Welcome 2011—hope it’s a happy, healthy year for everyone. Passaic County 4-H ended 2010 with a very successful Awards Dinner with approximately 70 4-H members, volunteers and parents in attendance. Good food and great company while celebrating the hard work and accomplishments of our 4-H members in 2010. Hope you enjoy some of the photos taken that night on pages 2-3.

4-H has welcomed a very busy 2011 with club meetings, outings and special events. The bitter cold, snowy winter has not stopped any of our 4-H’ers.

With a new year comes some new members, say hello to a new group of puppies in the “I See For You Puppy Club” and a new herd of rabbits for the newly formed “West Milford 4-H VelvaTEEN Rabbit Club”.

With a high temperature of 5 degrees the “Passaic County 4-H Teen Crusaders” enjoyed a very cold teen winter camp this January up at the 4-H camp in Stokes State Forest. Teens enjoyed snow tubing, broom ball, cards, games and meeting new friends.

County Public Presentation Night is almost here and I know everyone is gearing up for this amazing event. I look forward to hearing all the wonderful presentations from our club members. If you are not ready to present please come and support your fellow 4-H members.

With many events, conferences and trips coming up in 2011 there are lots of great volunteer opportunities throughout 4-H.

Please contact me if interested.

Hope you are as excited as I am about 2011. Please enjoy this issue of 4-H Happenings.

Marycarmen Kunicki
Passaic County 4-H Program Associate

“If we had no winter, the spring would not be so pleasant: if we did not sometimes taste adversity, prosperity would not be so welcome.” Anne Bradstreet
Awards Night—December 3, 2010

Many of the 4-H members dedicated themselves to their respective club all year...this night was a small gesture showing that all their hard work did not go unnoticed. As we move on to the new year remember, “There is no substitute for hard work.”

- Thomas Edison

Both two and four-legged members of the ‘I See For You’ club gather for a group photo.

Members of the Preakness Aggies pose for a group photo!
Awards Night—December 3, 2010

The Hooferers celebrate another successful year with 4-H!

Awards night was a huge success. All 4-H clubs were in attendance and everyone had a wonderful time. Looking forward to Awards Night next year.

Passaic County’s ‘Teen Crusaders’ prominently display their certificates of achievement.
Happenings

Winter 2011

Club Updates

Teen Crusaders

The Teen Action Group (TAG) is no more! Shocking, but have no fear because the new “Teen Crusaders” are here in its place. The more heroic sounding name was voted on by TAG club members after 4-H Teen Winter Camp this February.

On January 21st -23rd, the 4-H Passaic County Teen Crusaders, joined other 4-H teens from neighboring counties (Warren, Bergen and Somerset) for a weekend of fun moments and memories that will last a lifetime. Many of the events included: hiking, soccer, sledding, pool, s'more's making, and much more. There was an abundant sense of inclusion that became so infectious and helped 4-H members to forge a bond with other teens as well as their own respective club. As soon as the event came to a head, many of our club members talked about the anticipation for next year. Teen Winter Camp -- more or less -- started off the year for many of the clubs including the Teen Crusaders.

The Teen Crusaders are still on a mission to be active participants in aiding our community through services and education. Get Moving/Get Health and Young Engineers after-school programs are still on-going ventures that some of the Teen Crusaders participate in every week.

This March some of the club members will attend the North Jersey Teen Conference in Clinton, NJ and in April, the Teen Crusaders are prepared to lend a hand to Paterson Habitat For Humanity. This is a prime example of some of the teen leadership and volunteer work we hope to continue to the point when Passaic County 4-H Teen Crusaders is synonymous with exemplary citizenship.

“Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.”
Dr. Seuss
The snow doesn’t stop these pups! The “I See For You” Puppy Club has continued to keep busy during the winter months. Since October we have welcomed three new families into our club and wish them luck waiting for their puppies to be delivered. Sayrs, a female German Shepherd puppy, was delivered in late October and has quickly grown into a very beautiful and smart pup. Shortly after Sayrs’ arrival, we wished puppies Gaston and Joey the best of luck as they returned to the Seeing Eye to begin their formal training. Gaston is training on the snowy streets of Morristown while Joey has returned to his raisers and hopes to become a therapy dog soon!

December brought the 4-H Awards Dinner and Borders Gift Wrapping Fundraiser, both of which were filled with our puppies and raisers enjoying themselves! Black Labrador, Dawn, had her Town Walk “graduation” at the Seeing Eye as an early Christmas present to her raisers! Tacoma also strut her stuff down the busy streets of Morristown as her raisers watched proudly on her Town Walk.

2011 has been filled with new puppies for our club members! We welcomed two German Shepherd siblings Dawn and Damen, as well as Black Lab puppy, Fulton! We can’t wait to watch them grow up! All of the Passaic County Seeing Eye Puppies attended the NJ Devils Game in January as a fundraiser for the Seeing Eye. The NJ Devils invited 50 Seeing Eye puppies to their game verses the Florida Panthers and donated over $1,800 to the Seeing Eye at the game! Puppies Currie, Emerald, Puffin, Quix, Specs, and Sayrs (and their raisers) all enjoyed the Devils game very much and thank everyone who helped make it a wonderful day at the Prudential Center. Can’t wait to see what else 2011 has in store for our puppy club!

