A Note From Our AmeriCorps VISTA

“Eat your broccoli!” is something most youth dread hearing. Why would they want to eat these bland vegetables when most would prefer sugary filled candies? Could nutritional concepts be difficult to grasp for youth? Perhaps some of those foods are difficult to access? Our current programs at The New Roberto School and OASIS Community Center in Paterson have simplified healthy eating for our youth who are in 5th-7th grade. Through hands on activities which allow youth to create their own healthy snacks that can be relatively easy to access. We also demonstrate that physical fitness can be fun by engaging in activities that promote being active.

Our 4-H instructor, Maria, both challenges students to try new things and nurtures their ability to grow as learners. Maria brings a vibrant and healthy discussion about nutrition and physical fitness to the classroom with her knowledge and leadership abilities. We are currently working on bringing these fun, engaging, and informative workshop to teens in John F. Kennedy High School. Our program has proved that healthy eating and physical activity can be fun and simple things for you and your family to take part in. We look forward to expanding our programs to more youth serving agencies in Passaic County because as we know in 4-H we “make the best better”!

Public Presentation Night

☆ Public Presentation Night is April 11, 2014 from 6:00 to 8:00pm at the Public Safety Academy in Wayne.
☆ Registration forms are due Thursday March 27th.
☆ Remember to select what type of presentations you will being doing, the name of the presentation and how long it will be.
☆ Remember to bring all necessary items for your presentations with you.

“All our dreams can come true, if we have the courage to pursue them.” ~ Walt Disney

RUTGERS COOPERATIVE EXTENSION OF PASSAIC COUNTY

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.
Awards Night 2013

Thank you to the entire Passaic County 4-H family for a great 2013. We look forward to 2014 being another great 4-H year!

A special thanks to all our leaders who give so much time and effort to our clubs and make the best better!

Over thirty toys were donated to the Toys for Tots! Thanks to all those who donated and helped put smiles on children's face this holiday season!

Over one hundred club members, family and friends of 4-H were in attendance for Awards Night 2013! That’s the largest awards night we have had in the last 4 years and we hope to keep growing.

Congrats to all of our club members we look forwards to seeing you next year!

“You will never do anything in this world without courage.” ~Aristotle
Teen Winter Camp 2014

Club members from the West Milford Velveteens and Passaic County Teen Crusaders joined teens from Bergen, Warren and Somerset County 4-H for a weekend of fun at this year’s Teen Winter Camp. Teens made the best out of a rainy weekend, they learned archery, made cookies and played some really heated card games! Thanks to all the teens and chaperones for making Teen Winter Camp 2014 a memorable one!

Club Update — The Hoofers

As the cold weather keeps us in the house to stay out of the ice and snow, The Hoofers are keeping the 4-H spirit going. We're lucky to have a beautiful stable that's heated. We have approximately 6 new members this year who are anxious to learn the basics of horsemanship. So far they've learned stable rules, how to halter, lead and groom horses. Above all the kids need to be comfortable with the basic abilities of horsemanship.

So far we've reviewed how to fill out record books and decided on our county fair projects. We have goals of all our members competing in the fair with record books, and craft projects this year in our next few meetings we'll be working on our club and county presentations. We'll see you on presentation night!

Passaic Power Paws

Passaic Power Paws is down to only 1 member, so we are putting our club on hold until we can get some more members. Nicole Harden will be going to LWF!! She is so excited to be going!! We are looking forward to the Open House.

“Don't expect your friend to be a perfect person. But, help your friend to become a perfect person. That is true friendship!” ~ Mother Teresa
Club Update—Teen Crusaders

Award's Night was held on December 6th in the Public Safety Building and this night was for all of the Passaic County 4-H clubs, parents, and supporters. Families walked in with hands full with dishes for the Pot-Lock dinner that everyone shared and enjoyed. After this, people made their way to the auditorium where we started the program. Club leaders and members were called to the front to receive their recognition certificate and pins. The teens gathered for a group photo, and the cycle was repeated; calling out everyone's name and recognizing them for their involvement. This night was very heartfelt that was filled with smiles and pink cheeks!

