INFO TO OUR LIST:
<https://go.rutgers.edu/ktkh6po6>



S.H.A.R.K. Program

Registration Deadline March 8, 2023

Are you a 9-11 grader interested in Marine Science? Consider attending the 4-H Scientific Hands-On Applied Research Knowledge (S.H.A.R.K.) Program!!

NJ 4-H S.H.A.R.K. PROGRAM

YOUTH GRADES 9-11

PROGRAM DATES:
INFO SESSION: JAN 26 | 6 PM - 7 PM
VIRTUAL SESSIONS: THURSDAYS | MAR 16 - APR 13 | 6 PM - 7 PM
IN-PERSON PRACTICUM: APR 21-24 | BISCAVNE BAY, FLORIDA

INTERESTED IN MARINE SCIENCE? HAVE A PASSION FOR COLLECTING DATA? WANT TO SPEND TIME LIVING AND WORKING ABOARD A REAL-LIFE RESEARCH VESSEL?

IF YES, CONSIDER APPLYING FOR THE NJ 4-H S.H.A.R.K. (Scientific Hands-on Applied Research Knowledge) PROGRAM!!

YOUTH WILL MEET ONCE A WEEK (VIRTUALLY) TO LEARN FROM MARINE SCIENTISTS ABOUT ACTUAL RESEARCH TAKING PLACE, AND WILL EVENTUALLY TAKE THEIR KNOWLEDGE GAINED AND APPLY IT DURING A PRACTICUM EXPERIENCE ABOARD THE RESEARCH VESSEL GARVIN!

PARTICIPANTS WILL PUT TOGETHER A PROJECT CAPTURING THEIR KNOWLEDGE GAINED!

COST: \$2,000 PER PERSON (ESTIMATE), ALL-INCLUSIVE

PARTICIPATION IS LIMITED TO TEN YOUTH!

Email Matthew Newman at m.newman@njaes.rutgers.edu for more information, including how to register for the January 26 info session!

Developed by NJ 4-H County Agent Matthew Newman, 4-H S.H.A.R.K. is a program where youth gain hands-on marine science experience while living aboard a real-life research vessel!

If you're interested and have questions, feel free to email Matt at m.newman@njaes.rutgers.edu



Citizenship Washington Focus

Registration Deadline March 20, 2023



Attention 4-H Members in 9-12th grade!

Plans are underway for the 2023 Citizenship Washington Focus conference scheduled for June 25-30, 2023.

Citizenship Washington Focus (CWF) is National 4-H Council's premier leadership and civic engagement experience held each summer in the Washington, DC area. It is a week-long event (Sunday – Friday) for 4-H members in grades 9-12 (14-19 years old). The program is based on the principle that democracy requires skills and strategies that must be learned and practiced and it teaches participants to be active, responsible citizens and leaders. The program utilizes Washington, DC as a working classroom to learn about the government, citizenship, and civic engagement and provides hands-on opportunities for our teens to promote "Better Citizens Today, Better Leaders Tomorrow."

The New Jersey delegates will travel by coach bus for the week and will experience all that Washington, DC has to offer. We will join approximately 250 4-H members representing a variety of states

Information and a fillable application can be found on the New Jersey 4-H website at the following link: <http://nj4h.rutgers.edu/citizenship/washingtonfocus/>

The deadline to have the application turned in to the 4-H office is March 20.



An Evening Abroad: South Korea!

March 21, 2023

An Evening Abroad:
South Korea

MARCH 21, 2023 | 7-8 PM

The New Jersey 4-H "family" includes people from all over the globe. An Evening Abroad highlights members of our extended family to show off just how diverse the NJ 4-H program truly is! In this March 21 session, we'll explore South Korean culture with Rutgers University Alumni, Dr. Deborah Yoon.

Register to receive a link for this hour long, fun, and in-depth virtual exploration of Korea. An Evening Abroad is fun for all 4-H members and their families!

Register here:
<https://go.rutgers.edu/b687epbr>

The New Jersey 4-H "family" includes people from all over the globe. An Evening Abroad highlights members of our extended family to show off just how diverse the NJ 4-H program truly is! In this March 21 session, we'll explore South Korean culture with Rutgers University Alumni, Dr. Deborah Yoon.

