



RUTGERS UNIVERSITY
Cooperative Extension
of Cape May County
New Jersey Agricultural Experiment Station



CAPE MAY

COUNTY 4-H

Newsletter

@Cape_May_4H



RUTGERS UNIVERSITY
Cooperative Extension
of Cape May County
New Jersey Agricultural Experiment Station

free event



Meet the Breeds



Join us to meet rabbits and small animals, learn about care through hands-on activities and games.

Open to 4-H and non 4-H members in grades kindergarten - 8th grade. Youth must be accompanied by an adult.

When?

Saturday,
February 28
1:00-3:00 pm

Where?

Cape May County 4-H
355 Court House South Dennis Rd
CMCH, NJ 08210



Scan the QR code to register by Wednesday, February 25. Questions? Contact Donna Griebau, 4-H Program Associate at 609-465-5115, ext. 3617 or at donna.griebau@rutgers.edu



VOLUNTEER CONNECTIONS

ONLINE
LEARNING
FOR 4-H
VOLUNTEERS



Volunteer Excellence: Recognizing Achievement, Inspiring Growth

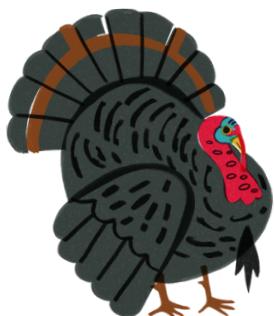
Wednesday, January 21st from 6:30-8:00 PM

Hear inspiring 4-H volunteer stories including those recognized through the National 4-H Salute to Excellence Award. Come celebrate success, learn from peers and strengthen your own impact. Come away with inspiration and new ideas for recognizing volunteers in your 4-H program!

<https://tinyurl.com/NERV2026>

Hosted By The North East Region Volunteerism Team

REGISTER NOW



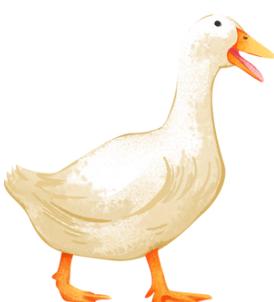
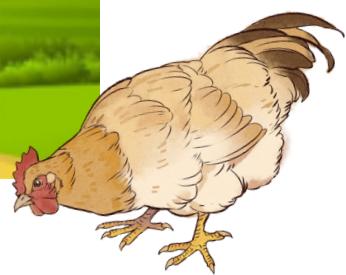
Save the Date!

2026 New Jersey State 4-H Avian Bowl

Saturday, May 16, starting at 10:00 am
Hunterdon County Division of Senior, Disabilities, and Veterans' Services
4 Gauntt Place
Flemington, NJ 08822

Entry Packet to be released on February 2

OPEN TO 4-H CLOVERBUDS, JUNIORS, AND SENIORS
Questions? Contact Amelia.Minervini@rutgers.edu



4-H Top Chef Video Contest

Back for it's 5th year, the 4-H Top Chef video contest is open to all 4-H members. Be sure to adhere to deadlines and get creative. Choose a food to make and create your own cooking video. Videos are judged on creativity, cooking technique, choice of ingredients and overall presentation. Register at www.tinyurl.com/2026TOPCHEF. Contact lbowitz@njaes.rutgers.edu with questions!



RUTGERS UNIVERSITY
4-H Youth Development
New Jersey Agricultural Experiment Station

MIDDLESEX
COUNTY • NJ

2026 4-H TOP CHEF EVENT

New Jersey 4-H members are invited to video themselves preparing their favorite recipe and share it for judging. Your video should include ingredients, prep and cooking directions, and your finished product. Categories: 4-H individual (grades 4-8 and 9-13), member/adult team, and 4-H member team. Judging is based on choice of items, cooking technique, creativity and presentation of your video.

Enter at tinyurl.com/2026TOPCHEF
AND submit videos
by February 15, 2026.

All participants will receive judging sheets and ribbons by mail following the event. Trophies to top winners in each category (grade level and team).



The 11th Annual
Fun and Entertaining



4-H Animal Science Video Contest/Film Festival Saturday, March 28, 2026

The Film Festival will be held in the Round House at the Rutgers Cook Campus Farm as an afternoon session of the Junior Animal Science Symposium. To participate in the film festival, you must register for the Junior Animal Science Symposium. Registration for the symposium will be available at <http://nj4h.rutgers.edu/animals> in early 2026 (approx. Feb. 1).
in early 2019.

Youth created videos are due March 2

To enter your video in the contest **REGISTER ONLINE** by Feb. 23. You will receive a link to use to upload your video and media release form(s). For more information, see <http://nj4h.rutgers.edu/animals/film-festival> or contact Chad Ripberger, County 4-H Agent, ripberger@njaes.rutgers.edu or 609-989-6830.

