

From the Desk of
the Agent



S.O.S.!! MAYDAY!! ALL HANDS ON DECK!!

The 4-H office staff is very shorthanded this year going into fair set up as Michelle lost an argument with gravity and a pile of rocks and ended up with a broken clavicle (collarbone). She is ok but her left arm is out of commission for the summer. Meaning that we are 2 hands short for fair set up. If you have a few minutes to spare to help us get the art, photography, horticulture and other static displays set up as well as getting our new butterfly pavilion set up, please let the 4-H office know!



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



Reminders

The Next 4-H Leaders Association Meeting

September 6, 2023 at 7:30pm

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 July 17th at 1pm at the Milkbooth at the fairgrounds.



National 4-H Congress

Registration Deadline July 19, 2023

Attention members in grades 10-13!

Plans for National 4-H Congress 2023 are underway. The 2023 event is scheduled for November 24-28 in Atlanta, Georgia.

What is National 4-H Congress? 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), held at the Hyatt in Atlanta, Georgia. For over 100 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. Each year a National Design Team of 4-H youth, Extension Educators, and 4-H adult volunteers analyze current youth issues and determine the most effective ways to address them. The program combines special presentations, seminars, discussion groups and a service-learning experience. The nation's most outstanding community leaders, speakers, and educators present current and timely information.

New Jersey sends a delegation of approximately 16-20 4-H members plus chaperones. At the time of the event youth must be enrolled in grades 10-13. This means you must be enrolled in grades 10-13 as of September 2023 in order to be eligible to apply. 4-H members must have completed at least one full 4-H year, be a registered member by January 1, 2023 and be a member in good standing in order to be eligible to apply. 4-H members must demonstrate good 4-H public speaking skills.

An email with the registration information have been sent to eligible members.

For more information, please contact Abbie Kesely at akesely@njaes.rutgers.edu or 848-932-3711.



Pampered Chef Fundraiser

Deadline August 12, 2023

My name is Amanda, and I am a local 4H Alumna and Pampered Chef Independent Consultant. I am so excited to be hosting a fundraiser for Warren County 4H this summer! Some fundraisers are very labor intensive for the organization – not Pampered Chef – our fundraisers are almost effortless!

All you need to do is share the attached flyer with your family and friends. It's amazing how fast a fundraiser can grow! When your contacts shop on the fundraiser link between now and the week after the Fair this August, Pampered Chef will donate DOUBLE rewards – up to 30% of sales – back to Warren County 4H! Everyone benefits! Digital materials for sharing via email and social media will also be shared with you. With over 200 of our products priced at \$25 or less, we have products perfect for everyone – from gourmet chefs to microwave enthusiasts! All your members and their family and friends can shop with Pampered Chef because, hey, everyone eats! If you or your potential customers have any questions, please do not hesitate to contact me. You can email me any time at MangiaMacchia@gmail.com or through Facebook. I look forward to working with you to make the best better!

All the best, Amanda Macchia, Independent Consultant



Let's Raise Funds!

Shop this Pampered Chef Fundraiser now through August 12th and 30% of sales will be donated back to **Warren County 4H**. Scan the QR or visit <https://linktr.ee/mangiamacchia> and select "Warren County 4H Fundraiser" to get started! If you need help, contact information for our Consultant is also available on the link. *Thank you for your support!*



Reel Into Fishing August 15-17, 2023

Ocean County is hosting its very popular Reel Into Fishing program again this summer for youth in Grades 5-10! The program will be held August 15 - 17, 2023 from 9 AM - 3:30 PM at the Ocean County Extension Building. No cost to participate except for refundable \$25 deposit! Sponsored by Ocean County RCE and Int'l Game Fish Commission.

Learn all about fishery management, environmental science, visit a Rutgers field station and use a fishing boat as a place to learn fish tagging!

Space is limited!

To register
visit: <https://go.rutgers.edu/hw3zx0y6>.

For more information contact
Amelia.Valente@njaes.rutgers.edu



4-H Art STEP club with Pinot's Palette October 11-November 15, 2023

Once again we will be partnering with Pinot's Palette in Hackettstown to offer the 4-H Art Short Term Enrichment Program (STEP). The program will be held at the Pinot's Palette studio in Hackettstown on Wednesdays from October 11 to November 15.

Flyers and the registration will be available shortly.