Registration link: <https://go.rutgers.edu/b687epbr>



Tack Swap & Sale

Benefitting Warren County 4-H Horse Clubs
Saturday, March 18, 2023

9:00 am - 2:00 pm



Independence Fire House
24 Cemetery Rd
Great Meadows, NJ



Sell your new & used horse equipment, riding attire & other equine supplies or buy what you need for the upcoming season! **No Commission!**

Table prices:

1 table: \$25 • 2 tables: \$45 • 3 tables: \$60
Outside space (10x10): \$25 • Trailers: \$50

For more info, call Wanda 908-797-1239
Buyers may want to bring cash - Some vendors will not take checks.

FOOD STAND ON SITE

Jr. Breeder Livestock Symposium

March 25, 2023

The Rutgers Junior Breeder Symposium is scheduled for Saturday, March 25, 2023, at the George H. Cook Campus of Rutgers University. This symposium is not just for breeders, but for any youth or adult who would like to come learn! Hands-on workshops in Equine, Large Ruminant (Cattle), Small Ruminant (Sheep & Goat), Swine, Poultry, Rabbit, Cavy (Guinea Pig), Small Animals, and Beekeeping!



2023 NJ Junior Breeder Symposium

Location: Round Barn @ George H. Cook Campus Rutgers University

Location: Intersection of College Farm Road and Sheepfold Lane, North Brunswick Township, NJ.

Saturday March 25, 2023
8:30 am - 3:00 pm

For youth and adults
Rain or shine!

Not just for breeders, but for anyone who wants to learn!

Hands-on workshops in the following tracks

- Equine
- Swine
- Small Ruminant (Sheep & Goat)
- Large Ruminant (Cattle)
- Dairy Quiz Bowl
- Poultry
- Beekeeping
- Rabbit
- Cavy (Guinea Pig)
- Small Animals
- Animal Science
- Video Contest

Register by 3/18

<https://go.rutgers.edu/qu4qn90k>

Questions? Contact:
Eppinger@njaes.rutgers.edu
Amelia.Valente@njaes.rutgers.edu

Sponsored by the New Jersey Department of Agriculture Junior Breeder Program, in cooperation with Rutgers Cooperative Extension faculty and staff.

This event is sponsored by the New Jersey Department of Agriculture Junior Breeder program in cooperation with Rutgers Cooperative Extension faculty and staff.

Register by March 18, 2023!

<https://nj4h.rutgers.edu/animals/junior-breeder/>



NJ STATE 4-H FOODS DAY



APRIL 1, 2023



TED BLUM 4-H CENTER, 310 MILLTOWN ROAD, BRIDGEWATER

GRADES K-3

8:30 - 12:00 (no lunch)

Workshops & Cooking Session

Click [HERE](#) for more info

GRADES 4-13

8:30 - 3:30 (bring lunch)

Workshops & Competitions

Click [HERE](#) for more info

Open to all registered 4-H members

Each participating member must fill out this [REGISTRATION FORM](#)

by March 25, 2023

A confirmation email with more information will be sent upon registration



North Jersey Teen Conference

April 22-23, 2023

NJTC IS BACK!!!!



North Jersey 4-H Teen Conference
April 22-23, 2023
L.G. Cook 4-H Camp

REGISTER NOW!

For more info and link to registration visit:
tinyurl.com/NJTCINFO

For 4-Hers in grades 8-13
Develop leadership skills
Meet new friends
Interactive workshops
Dinner and dance
Community Service
Fun recreational activities

We R 4-H

North Jersey Teen Conference
2023
Where We Go, Leadership Grows

2023 North Jersey 4-H Teen Conference

April 22-23, 2023 at L.G. Cook 4-H Camp

You are invited to participate in the 12th annual North Jersey 4-H Teen Conference. We are excited to bring this conference back in 2023! The conference is planned and run through a partnership of 4-H teens and adults.

Date and Time: Saturday, April 22nd at 10:00 AM until Sunday, April 23rd at 12:00 PM

Location: LG Cook 4-H Camp (info at: <https://midham.rutgers.edu> and <https://youth.be0d1.UDby334H>)

Who Can Attend: Active 4-H members in grades 8-13

Cost: \$160 for participants (covers cost of camp, meals and snacks, program materials, t-shirt etc.)

To Register: [Complete this online Registration Form](#), by April 1, 2023 (strict deadline)

What is the North Jersey 4-H Teen Conference (NJTC)?

This conference focuses on helping teens learn and practice life skills such as leadership, communication, service, and teamwork. The conference environment promotes inclusivity, belonging and independence. Hands-on workshops on a wide range of topics will emphasize the educational side of NJTC, and group programs will include fun, interactive and hands-on activities. The conference offers:

- True Colors program for all participants (learn about your unique personality)
- A choice of workshops in three afternoon sessions AND free time activities
- Saturday evening dinner, dance, and group activities
- Multicultural speakers and community service opportunities
- A chance to make new friends, develop self-confidence and have a lot of fun!



