



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

# CAPE MAY

# COUNTY 4-H

## Newsletter



like & follow

@Cape\_May\_4H

NOW  
PUBLISHED  
TWICE  
A MONTH!



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



## JOIN 4-H



Did you know?  
4-H is free!

Science Rocks  
exploring science  
all grades  
3rd Sunday

Get Your Brick On  
LEGO Club  
1st grade and up  
1st & 3rd Thursday

Scales & Tails  
reptile club  
all grades  
1st & 3rd Friday



visit our 4-H  
website to see full  
list of clubs

Little Critters  
rabbits & small animals  
grades K-8th  
2nd Sunday

Growing Sprouts  
gardening, nature, crafts  
grades K-3rd  
4th Monday

Clover Kids  
nature, crafts, animals  
grades K-3rd  
2nd Sunday

Teen Ambassadors  
Leadership and  
Personal Development  
8th grade and up  
4th Thursday

Rutgers Cooperative Extension Office  
355 Court House - South Dennis Rd  
Cape May Court House, NJ 08210  
phone: 609-465-5115, ext. 3605



Thursday, February 26 at 6pm  
Lockwood 4-H Youth Center

- New to 4-H public presentations? Fear no more!
- Attend this workshop to learn the basics and have a blast at the same time!
- All 4-Hers welcome, K - 13th grades!
- Participants get one extra credit point added to their presentation score.



**ALL NEW CHALLENGES THIS YEAR!**

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



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



# 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](mailto:donna.griebau@rutgers.edu)



Cape May County

# 4-H Community Service Day

## April 11, 2026

1 p.m. – 3 p.m.

Wildwood Convention  
Center Native Plant Beds  
Jobs: weeding and  
clean-up

OR

10 a.m. – 12 p.m.

Historic Cold Spring  
Village  
Jobs: Planting  
flowers and clean-up

To sign-up for either location email Natalie at  
[natalie.taylor@capemaycountynj.gov](mailto:natalie.taylor@capemaycountynj.gov)



**bring gloves, wear comfortable clothes and shoes.**



REGISTER NOW

<https://forms.gle/YtGiJm8QYuhffkJv5>



# Cape Shore Explorers

Saturday, April 25, 2026  
10:00 am - 2:00 pm

FREE



## Program Details

- Learn about local waterway animal species
- Explore Cape May County bay coastline
- Discover careers
- Meet scientists

Open to the public, grades 5th-7th

### What to Bring:

- Packed lunch & water bottle
- Comfortable boots
- Your best curiosity!

Questions? Contact Donna Griebau, 4-H Program Associate at (609)465-5115, ext. 3617

### Location:

Rutgers Cape Shore Laboratory,  
297 South Delsea Drive, Cape May Court House, NJ 08210



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of Cape May County  
New Jersey Agricultural Experiment Station



**R** RUTGERS UNIVERSITY  
Haskin Shellfish  
Research Laboratory  
New Jersey Agricultural Experiment Station

# Cape May 4H Fairgrounds



## The Cape May Renaissance Faire

ALL NEW! May 2-3rd, 2026



Please join us for a weekend of medieval fun, fantasy, music, crafts, food and drink! Try your hand at archery or watch a show! Come as you are, or as you want to be!



Join the Fun! Ren Faire is Hiring!

Follow the link below for more info

[Cape May Ren Faire](#)





## 2026 NJ STATE 4-H HORSE BOWL COMPETITION INFORMATION SHEET

**WHEN:** Saturday, February 21, 2026

**WHERE:** The Cook Student Center, Rutgers New Brunswick Campus  
59 Biel Road, New Brunswick, NJ 08901

**START TIME:** Contest registration begins at 8 am. Please note that the contest starts promptly at 9 am.

**ALL TEAMS ARE REQUIRED TO BE CHECKED IN BY 8:45 AM.**

**ALL PARTICIPANTS MUST REGISTER THEIR VEHICLES WITH CAMPUS PD IN ORDER TO PARK. 4-H IS NOT RESPONSIBLE IF YOUR CAR IS TICKETED OR TOWED.**