Year End Celebration October 15, 2023

Save the date for our annual Year End Celebration scheduled for Sunday, October 15, 2023 at the Harmony Municipal Pavilion.



On Target Archery Golf Day October 21, 2023

Somerset's On Target Archery Club is inviting shooting sports members to participate in their Archery Golf Classic and Indoor Faux Field Shoot on October 21, 2023.

For more information, please email
4hontargetarcheryclub@gmail.com

Registration information can be found here:
[On Target Archery Golf Registration](#)





Record Book Series

Welcome to part 4 of 4 of the new record book "how to" series!

This session we will go over How to Write Your 4-H Project Story and complete your record book.



At this point you are very close to completing your record book! Just a few more things to fill out. It is time to look back at all the things you learned and accomplished during the project year.

If you remember back in the beginning of the year when you were selecting the goals that you wanted to achieve, now is the time to review them and log in your book how close you got to accomplishing them! This is the section to reflect on what went well and what didn't quite go as planned. By doing this, it helps set up your goals for the upcoming project year.

Many of our record books have a page about the knowledge and skills that you gained throughout the project year. Each option is categorized under the 4 H's! Head, Heart, Hands, and Health which correspond to the Essential Elements: Independence, Belonging, Generosity, and Mastery.

Next up is logging what the three most important things you learned during the project year. So what did you learn?

Finally, we come to writing your 4-H Story. This is the meat and potatoes of your record book. This is your chance to tell me about your project year in your own words. Tell me about what you

learned, what skill you worked on, something new you tried, something funny that happened at one meeting, about a 4-H experience that helped you grow as an individual, etc. In short, the story should be more than 2 or 3 sentences about how 4-H was fun and you look forward to next year. I read through every project record book that gets turned in. I want to read about 4-H has inspired you, how it has helped you become the person you are today! I don't expect a short story or a full length novel, but at least a paragraph or 2 is what you should be aiming for.

The second to last step in completing your record book is thinking about you what to get out of next years project. What do you want to accomplish and learn? What challenges to you see yourself having to overcome next project year?

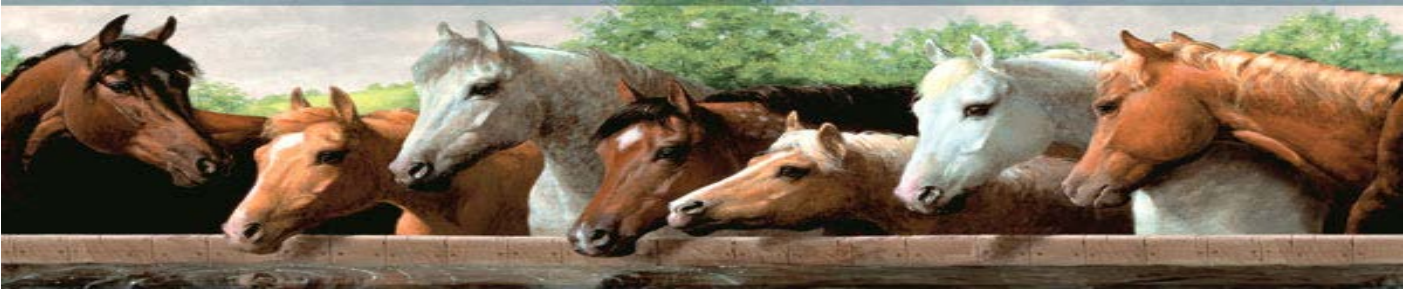
And the final step, don't forget go back to the beginning pages of your record book and sign the "year end signature" section. Don't forget to have your parent or guardian and your 4-H club leader sign off on your completed book as well!



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))

That completes our Record Book series! If you have any questions on filling out your record book or any of the variations to the book based on project area, please feel free to call the 4-H office or email Michelle at teitsma@njaes.rutgers.edu. Look back at the past 3 editions of the Grapevine for instructions and guidelines on the other sections of your record book. Good Luck completing your Record Book!

Horse News



Horse Leaders Meetings

July 12, 2023 via Zoom (if needed)

September 13, 2023 via Zoom



Results of 4-H Qualifying Show

June 4, 2023

Five 4-H horse project members participated in the Warren County 4-H Qualifying Horse show! All qualified to show at the NJ 4-H Horse Show in August!

Congratulations to:

Alicia Garis, who qualified with Hot Chic on the Range in Western Division classes.