Entries must:

1. be educational – must educate the audience on some aspect of **alpacas, cats, cattle (beef/dairy), dogs, goats, herpetology, horses, llamas, poultry, rabbits, sheep, small animals, swine.**
2. be 3:30 minutes or less (1-point deduction per second over 3:30).
3. be uploaded by the end of the day, March 2.
4. be the original work of **youth** in grades 4-13.
5. be created from October 2025 - March 2026.
6. include the names of all youth responsible for the creation of the video (credits – names and roles).

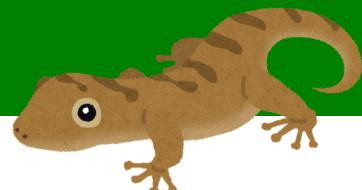
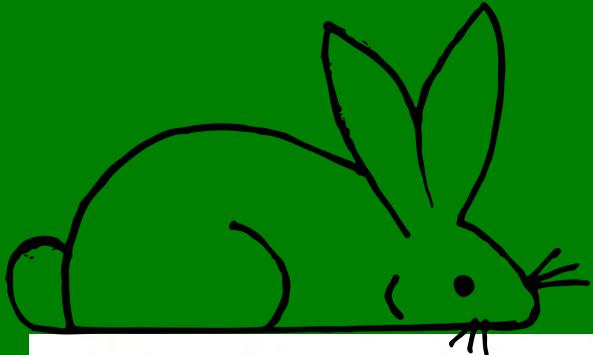
- ✓ The youth of the top scoring videos will receive awards at the film festival on March 28 at the Junior Animal Science Symposium.
- ✓ Videos will be scored on educational value, creativity, clarity, pacing, and technical quality – 20 points each, 100 total. See the video contest website for a description of the **judging criteria**. A [tip sheet](#) and [winning videos](#) from prior years are also on the website.



Scan to Register



Salem County Winter Small Animal Show



Salem County Winter Small Animal Show

January 24th in Salem County, 51 Cheney Rd, Woodstown, NJ 08098

Winter Fun Show sponsored by the Laughing Lagomorphs 4-H Club
Show Begins at: 10 A.M.

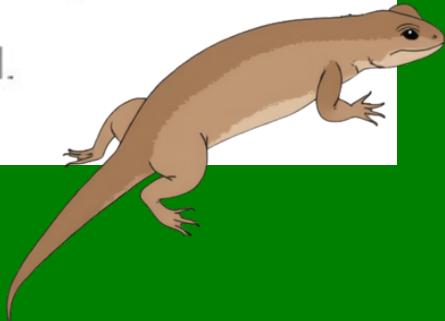
Show Secretary: Shaun Winfield

Email: shaune_77@yahoo.com

Entries: Due by January 17, 2026

Entries will be accepted via email (shaune_77@yahoo.com) or
hand-delivered

Barn Opens: 9 AM; All Registration Closes At: 9:45 A.M.
(Cash entries & day of show entries)





RUTGERS UNIVERSITY
4-H Youth Development
New Jersey Agricultural Experiment Station



CHECK OUT THIS PODCAST!



This podcast explores the fun, but sometimes confusing role of the 4-H volunteer. Each episode examines a specific aspect or challenge volunteers face and offers best practices to improve the experience.

New episodes released every other Wednesday.

Previous Episode Topics Include:

- Community Service vs. Service Learning
- All About 4-H Camp
- 4-H Club Business Meetings
- 4-H Thriving Model
- Healthy Competition
- Surviving Fair Season
- Valuing Diversity
- Working with Teen Leaders
- Measuring a Successful 4-H Club
- Power of Saying "Yes"

LISTEN NOW



Show: <https://go.rutgers.edu/awotzzkr>

Facebook: <https://go.rutgers.edu/v1zxgnk>





NEIGHBORS
HELPING
NEIGHBORS



WOODBINE FAMILY FOOD PACK PROGRAM

FOOD PICK UP

FRESH FRUITS AND VEGETABLES



5PM - 6PM PICK-UP TIME
IF THE EVENING DOESN'T WORK PLEASE
REACH OUT VIA PHONE OR EMAIL TO DISCUSS
EARLIER PICK UP

JANUARY 21ST, 2026
FEBRUARY 4TH, 2026
FEBRUARY 18TH, 2026
MARCH 4TH, 2026

WOODBINE COMMUNITY CENTER
812 LONGFELLOW STREET, WOODBINE, NJ 08270

AVAILABLE TO WOODBINE FAMILIES WITH CHILDREN UP TO 18 YEARS OLD
NO SIGN-UP OR REGISTRATION REQUIRED, WHILE SUPPLIES LAST

FOR MORE INFORMATION CONTACT RACHEL OR
MARQUISE AT



{609} 435-3181
{609} 435-3111



RACHEL@CAPEASSIST.ORG
MARQUISE@CAPEASSIST
.ORG



Your Voice. Our Next President.



An important step in the Presidential Search process is developing the Presidential Profile.

Atlantic Cape Community College will host three Public Forums to hear from our College community. Your input will help shape the qualities, characteristics, and qualifications we are seeking in our next president, as well as the opportunities and challenges facing the College in the years ahead.