On January 4th, a group of SET Ambassadors got to take a scenic car trip to the Mason Gross building of Rutgers in New Brunswick. Upon arrival and the discovery of the computer lab, we were introduced to some fun and friendly Rutgers students. As SET Ambassadors, it was our duty to develop a short video portraying our adventures after the Samsung Summer Science Program and we were able to complete them with the help of the students. Their knowledge of various editing programs aided us in piecing together our video clips and picture that, in the end, was able to finalize into a more refined video that each team submitted to Samsung that night.

The Teen Crusaders were joined with the Velveteens along with other North Jersey counties in this year's Teen Winter's Camp that was held January 10th to the 12th at the 4-H Camp. Although it was a rainy and icy weekend, we still had lots of fun. The participants enjoyed different card games, crafts, indoor hockey, and some even tried their hands at archery. But, supervised of course! At camp, we took on different responsibilities such as cooking-for the aspiring chefs and clean-up-for those who weren't afraid of getting a little dirty, and just wanted to help out. This was just a weekend that was made to relax and unplug yourself from the stresses of school. It was leisurely, fun, and everyone made new friends!

Preakness Aggies

The Aggies are off to a strong start. We made Halloween crafts, Holiday plates, and Sock Snowmen. In December we had a holiday party and on January 18, 2014 all of us went Snow tubing at Camp Gaw! This year we welcomed Mary Reilly as a new member and have welcomed back the Fagan's, Rosario's and Anderson's. The Preakness Aggies continue to meet the first and third Fridays of each month.

“I can accept failure -- everyone fails at something. But I can't accept not trying.” ~ Michael Jordan
West Milford Velveteen’s

Check out the photo of our club veterinarian Debra Deen Morris, VMD and vet-technician Gabrielle Indoe from the Animal Care Center at 62 Hamburg Turnpike Riverdale. (GREAT VETS!) as they prepare give a not-so-happy customer a microchip at out "Micro-chip Your Pet!" Day held at Mike's Feed Farm last Saturday. Per our extraordinary baker par excellence, Teri Bresnack, after expenses the event and the accompanying bake sale earned $259 dollars for our club, $9.00 over our goal, Hurrah! This money will be used towards the fabric we need for our craft project, snacks, and our end-of-the-year party in June.

Our club was able to deliver 21 Valentine's Day Cards to Meals on Wheels that we made during the Bake Sale. Also, every single thank you card we had was sent out to everyone who assisted us in this event.

Calling all members and friends: Murad will be launching his "Seeds of Faith" library project at the United Methodist church on Feb. 9th.

4-H Camp

Winter blues got you down? Is that 5 foot mound of snow at the end of the driveway making you wish summer was right around the corner? Well get ready sunshine and happy days are coming your way and there’s no better way to enjoy the summer than at 4-H Camp! Get ready to have fun with campers from all around the state as they find their inner Katniss, sail the open seas and become king of the land all this and more at 4-H camp in Stokes State Forest.

To Learn more about 4-H camp you may contact the camp for more information at 973 –948-3550 or email 4hcamp@njaes.rutgers.edu. Visit their website www.nj4hcamp.rutgers.edu

The Lindely G. Cook 4-H Camp is located at 100 Struble Rd Branchville, New Jersey 07826

- May 17th — Camp Open House
- June 30th - July 3rd — Science Engineering & Technology Camp
- July 7th - July 12th — Session 1: Hungry Games
- July 14th - July 19th — Session 2: Pirates
- July 21st - July26th — Session 3: Chaos
- July 28th - August 2nd — Session 4: Medieval Mythland
- August 4th - August 9th — Session 5: Super-Secret Agent Spy
- August 11th - August 16th — Camp Smorgasbord
Upcoming Events