Amelia Garis, who qualified with Profits Ryena Rio in Western Division, Ranch Riding, and Games Division classes.

Jesse Gibilisco, who qualified with Splash in Western Division and Ranch Riding classes.

Jesse Gibilisco, who qualified with Kelsea in Very Small Equine classes.

Jadah SanFilippo, who qualified with Lily in Very Small Equine classes.

Hayley Wargo, who qualified with Daisy in Ranch Riding classes.

Hayley Wargo, who qualified with Miranda in Very Small Equine classes.

NJ State Horse Show

August 25-27, 2023



Summer Showcase at Equine Science Center

July 13, 2023

The Equine Science Center at Rutgers University will host its annual "Summer Showcase" from 12:00 pm to 2:00 pm on Thursday, July 13, 2023, at the Equine Exercise Physiology Laboratory on College Farm Road on the George H. Cook Campus in New Brunswick. The Summer Showcase, similar to an open house, is a FREE event that is open to the public and perfect for any and all equine enthusiasts, ages 8 and up.

Guests will also have an opportunity to experience the thrilling demonstration of a horse galloping at full speed on the 21-foot equine treadmill. Always a crowd favorite, the demo is sure to get one's adrenaline-pumping and heart-racing!

After the treadmill demonstration, guests will learn all about equine anatomy with RU Wish Bone, the life-sized horse skeleton. Dr. Alisa Herbst will present her Muscle Atrophy Scoring System (MASS) for Horses, guiding attendees through the process used by scoring one of the Rutgers horses. Finally, a lab tour will be given including an update on the recent research taking place, and some of the exciting projects that are being planned for the coming year.

There is no charge for the Summer Showcase; however, guests must register in advance at: <https://go.rutgers.edu/ESCShowcase2023>.



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.



Join the State 4-H Volunteer Association

Calling interested 4-H volunteers to represent their county on the State 4-H Association. The State 4-H Association is composed of representatives from all over the state and serves to support county and state level programming. All meetings offer a virtual option and take place in the evening.

If you would like to get involved or would like to nominate an individual or business, please complete this brief form: <https://go.rutgers.edu/HelpNJ4H>.

To be involved with the expanded State 4-H Association, please reach out to: akesely@njaes.rutgers.edu



Are you a 4-H Alum and/or Recent Graduate?

AmeriCorps teams with NJ ClimateCorps

What is Climate Change Corps? A partnership between Rutgers and AmeriCorps that brings evidence-based climate change education and programming to public schools, with the goals of raising awareness, changing behavior that contributes to climate change, and reducing the amount of food that schools waste. Applicants need not have a educational background in any specific topic area. They need only be passionate about youth, climate change, and education, to have completed a minimum of 60 college credits, and be at least 18 years old. For more information, email Jennifer Shukaitis at shukaitis@njaes.rutgers.edu



Club Updates:

Warren County Hare Raisers

Members Valentina, Vivian, and Vincent Maza represented their club at the Complete Care Centers Jubilee Day in Phillipsburg. They gave presentations about their rabbits and rabbit care and made the residents very happy!

Out of Our Shells

Welcome to "Out Of Our Shells" pollination patch! The club is participating in "Pollination Ambassadors" with Mrs. Eppinger (Salem County 4-H Agent).



Out Of Our Shells April food pantry night. The members did a great job stocking shelves and decorating the 4H table. Homemade cookies and cake were made for all the patrons.



The kids had a great time digging, weeding, planting wildflowers and just being outside

Results:

State Presentations Contest Results

June 2023

Alicia Garis participated in and received an excellent ribbon at the 2023 State Presentations contest by submitting a recorded video of her illustrated talk, Hoof Health.



Pinot's Palette Art Step Club

33 youth participated in the spring session of the Art STEP Club!



Agripalooza



Farm Camp STEP Club

Warren County 4-H held it's first Farm Day Camp on June 28, 29, and 30 at the Hoff Vannatta Farmstead in Harmony!



Day 2 was all about dairy and beef cows, campers learned about different breeds of cows, made fresh butter and ice cream, and learned about Biosecurity!



On the first day, campers learned about fiber animals, how to spin their wool into yarn, and then how to finger knit!



Day 3 was BUZZING with excitement as the campers suited up to learn about beekeeping, strained some honey, planted pollinator friendly plants, made candles by candle dipping, and made lip balm with beeswax!

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