Tentative Program Schedule:

Saturday Schedule

9:00 AM - Check in and Breakfast
10:00 AM - Welcome and Introductions, rules, etc.
10:30 AM - Ice Breakers & Get-to-know-You Activities
11:00 AM - Break and Snacks
11:15 AM - Discover Your True Colors
1:00 PM - Lunch
1:45 PM - Free Time Activities (hiking, archery, and more)
3:00 PM - Workshop Session 1 (45 minutes)
4:00 PM - Workshop Session 2 (45 minutes)
5:00 PM - Workshop Session 3 (45 minutes)
5:45 PM - Free Time and Get Ready for Dinner
7:00 PM - Dinner and Program
8:30 PM - NJTC Dance and Alternate Activities
11:00 PM - Quiet Time
12:00 AM - Lights Out

Sunday Schedule

8:00 AM - Breakfast & Announcements
9:00 AM - Community Service Activities
11:00 AM - Reflection & Closing Program
12:00 PM - Check Out





Youth/4-H Show Camp

June 2-4, 2023

Asbury Jr. Dairy 4-H Club is so excited to offer a clinic to help youth learn more about their projects. The focus will be on not just market lambs but also breeding sheep, slick shearing, fitting, and both meat and wool breeds. There will also be speakers on nutrition, and animal care. This event is open to youth beyond 4-H!



Agripalooza! & Tractorcade

May 20, 2023

Join us for the annual Agripalooza! & Tractorcade on Saturday, May 20 from 10am to 3pm.

Attention livestock project members: if you bring your project animals to the Agripalooza for the day, you can have them vaccinated against rabies for free!

For more information, please call the 4-H office at 908-475-6502. To sign up your project animals, fill out the form:

<https://forms.gle/eFwhSAorKejkbbR67>

Funding has been made possible, in part, by the Warren County Cultural and Heritage Division of Land Preservation

Agripalooza! and Tractorcade!

Free Parking
Free Admission

May 20, 2023
Van Nest Hoff Vannatta Farmstead
Rt. 519N Harmony, NJ

10-3 pm





Record Book Series

Welcome to part 2 of 4 of the new record book “how to” series!

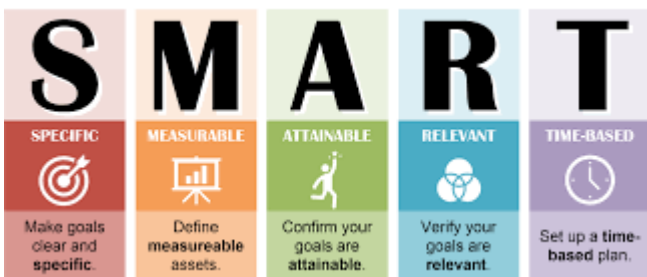
This session we will go over Goal Setting and Logging Activities.



A goal is an aim or objective that you work toward with effort and determination.

At the start of the 4-H project year, it is a good idea to ask yourself “what do I want to get out of 4-H this year?” or “what do I want to learn about in 4-H this year?” The answers to these questions can be your goals for the project year. Once you have identified a few goals, think about what you will need to do to reach those goals. Who will you need help from? What resources will you need – information, money, time, etc.?

Let’s take goal setting one step further and make our goals SMART!



Goals should be:

Specific – a specific goal is well defined, with a clear outcome in mind. It should answer the questions of what you want to achieve, who is involved, and where it will happen.

Measurable – a measurable goal has clear criteria for success and a timeline for achieving it. This allows you to track your progress along the way.

Attainable – An attainable goal is one that is possible to achieve with your overall vision and long-term objectives.

Relevant – A relevant goal is aligned with your overall vision and long-term objectives.

Time-based – A time-based goal has a clear timeline for completion, with a start and end date. This helps provide motivation and sense of urgency to achieve the goal.

New members should aim for 1 or 2 goals their first year. Returning members should increase the number and complexity of their goals as their years in 4-H grow.

Don’t forget to have your parent or guardian and your 4-H club leader sign off on your goals!

Along the Way. Why is it important to keep track of what I do in my 4-H club?