**OPEN TO:** 4-H Members from Grades K to 13

**ENTRIES:** All entries must be submitted electronically at:  
<https://go.rutgers.edu/7ga3nzov>



**DEADLINE:** February 13, 2026

**QUESTIONS:** Brittany Rigg, [rigg@njaes.rutgers.edu](mailto:rigg@njaes.rutgers.edu) or (856)224-8040

**ENTRY FEES:** \$55 per team; \$20 per individual. Cloverbud Entries are free.

**LATE FEES:** A \$10.00 late fee will be applied to ALL team and individual entries received AFTER February 13.

**PAYMENT:** Checks should be made payable to NJ 4-H HORSE PROGRAM and mail to:

RCE of Gloucester County  
Attn: Horse Bowl Entries  
254 County House Rd  
Clarksboro, NJ 08020

**AWARDS:** Top (4) Junior & Senior Teams Overall, Top (10) Junior & Senior High Individuals, Cloverbud Participation Ribbons

**FOOD:** Food will not be provided. There are limited places to purchase food on campus, so we strongly encourage members to bring lunch, snacks, and drinks for the day. Parents bring food or eat at a local area eatery.



## 2026 4-H Dairy Quiz Bowl Contest and Art Show

Registration deadline: February 13, 2026

Date: February 28, 2026 at the Mercer County Extension Office

For all 4-H Dairy members

Entries for the 2026 4-H Dairy Quiz Bowl Contest and Art Show are due February 1st. The event will be held on February 28th at the Mercer County Extension Office.

# New Jersey Dairy Bowl Contest

**WHAT?** A dairy quiz bowl competition.

**WHEN?** Saturday, February 28th at the Mercer County Rutgers Cooperative Extension Office

**WHERE?** Mercer County Rutgers Cooperative Extension Office starting at 9am

**HOW?** A combination of the North American Invitational 4-H Quiz Bowl Rules and the Junior Holstein Association Quiz Bowl Rules will be used.

**WHO?** Participants must designate on entry form if competing as a Junior Holstein and/or 4-H team.

For Junior teams, all four members must meet the requirements for that contest for the team to be a Holstein or 4-H team. If all the team members meet the requirements for both, a team can be designated as both a Junior Holstein and a 4-H team. Participants may enter as individuals and be matched up to make a team.

Senior members will be competing as individuals with no team contest.

**Age Requirement** – For the Holstein teams, there will be a Junior Division (grades 4 - 8 OR under 16 years of age as of Jan. 1) and Senior Division (grades 9-13 and 16-21 years old as of Jan. 1).

For the State 4-H Team: According to the North American Invitational 4-H Dairy Quiz Bowl eligibility rules, senior members representing New Jersey at that contest must meet the following requirements: A 4-H member who celebrates their 15th, 16th, 17th, 18th, or 19th birthday during the year of the contest is age eligible for this competition. Any Junior Member in grade 8, who will meet this age **requirement in 2026 that wishes to be considered for a state4-H team will be required to participate in this contest as a senior.**

### Participant Requirements:

**4-H Designation** – Members must be registered in the 4-H Dairy Project in the county they wish to represent in New Jersey by January 1, of the current year, have attended 70 % of their club meetings, have an up- to- date record book, have given a club or county presentation in the last year and participated in a community service project in the past year. Member must be in grades 4 – 13 to participate in the 4-H competition.

**Junior Holstein Association Designation** – Members must be current Junior Holstein members with dues paid. If competing as a Holstein member, you must know if you are able to attend the National Holstein Convention by this state contest.



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



# CLOVER LEGO® CHALLENGE

PRESENTED BY THE OCEAN COUNTY 4-H S.T.E.M CLUB

**SUNDAY, MARCH 22, 2026**  
**12:30PM - 3:30PM**

**Ocean County Agriculture Building**  
**1623 Whitesville Rd.**  
**Toms River, NJ 08755**

## Schedule:

*\*Times may vary*

**12:30pm Registration & Welcome Activity**

**1:00pm LEGO® build begins**

**1:30pm Cloverbud Judging**

**2:00pm Junior Judging**

**2:30pm Senior Judging**

*Special Appearance by LEGO*

*Master Contestant, Corey Samuels!*



<https://tinyurl.com/4HLEGO2026>

*Any youth, whether they are in 4-H or not, is welcome to participate*

**\$20.00 per participant**

*(\$10 per additional participant within the same household)*

**Registration is due by March 3. Cash, Check, or Zelle**

*Written to: Ocean County 4-H Association*

*Zelle to: Ocean4H@co.ocean.nj.us*



**Participants are encouraged to bring a non  
perishable item for the Ocean County Food Pantry**



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.

