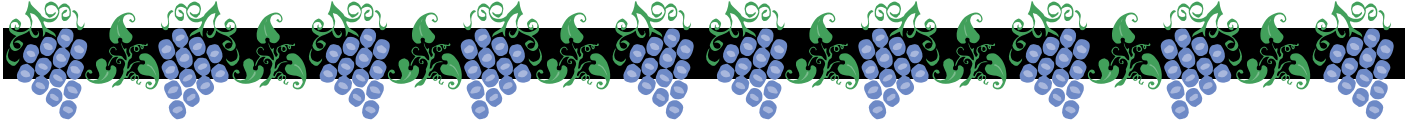


Family Grapevine
Information for 4-H families
November/December 2023



From the Desk of
the Agent



Chunky Blanket Finger Knitting Workshop

Friday, December 1 | 6pm

Learn the art of finger knitting and
make your own chunky knit blanket
to bring home! Perfect for gift giving!
No experience necessary.

Open to ALL ages 9 - 99

WHERE: Warren County 4-H Office
165 County Route 519 S
Belvidere, NJ 07823

COST: \$55.00 per person

CONTACT: 4-h@co.warren.nj.us
908-475-6502



SPACE IS LIMITED!

Registration deadline Monday, November 20

Choose your yarn colors when you register:

<https://forms.gle/AQ1cQkMfyEyaPeQi9>



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



Reminders

The Next 4-H Leaders Association Meeting

January 31, 2024 7:00 pm via Zoom

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!

Teen Council November 15, 2023

The next Teen Council meeting will be on Wednesday, November 15th from 5-6 pm at the 4-H Office. Teen Council is open to youth in 8-13th grade.



4-H Animal Science Career Night November 16, 2023

A free event on November 16th from 6:00pm-8:00pm that offers a wide variety of animal science career exploration for 4-H members in grades 7-13, 4-H leaders and families. These careers include marine biology, K-9 Unit dog training, veterinarian science, dog daycare handler and zookeeper. 4-H Animal Science Career night will be a hybrid format: in person at the Ted Blum Somerset County 4-H center located at 310 Milltown Road in Bridgewater and/or register for a zoom link here:

https://rutgers.ca1.qualtrics.com/jfe/form/SV_2tSXevudrLeq47A



Leadership for Life

New Jersey 4-H members in grades 9-12 who are members in good standing are invited to participate in a multi-level leadership program called the NJ 4-H Leadership for Life Program.

Adapted from Ireland's youth development program Foróige, the Leadership for Life Program is based on theories and principles of youth work, leadership development, and leadership styles. Offered in three sequential modules, this program is aimed at equipping young people to explore their vision and passion and to develop such key skills as planning, decision-making, critical thinking, goal setting, and problem-solving.



Members must complete Modules 1 and 2 before they are eligible to complete Module 3. The Advanced Module is held during a 9-day travel experience to the Foróige Leadership for Life Conference at the University of Ireland in Maynooth, Ireland.

The *Leadership for Life* Program will be offered on the following dates during 2023–2024. Modules 1-3 will be held at the Mercer County Extension Office located at 1440 Parkside Avenue in Trenton.

Module 1: Saturday, November 18, 2023 * new date
10am-5pm \$75 for program materials, lunch and snacks. Registration deadline November 3, 2023
[Module 1 Registration Packet \(341k PDF\)](#)

Module 2: Saturday, January 6, 2024 10am-5pm
\$75 for program materials, lunch and snacks.
Registration deadline Dec. 28, 2023
[Module 2 Registration Packet \(343k PDF\)](#)

Module 3: Saturday, February 10, 2024 10am-3pm
\$40 for program materials. Registration deadline February 1, 2024
[Module 3 Registration Packet \(342k PDF\)](#)

Module 4: July 25 – August 2, 2025 University of Ireland at Maynooth

Information and registration for all of the NJ 4-H Leadership for Life Program Modules are available on the NJ 4-H Website at:
<http://nj4h.rutgers.edu/leadership/leadership-for-life/>

Questions about the *Leadership for Life Program* can be directed to Camden County 4-H Agent Sharon Kinsey (sbkinsey@njaes.rutgers.edu) or Warren County 4-H Program Associate Michelle Teitsma (teitsma@njaes.rutgers.edu).



Chunky Blanket Finger Knitting Workshop

December 1, 2023

Learn the art of finger knitting and make your own chunky knit blanket to bring home! Perfect for gift giving! No experience necessary. Open to ALL ages 9 – 99!!