March
March 2nd — State 4-H Dog Bowl Competition and K-9 Arts Show, Westhampton
March 16th — State 4-H Equine Presentation Contest, Bordentown
March 22nd — NJ State 4-H Rabbit, Cavy, Small Animals, Herpetology and Poultry Educational Symposium, Clayton
March 22nd — NJ State 4-H Avian Bowl, Clayton
March 27th & March 28th — Climate and Environmental Change Teen Summit, New Brunswick
March 29th — Discover the Leader in You! Regional Leadership Conference North, Somerville
March 29th — Morris County Science-Sational Day, Morris County
March 29th & March 30th — State 4-H Hippology Contest, Long Valley
March 30th — State 4-H Horse Judging Contest, Long Valley

April
April 5th — Somerset County Science-Sational Day, Bridgewater
April 5th — State 4-H Junior Breeder Symposium, New Brunswick
April 5th - April 10th — National 4-H Conference, Chevy Chase, Maryland

April 11th — Passaic County 4-H Public Presentation Night, Wayne
April 18th — Good Friday, Office Closed

May
May 26th — Memorial Day, Office Closed

Look for the Spring Issue of 4-H Happenings in May
Passaic County 4-H Public Presentation Night
Registration Form
Friday, April 11, 2014
6:00pm

Public Safety Academy
300 Oldham Rd.
Wayne, NJ 07470

Please arrive at 6:00pm for check-in and set-up.

If you would like to present, please return this form by Thursday, March 27, 2014:
passaic4h@aesop.rutgers.edu and/or fax to 973-305-8865

Which type of presentation are you giving? (Check One):
Demonstration/Team Demonstrations
Illustrated Talk
Formal Speech
Performing Arts

NAME: ____________________________________________ CLUB: ______________________________

ADDRESS: _________________________________________ PHONE: ___________________________

GRADE: _____ BIRTHDAY ___/___/___ YEARS IN 4-H? ______ CLOVERBUD? ______

NUMBER OF PAST COUNTY PRESENTATIONS GIVEN: ______

PRESENTATION TITLE: _________________________________________________________________

BRIEF EXPLANATION: __________________________________________________________________

LENGTH OF PRESENTATION: _____MINUTES (Prep should be 3-7 min. Others must be 5-15 min. Please
time yourself; don’t guess)

WILL USE SMALL ANIMALS? YES ___ NO ___ TYPE: ______________________ (small animals, dogs acceptable)

PLEASE NOTE: The 4-H MEMBER is responsible for providing all equipment needed for the presentation. If
you require special assistance, call the 4-H Office 973-684-4786 or email at passaic4h@aesop.rutgers.edu
by Thursday, March 27, 2014.

_____ YES! I will bring a tray of cookies or other finger food for refreshments at the Awards Ceremony.

GOOD LUCK AND SEE YOU PRESENTATION NIGHT!
JOIN THE REVOLUTION OF RESPONSIBILITY

READY TO MAKE A DIFFERENCE?
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:

passaic4h@rce.rutgers.edu or call 973-684-4786

How Can You Join the Revolution of Responsibility?

Sign up to receive email updates at 4-h.org/revolution

Follow 4-H on Twitter @ 4H and become a fan of 4-H on Facebook at Facebook.com/4-H

Share your Revolution of Responsibility stories on your website or blog

Download the videos and materials in the Brand Toolkit at 4-H.org/revolution

4-H Passaic County Newsletter

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Americorps VISTA

RUTGERS COOPERATIVE EXTENSION OF PASSAIC COUNTY

The 4-H Youth Development Program is part of Rutgers New Jersey Agricultural Experiment Station Cooperative Extension. 4-H educational programs are offered to all youth, grades K-13, on an age-appropriate basis, without regard to race, religion, color, national origin, gender, sexual orientation, or disability. For additional information, contact 973-684-4786 or nj4h.rutgers.edu. Cooperative Extension encourages individuals with disabilities to participate in its programs and activities. If you need special accommodations, have questions about physical access, or require alternate means for program information, please contact your local Extension Office. Contact the State Extension Director’s Office if you have concerns related to discrimination, 848-932-3583. Rutgers Cooperative Extension is an equal opportunity program provider and employer. Contact your local Extension Office for information regarding special needs or accommodations. Contact the State Extension Director’s Office if you have concerns related to discrimination, 848-932-3583.

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