To enter your video in the contest, **REGISTER ONLINE** by **Feb. 23**. You will then 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](mailto:ripberger@njaes.rutgers.edu) or 609-989-6830.

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## 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





# 2026 RUTGERS JUNIOR ANIMAL SCIENCE SYMPOSIUM

## HANDS-ON WORKSHOPS IN THE FOLLOWING FIELDS:

- Equine
- Small Ruminant
  - Sheep and Goat
- Large Ruminant
  - Dairy and Beef
- Canine
- Poultry
- Beekeeping
- Rabbit & Cavy (Guinea Pig)
- Marine Life
- Animal Science Careers
- Barn and Farm Safety
- and the Animal Science Video Contest!

**Register Here!**



**Check out the  
Session list Here:**



## WEBSITE:

<https://nj4h.rutgers.edu/smallanimals/junior-symposium/>

## ORGANIZED BY:

The New Jersey Department of Agriculture Junior Breeder Program, in cooperation with Rutgers Cooperative Extension faculty and staff.



# SATURDAY, MARCH 28, 2026

**LOCATION:** ROUND BARN @ GEORGE H. COOK CAMPUS – RUTGERS UNIVERSITY

**TIME:** 8:30AM – 3:00 PM; YOUTH AND ADULTS; RAIN OR SHINE

**COST:** \$15 EACH YOUTH AND ADULT PARTICIPANT; CASH OR CHECK ACCEPTED

**REGISTER BY:** MARCH 14 2026

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**QUESTIONS? CONTACT:** [AMELIA.MINERVINI@RUTGERS.EDU](mailto:AMELIA.MINERVINI@RUTGERS.EDU) OR  
[MB2173@NJAES.RUTGERS.EDU](mailto:MB2173@NJAES.RUTGERS.EDU)

# 4-H Ag- Venture Days

March 31- April 2, 2026  
8:30-4:30pm



Join us for 3 full days of Spring Break. Engage in agriculture workshops and farm tours!



Open to youth in grades 1st -5th



## Workshops Include:

- Gardening
- Hands-on with farm animals
- Agriculture Art
- Farm to Table Cooking
- Line Dancing
- and more!



Register by March 20  
A New and Easy Way to Pay!



\$199 non-4-H member  
\$189 4-H members  
Financial assistance provided upon request





## Certified Pullorum Testing Classes for 2026 New Jersey Poultry Shows

**Want to learn something new?  
If you own and show poultry or  
are a 4-H leader, FFA advisor or  
poultry club officer then consider  
being certified as a Pullorum tester  
for New Jersey. The state requires  
that all birds going to shows or  
fairs be tested for this disease.**

**Only Certified Pullorum  
testers may perform these tests.**

**Please come join us!!!**



**April 18, 2026 10:00 am - 2:00 pm**

**Assunpink Wildlife Center  
1 Eldridge Road Upper Freehold, NJ**

**Directions can be found at link below:**

**<https://dep.nj.gov/wp-content/uploads/otpla/pla-documents/2023-farm-postings/directions-to-assunpink-wildlife-conservation-center.pdf>**

**PLEASE REGISTER BY APRIL 17, 2026**

**Class is free to previous certified testers**

**Charge of \$3.00 for manual applied to new tester**

**Fee applies to purchase of material (antigen) for testing**

**To register contact:**

**Lisa de Lambert  
New Jersey Department of Agriculture  
Division of Animal Health  
609-671-6400  
or  
[lisa.delambert@ag.nj.gov](mailto:lisa.delambert@ag.nj.gov)**



**You must sign up in order to attend the class. Participant must be at least 18 years of age to participate.**



**SAVE THE DATE**

# **LEGISLATIVE LEADERSHIP EXPERIENCE**

**April 30, 2026**



# 2026 NJ State 4-H Avian Bowl

Saturday, May 16, 2026

**SeniorCenterinFlemington 4 Gauntt Place,  
Flemington, NJ, 08822**



<b>Registration/Check-in</b>	<b>10:00 am</b>
<b>Introductions</b>	<b>10:30 am</b>
<b>Competition Begins</b>	<b>10:45 am</b>

**REGISTRATION DEADLINE: April 25, 2026**

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer. Contact your local Extension Office for information regarding special needs or accommodations. Contact the State Extension Directors Office if you have concerns related to discrimination 848-932-3703.