“Act as if what you do makes a difference. It does.” William James
Club Updates

Passaic Power Paws

The Passaic Power Paws group has been working very hard the last few months. Not only have we been training our pups, but we have done our presentations to our group. We learned about health issues of our dogs, interpreting different barks, adopting a dog from the shelter, and choosing the right dog for our family. Our members put a lot of work into their presentations, which were very interesting, fun, and full of important information. We have been learning that our dogs have different personalities and abilities - just like their human partners.

We challenged them to trust us and walk through a narrow and very long tunnel. A couple of the smaller dogs were quite nervous - even though they would fit in the tunnel perfectly. The largest dog we have ran through the tunnel with no fear. The lure of food on the other side made him brave!

By Amanda Piszczatoski

Passaic County 4-H Public Presentation Night

Thursday April 14, 2011
6:30pm (set-up)
7pm (Presentations will begin)

United Methodist Church
99 Parish Drive
Wayne, NJ

Presentation Tips:

♦ Practice, Practice, Practice
♦ Don’t forget to introduce yourself
  ♦ Speak slowly & clearly
♦ Make Eye Contact & Smile
♦ Don’t forget to ask if there are any questions
  ♦ Most of All—Have Fun

To register your Public Presentation — speak with your club leader.
If interested in volunteering please contact Marycarmen Kunicki
973-684-4786, Kunicki@njeas.rutgers.edu
March is National Nutrition Month

Eat right with color:

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.
- *Fruits*: avocado, apples, grapes, honeydew, kiwi and lime
- *Vegetables*: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange** and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision, and immunity, and reduce the risk of some cancers.
- *Fruits*: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- *Vegetables*: carrots, yellow pepper, yellow corn and sweet potatoes

**Purple** and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- *Fruits*: blackberries, blueberries, plums, raisins
- *Vegetables*: eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- *Fruits*: cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon
- *Vegetables*: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks.
- *Fruits*: banana, brown pear, dates and white peaches
- *Vegetables*: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

Information above comes from The American Dietetic Association
http://www.eatright.org/Media/content.aspx?id=6442462270

“The Greatest Wealth is Health” - Virgil
SAVE THE DATE

Plant Sale

Saturday, May 15th 10am-2pm
Behind Ski Barn and Gary Wines
at Rutgers Cooperative Extension
of Passaic County
1310 Route 23 North—Wayne
Rain or Shine

Save on perennials, annuals, herbs, vegetables, Ramapo Tomatoes transplants and houseplants.
Sign up for Master Gardener classes.
Get answers to gardening & insect problems, plant diseases, lawn care, deer resistant plants And much more …
Soil test kits are available

For more information call: 973.305.5740

SUPPORT 4-H

DEVILS GAME
4-H FRIENDS AND FAMILY
SUNDAY, APRIL 10, 2011 - 3PM

Fan Appreciation Day, Team Poster Giveaway
The Devils Proudly Support 4-H
TICKETS ONLY $35
($99 ticket value- mezzanine/balcony)
PROCEEDS TO BENEFIT THE 4-H PROGRAM

To purchase tickets online visit: newjerseydevils.com/4h
Use special offer code - devils
Or send mail orders to
4-H/Devils Ticket Offer, PO Box 32032 Newark, NJ 07102
Include a check or money order payable to the New Jersey Devils
along with your name, address, phone number, email address, and number of tickets desired.

To order over the phone, please call Tom Stocky, Devils Group Sales at (973) 757-6179
SAVE THE DATE

4-H Rutgerscience Saturday - The Science of Food

- **Date**: April 9, 2011
- **Location**: Food Sciences Building—Rutgers University
- **Time**: 10:00 am - 2:00 pm
- **Limit**: 50 young people grades 6-9

Work with a Food Scientist to explore the validity of the 5 second rule and learn how we can control microbes in our food supply. Take a close look at the chemistry of food including what makes proteins – proteins and how can we tell?

4-H Rutgerscience Saturday - Environment

- **Date**: May 14, 2011
- **Location**: Institute of Marine & Coastal Sciences & Environmental Sciences Building—Rutgers University
- **Time**: 10:00 AM - 2:00 PM
- **Limit**: 50 young people grades 6-9

**Look to the Trees**: You’ve probably seen deer and squirrels in the forest but what else lives there? Learn about NJ forests and how we can tell their age.

**What’s in the Water?** Test the water in Rutgers University’s Passion Puddle and learn what Rutgers scientists are doing to study water quality and pollution and how this impacts the organisms that live in these environments.

**Learn to be a Meteorologist**: How does the weather person on the news predict what the weather will be like in the future? Are they psychic?

**What are clouds made of?** Learn about how clouds are formed, what they’re made of, and how what we do can impact clouds.