For keeping track of your activities, it is always best to write it down shortly after completing it so you don’t forget about it! Trying to remember what meetings and activities you attended at the beginning of the project year when you are frantically trying to complete your record book at the end of the project year is a challenge! The record page is set up as a table to log the name of the activity, date and location, what you did during the activity, level (club, county, state, national) and if you received any recognition or award from the activity. You can easily keep track of club meeting dates as well as any community service project dates, public presentations, fair dates, etc.



If you are looking for a record book please check out our website at: [Record Books – RCE of Warren County \(rutgers.edu\)](http://Record Books – RCE of Warren County (rutgers.edu))

In the next part, we will cover Project Finances. Stay tuned!

HORSE NEWS



Horse Leaders Meetings

April 26, 2023 - in conjunction with County Equestrian of the Year Interviews

July 12, 2023 - via zoom (if needed)

September 13, 2023 - via Zoom



Horse Bowl Results

February 2023

The NJ State 4-H Horse Bowl Competition was held on Saturday, February 25 at the Gloucester County Office Complex. Warren County was represented by Valentina Maza, Arica Sodtalbers, and Elizabeth Sodtalbers. The team placed 3rd overall and Elizabeth placed 9th High Individual!

Congratulations!



Tack Swap & Sale

Saturday March 18, 2023 • 9am – 2pm
Independence Fire House
24 Cemetery Rd, Great Meadows
(Flyer on page 4)

Equine Presentations & Art Show

Saturday, March 18th at the Rutgers Eco Complex in Burlington.

Both contests are open to ALL registered 4-Hers, you do NOT need to be a horse project member to participate in either event. However, your presentation and your artwork must be equine themed.

Cloverbuds are now allowed to participate in the presentations contest and they are welcome to participate in the Art Show again this year!

More information can be found at:

[Horses : Science, Engineering and Technology : Rutgers New Jersey 4-H](#)



SAVE THE DATE

Horse Judging & Hippology

April 1-2, 2023

Equestrian of the Year Interviews

April 26, 2023

Information and the application have been mailed to all eligible horse members.

Spring Model Horse Show

May 13, 2023

4-H Qualifying Show

June 4, 2023

NJ State Horse Show

August 25-27, 2023



News! New website

<https://warren.njaes.rutgers.edu/4h/>

If you need information from our website, please use the one listed above. The old one (warren4-H.org) is currently not working but we hope to have it back up and running very soon.



Common Invasive Plants in NJ March 6 & 13, 2023 via Zoom

Is your back yard suffering from invasive plant growth? Grab some lunch and join Home Horticulture Program Assistant, Lynn Waclawski for a two-part presentation on how to identify, manage and prevent some of the many invasive plant species that may be taking over your yard. The workshops are free but participants must pre-register.

March 6 and 13 at 12:00pm via Zoom
Part 1 link to register:

<https://go.rutgers.edu/y13egqtq>

Part 2 link to register:

<https://go.rutgers.edu/amjw1yhp>



2023 County Public Presentations

30 youth are registered to give county level public presentation over the next few weeks!



Poetry X Hunger

Attention 4-H members in grades 6-12!

Do you want to help eliminate hunger and poverty through the power of your pen? Join in the Poetry X Hunger project! Write poems which inspire your readers to prevent and eradicate hunger and poverty. Poetry submissions are accepted throughout the year.

For more information visit

<https://nj4h.rutgers.edu/comm/poetryxhunger/>



Club Updates:

Rebecca Smith of Farmyard Frenzy participated in the 2023 Ag Convention in Atlantic City as the NJ State Beef Ambassador!





JOIN THE CLUB



NEW 4-H CLUB RECRUITING NEW MEMBERS!

A new 4-H Club focusing on Community Service is forming in Warren County open to all youth in grades K–13!

The first meeting will be held at 4pm Thursday, April 20 at the Harmony Township Recreation Pavilion, 3003 Belvidere Rd, Phillipsburg, NJ 08865.

For more information and to RSVP for the first meeting, email Megan Smith megansmith101890@gmail.com



Scan the QR Code to find out more about 4-H



RUTGERS.

New Jersey Agricultural Experiment Station
Cooperative Extension Warren County

<https://warren.njaes.rutgers.edu/4h/about/>

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



Help us build this.



Warren County 4-H is looking to build this to house their butterfly pavilion at the Warren County Farmers Fair Grounds. Seeking skilled individuals to help us.

If you've got the mad skills needed to help get this building up for the 2023 WC Farmers' Fair, we'd love to work with you!

If you may be interested in volunteering and assisting, Please contact Alayne Torretta torretta@njaes.rutgers.edu or 908-475-6502.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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