All faculty, staff, students, alumni, and community members are invited and encouraged to participate. Participants will have the opportunity to ask questions about the Presidential Search process.

Attend a forum or complete the survey to share your perspective.

Scan the code or visit bit.ly/presidential-search-survey.



Survey deadline: 1/22 at 8 p.m.

Facilitator

Dr. Duncan Harris, Ed.D.
ACCT Search Consultant

We invite all stakeholders to attend the one-hour Public Forums on Thursday, January 22:



Cape May County Campus

10-11 a.m. | Lecture Hall, Room 212
341 Court House-South Dennis Rd.
Cape May Court House, NJ



Worthington Atlantic City Campus

12:30 - 1:30 p.m. | Room 204
1535 Bacharach Blvd.
Atlantic City, NJ



Mays Landing Campus

2:30 - 3:30 p.m. | Walter Edge Theater
5100 Black Horse Pike
Mays Landing, NJ

*Please share the forum information with those who are interested in Atlantic Cape Community College and wish to attend. **No RSVP is needed.***

JOIN US FOR

CAREGIVER SUPPORT GROUP

Dennis Township Senior Center

Wednesdays 12:00-1:30pm

February 4th
February 11th
February 18th
February 25th



Caregiver Support Group is a FREE four-week program that is available to anyone who is currently caring for a loved one or a patient. Caregivers who are feeling stressed, confused, overwhelmed, depressed, or burned out are encouraged to join as they would greatly benefit from the group. The support group is an effective way to reduce stress, receive useful advice, discover local resources, and be surrounded by others who are going through similar experiences. Weekly topics include positive self-talk, support networks, alternatives to pain medication, and self-care strategies to reduce stress.

**FREE LUNCH
PROVIDED**

**\$50 GIFT CARD FOR
PROGRAM COMPLETION**

For more information
about the program
contact Chely Reyes at
Chely@CapeAssist.org
or (609) 435-9613.



Register using the QR code or
visit
www.capeassist.org/caregiver



DSP



RECRUITMENT EVENT

 JAN. 20TH | 10AM-3PM

 1801 RT 9 N.
CMCH, NJ 08210



The Arc of Cape May County has been providing support to individuals with developmental disabilities for over 60 years, and has a team of over 100 dedicated employees.



On the Spot Interviews with a member of our hiring team!
Secure your desired time slot by emailing your message of interest to Hillary.Romero@arcofcapemay.org



Must be at least 18 years old and have a valid driver's license and high school diploma or GED.

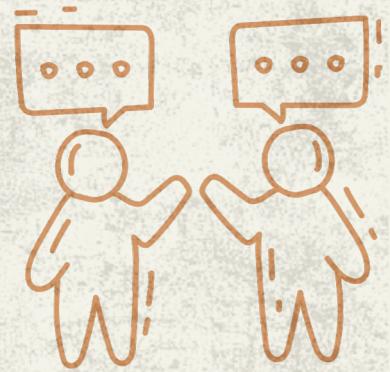
Open to new applicants only.



Want to ensure you're on the fast track?
Complete an application ahead of time by visiting www.arcofcapemay.org



This is a great opportunity for those looking to make a difference in the lives of others. The successful DSP candidates will be responsible for assisting individuals with daily activities, providing emotional support, and helping them to reach their goals. These DSP positions require compassionate individuals who are patient, understanding, and able to work with a diverse population. For a realistic job preview, visit: <https://www.youtube.com/watch?v=oz8KHsKTGpU&t=3s>





NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants. The course is taught by a trained team with lived experience raising a child with a mental health condition. They know what you're going through because they've been there too.

NAMI NJ invites you to join a virtual six-week NAMI BASICS Class

Date: Mondays, February 23 to March 30, 2026

Time: 6:00 pm to 8:30 pm

Via Zoom, Limited Space Available

Attendance is FREE, and Registration is required

NAMI BASICS COVERS

- The impact mental health conditions can have on your entire family;
- Introduction to mental health diagnoses including: ADHD, OCD, Anxiety, Depressive Disorders, Bipolar Disorder, Schizophrenia and more;
- Different types of mental health care professionals, available treatment options and therapies;
- An overview of the public mental health care, school and juvenile justice systems and Resources to help you navigate these systems;
- How to advocate for your child's rights at school and in health care settings; • How to prepare for and respond to crisis situations (self-harm, suicide attempts, etc.);
- The importance of taking care of yourself;
- And Much, much more!



To Register

[CLICK HERE](#)

Or Scan Me



PARTICIPANT PERSPECTIVES

"This is such a great step by step program that walks parents every step of the way. It is as if you are holding their hand through it all."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

By participating in NAMI Basics:

You'll realize that you are not alone. You'll find support and shared understanding—compassion, reinforcement and empathy from people who truly get your situation. And don't forget: Your experiences may also help others in the course. Together, you will all learn that recovery is a journey, and there is hope.



SAVE THE DATE

**LEGISLATIVE
LEADERSHIP
EXPERIENCE**

April 30, 2026