Cost \$55.00 per person
Location: 4-H Office, 165
County Rt. 519S, Belvidere
Time: 6pm



Registration deadline Monday, November 20
Choose your yarn colors when you register:
<https://forms.gle/AQ1cQkMfyEyaPeQi9>



4-H Model Horse Show Clinic

December 12, 2023

The 2nd annual 4-H Model Horse Show Clinic will take place on December 12th from 12-4 PM at the Ocean County 4-H Office. Open to all 4-H members and their friends!

Come learn the ins and outs of Model Horse Showing, how to customize your models, to create background scenes, tips and tricks to make your models look the best they can be, and even make some tack! Workshop cost is \$10 with an optional pizza lunch for only \$5.

Space is limited to 20 participants and is first-come first-served. Registration deadline is November 27th or when all spots are filled!

Contact amelia.valente@njaes.rutgers.edu for registration information.



NJ 4-H Goat Extravaganza

January 6, 2024

Registration Deadline: December 6, 2023

The annual NJ 4-H Goat Extravaganza is set for January 6th at Rutgers Cooperative Extension of Mercer County in the Mercer County Office Park, 1440 Parkside Avenue, Ewing. This event includes a poster/presentation contest, skill-a-thon, quiz bowl, an art show, workshop for parents and volunteers as well as a social.

For more information, please visit the state 4-H goat website:

<http://nj4h.rutgers.edu/goats/extravaganza/>,

Simple and quick [online registration](#) is due by Wednesday, December 6.



Rutgers Junior Animal Science Symposium

March 23, 2024

Rutgers Junior Animal Science Symposium will be held on Saturday, March 23, 2024 at the Cook Campus Farm, Rutgers University, New Brunswick. Event includes hands-on workshops in equine, swine, sheep and goat, cattle, poultry, beekeeping, rabbit, cavy, small animals and an animal science video contest. Registration information to follow.

Contact amelia.valente@njaes.rutgers.edu if you have questions.



Save the Date

AgripaLoozza!

Saturday, May 18, 2024 at the Hoff Van Natta Farm in Harmony



Horse News



Horse Leaders Meeting

The next Horse Leaders Meeting will be on Wednesday, January 10, 2024 at 7:30pm via zoom.



Equine Science Team

The Equine Science Team will begin practicing in October! If you are interested in participating please either e-mail Tracy Smith - bdtsmith@gmail.com or call (908)-887-2630.



Year End Awards

The Willow Creek Western Horsemanship Award is sponsored by Joan Wolfe. It is given to a rider exhibiting horsemanship & improvement over the past 4-H year. 2023 recipient: **Amelia Garis**

The Sportsmanship Award, sponsored by Stacy Thomas, is presented to the 4-H'er who has demonstrated outstanding sportsmanship in the overall activities of the 4-H horse program. Sportsmanship is defined as sportsman like conduct, such as courtesy, fairness, being a cheerful loser, and the willingness to encourage or console as well as assist other 4-H members. 2023 recipient: **Jesse Gibilisco**

The Guiding Light Award given in memory of Florence Kuipers, a former 4-H leader who was also a mentor and an inspiration to many 4-H youth. This award is given to a 4-H'er exhibiting Florence's qualities as well as a good sportsman who

perseveres to Make The Best Better. 2023 recipient: **Jesse Gibilisco**

The Outstanding Very Small Equine Award, sponsored this year by Tracy Smith, is given to a participant in the horse project area who has shown a VSE at the 4-H County Qualifying Show and/or the 4-H Horse Show at the Warren County Farmers' Fair and has demonstrated a willingness to learn, good sportsmanship, overall improvement in their VSE horsemanship skills, as well as exhibits a positive attitude. 2023 recipient: **Jadah SanFilippo**

The Rookie of the Year Award, sponsored by Evelyn "Sis" Lay, is given to a first year participant in the horse project area. One who is responsible and positively affects others by influence or role modeling, has a positive attitude, is optimistic and encouraging despite discouraging circumstances. 2023 recipient: **Alicia Garis**

Joan Cummins sponsors the Michelle Pflieger Memorial Showmanship and Grooming Award in honor of her daughter. It is given "For in-hand excellence in the show ring as Michelle did with pride." This year's high scoring member in Showmanship and grooming is: **Jesse Gibilisco**





News!