For more information please contact the 4-H office 973-684-4786

http://4hset.rutgers.edu/programs.html

LOOKING FOR A FEW GOOD ADULTS

IT’S NEVER TOO LATE TO HELP. WE ARE NOW SEEKING MOTIVATED INDIVIDUALS WHO ARE COMMITTED TO MAKING A POSITIVE DIFFERENCE IN THE LIVES OF YOUTH. TO LEARN HOW YOU CAN HELP PLEASE CONTACT:

Marycarmen Kunicki—Kunicki@NJAES.RUTGERS.EDU OR CALL 973-684-4786.

“In essence, science is a perpetual search for an intelligent and integrated comprehension of the world we live in.” Cornelius Bernardus Van Neil
Earth Day 2011 A Billion Acts of Green (April 22nd)

How can you, your club and your community make a difference this earth day?

Here are some sites to help you out:

Earth Day Network
Make a pledge and see what others are doing
http://act.earthday.org/

Earth 911
Find out where you can recycle everyday household items in your neighborhood
http://earth911.com/

Did you know all of the following materials can be recycled?

Batteries, Wine Corks, Holiday Lights, CD’s/DVD’s/Cassettes

Light Bulbs, Trophies, Surfboards, Crayons

Find out more at http://earth911.com/news/2009/12/28/i-didnt-know-that-was-recyclable/

Help 4-H Recycle Plastic Bottle Caps with Aveda

Most plastic bottle caps do not get recycled.

Often these caps end up as litter or trash and migrate into our rivers and oceans. Birds and other marine creatures mistake them for food with tragic results. The magnitude of this pollution problem is devastating to our oceans and wildlife.

We can be part of the solution by joining recycle Caps with Aveda.

4-H has joined Aveda's caps recycling initiative. Aveda has built a recycling program for plastic bottle caps allowing for new caps to be made from those recycled.

What type of caps can Aveda collect?

The program accepts caps that are rigid plastic, sometimes noted with a 5 in the chasing arrows recycling symbol. This includes caps that twist on with a threaded neck such as caps on shampoo, water, soda, milk and other beverage bottles and flip top caps on tubes and food product bottles (such as ketchup and mayonnaise), laundry detergents and some jar lids such as peanut butter.

Excluded from collection are non rigid lids such as yogurt lids, tub lids (margarine, cottage cheese), and screw on lids that are not rigid. Please do not include any metal lids or plastic pumps or sprayers. Unfortunately, too much of the wrong types of materials can contaminate the recycling process.

Join the Recycle Caps with Aveda campaign and feel great knowing that your plastic caps will be repurposed into new packaging and kept from entering our waterways and harming wildlife.

For more information about this program please contact the 4-H office 973-684-4786
Upcoming Events

March 2011
March 5th—Rutgerscience Saturday (Understanding Microbes) New Brunswick, NJ
March 11th—13th—North Jersey Teen Conference Clinton, NJ
March 26th—State 4-H Equine Presentations New Brunswick, NJ
March 26th—Camp Community Service Day Branchville, NJ
March 26th—Livestock Symposium New Brunswick, NJ

April 2011
April 2nd—7th—National 4-H Conference Chevy Chase, MD
April 9th—Camp Community Service Day Branchville, NJ
April 9th—Teen Crusaders Volunteer w/ Habitat for Humanity Paterson, NJ
April 9th—Rutgerscience Saturday (The Science of Food) New Brunswick, NJ
April 9th—10th—State 4-H Horse Judging and Hippology
April 10th—Devils Game 4-H Friends and Family
April 14th—Passaic County 4-H Public Presentation Night Wayne, NJ
April 22nd—Good Friday (4-H Office Closed)
April 22nd—Earth Day
April 30th—State 4-H Dog Show New Brunswick, NJ
April 30th—Rutgers Day New Brunswick, NJ

May 2011
May 14th— Master Gardeners’ Plant Sale Wayne, NJ
May 20th—22nd—Becoming an Outdoor Family Camp Weekend Branchville, NJ
May 30th—Memorial Day (4-H Office Closed)

Look for the Spring issue of 4-H Happenings in May
Other Ways to Connect With 4-H

National 4-H Website: http://4-h.org
New Jersey 4-H: http://www.nj4h.rutgers.edu
On Facebook: http://www.facebook.com/4-h
On Twitter: http://www.twitter.com/4H

THANKS FOR ALL YOUR SUPPORT

If you wish to be removed from our mailing list, please contact the 4-H office.

Even if you are no longer an active member, we hope you still want to hear from us.

If you wish to receive only an electronic version of this newsletter please contact the 4-H office so we can update our mailing list. Thanks!

4-H Passaic County Newsletter

Marycarmen Kunicki
Passaic County Program Associate

Marcus Thompson
Yakeema Cobb
Youth Educators

Dawn Wilkes
Tyriek Lane
AmeriCorps Volunteers

Rutgers Cooperative Extension of Passaic County
4-H Youth Development Program
317 Pennsylvania Ave., Room 204
Paterson, NJ 07503
Phone: 973-684-4786
Fax: 973-754-9812
E-mail: Passaic4H@RCE.Rutgers.edu