RE-ENROLLMENT

4-HOnline is OPEN for re-enrollment and new enrollments for the 2023-2024 project year!

Please follow these directions to re-enroll for the new 4-H program year. To begin, go to <http://v2.4honline.com>

You should be able to login with your current information (username: email and password.) If you've forgotten your password, click the Reset Password link to have a temporary password sent.

An email was sent to all registered 4-H members with instructions on the re-enrollment process. If you or your members have any issues logging in or re-enrolling, please contact the 4-H Office at 908-475-6502.



NJ 4-H Summer Camp Sign Up

Registration opens on November 15, 2023 for both:

The 74th summer at **L.G. Cook 4-H Camp**, New Jersey 4-H's overnight summer camp in beautiful Stokes State Forest. Join our caring, tech-free community for a one-week sleepaway session in July or our BIG 18 day session in August ... AND

The 2nd summer at 4-H Camp at Rutgers Gardens, our brand-new day camp program combining the social-emotional learning of 4-H Camp's friendly, communal experience with the educational opportunities of Rutgers Gardens.

Sign-up before December 31st to take advantage of our Early "Polar Bear" Registration Period. 4-H discount available to all 4-H members. More details and online registration at nj4hcamp.rutgers.edu! Call 973-948-3550 to reach the Camp Office with any and all questions.



Warren County 4-H is on Facebook!

Please join our Facebook Group: Warren County 4-H

<https://www.facebook.com/groups/942441635878633/> to stay up to date on news, events, and opportunities for Warren County 4-H members. This is a closed group so please request to join the group!

We also have a general public Warren County 4-H Facebook page:

<https://www.facebook.com/warren4h/>



2023 4-H STEM Challenge

Developed by 4-H educators from Cornell University, University of Illinois, Utah State University and West Virginia University, Power Protectors is a collection of three activities that teach kids how to address real-world issues and explore careers in energy. The STEM Challenge kit is perfect for youth ages 8-14.



- **Superhero Hideout** – Kids will learn about renewable energy and design an electrifying Power Protector hideout!
- **Amped Up Engineering** – Acting as engineers, kids will design and build a model of a renewable energy source to help Energy Island survive and thrive!
- **Energy Island Adventure** – Playing this collaborative board game, kids work as a SUPER team using solar, wind and hydropower to save endangered Energy Island!

To find out more about the National 4-H STEM Challenge please check out:
<https://4-h.org/programs/stem-challenge/>



Club Updates

Plants vs Zombies

Plants vs Zombies just finished out our 22-23 year and celebrated with a costume pizza party! Over the growing season, we grew and donated 158 lbs. of

produce to the five local food pantries in Blairstown. Produce included radishes, tomatoes, zucchini, carrots, cucumber, lettuce, beets, kale and green beans. We participated in the Warren County fair with arranging a pollinator garden in front of the new butterfly pavilion and setting up a table with free crafts for kids. The crafts were seed bombs and mini terrariums. We will now take a break and let our club food pantry garden 'sleep' until next spring.



Out of Our Shells

What a great and fun night with owner/operator Christian Fiume of Fitness Empire. Christian has been a personal trainer for eighteen years and a gym owner for twelve years. Not only is Fitness Empire visually stunning you immediately can tell this is not an ordinary gym, but a complete “Wellness Center.” From the physical therapy rooms to the detailed diet and personal training offerings, it’s easy to see why Fitness Empire is one of the best gyms in Warren County.

The kids did a great job asking business related questions, and really down to earth personal questions (they held nothing back.) Christian did an amazing job answering their questions, even the personal ones. They covered education, marketing, growing your business, maintenance, hiring employees, insurance, NJ taxes and more. Christian expressed how much he loves his business and his clients.

Our club then toured the entire gym testing out the vast variety of workout equipment at Fitness Empire. Not only was it fun, Christian personally assisted each member with their own training!

Thank you Christian for a business informative lesson and the opportunity to learn about health, wellness and business.



Out of Our Shells 4H took advantage of the beautiful weather and got in their Rutgers University teaching hours for pollinators!! The boys explained the importance of bees and pollination. Without pollinators, the human race and all of earth's

terrestrial ecosystems would not survive. Of the 1,400 crop plants grown around the world, i.e., those that produce all of our food and plant-based industrial products, almost 80% require pollination by animals.



We would LOVE to hear what your club has been up to! Please drop us a line or photograph!

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