# PROFESSIONAL DEVELOPMENT FOR 4-H VOLUNTEERS

## **Volunteer Connections – Ongoing Webinars for all Volunteers**

All volunteers are welcome to register for these valuable webinars led by experts and 4-H staff from the Northeast Region. Get more information and register at <https://extension.umaine.edu/4h/volunteer-connections/>. We encourage you to register for this month's webinar to learn how AI can be used in 4-H!

**ONLINE LEARNING FOR 4-H VOLUNTEERS**

# VOLUNTEER CONNECTIONS

## AI FOR 4-H: WHAT TO KNOW AND HOW TO USE IT

Wednesday, February 18th from 6:30-8:00 PM

This webinar will share an introduction to artificial intelligence, ideas for volunteers, and pitfalls to avoid. No matter your current level of expertise, there will be information for you. You will learn what generative AI is and what it is not through real examples of how it might support your 4-H work.

<https://tinyurl.com/FEBVOLCONNECTIONS>

REGISTER NOW

Hosted By The North East Region Volunteerism Team

REGISTER HERE



#4HhasHeart



## 4-H HAS HEART

Now through March 1, 2026

Ages 13-18

Sign up to join 4-H'ers around the world to make homemade Valentines to deliver to nursing home residents, assisted living centers, Meals on Wheels clients, veterans' centers, senior centers, home-bound seniors, or more. Use this link to sign your club/organization up: [bit.ly/4HhasHeart](https://bit.ly/4HhasHeart) (mention our Buckaneers Club in the last question of the form as the one who referred you).

The goal is to brighten over 100,000 Seniors 'Valentine's Day around the WORLD. Be a part of this huge project that was started by Grace Hobbs when she was in 8th grade to deliver Valentines in her area in Oklahoma. Read more details about this [4-H has Heart Project here](#).

Show the world 4-H has Heart! #4HhasHeart





## Check out this podcast for 4-H VOLUNTEERS:



### • February 18th - 4-H Essential Elements: Independence

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 are released every other Wednesday.

#### Previous Episode Topics Include:

- 4-H Thriving Model
- Healthy Competition
- 4-H Club Business Meetings
- 4-H Thriving Model
- Healthy Competition
- The Power of Saying "Yes"
- Balancing the Volunteer Life
- Community Service vs. Service Learning
- Surviving Fair Season
- Supporting Youth with Special Needs
- Working with Teen Leaders
- Measuring a Successful 4-H Club
- All About 4-H Camp
- Ages and Stages of 4-H Youth

**LISTEN NOW:**



SHOW LINK: <https://go.rutgers.edu/awotzzkr>  
FACEBOOK PAGE: <https://go.rutgers.edu/v1zxgnk>

JOIN US FOR

# CAREGIVER SUPPORT GROUP

Dennis Township Senior Center

Wednesdays 12:00-1:30pm

February 18<sup>th</sup>  
February 25<sup>th</sup>



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](mailto:Chely@CapeAssist.org)  
or (609) 435-9613.



Register using the QR code or  
visit  
[www.capeassist.org/caregiver](http://www.capeassist.org/caregiver)





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 21<sup>ST</sup>, 2026  
FEBRUARY 4<sup>TH</sup>, 2026  
FEBRUARY 18<sup>TH</sup>, 2026  
MARCH 4<sup>TH</sup>, 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





# THRIVE GAME DAY!



**When:** Sunday, February 22

**Time:** 12:30-2:30

**Where:** The Lighthouse Church  
1248 Route 9, CMCH



Scan the QR code to register  
RSVP by February 15th



This event is open to children and youth ages 6 through 17 who are grieving the loss of a loved one.

This engaging event will include relay games, puzzles, and interactive activities that encourage connection, laughter, and healing in a supportive environment.

Lunch will be provided





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:**

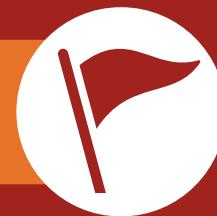
You'll realize that you are not alone. You'll find support and shared understanding—compassion, reinforcement and empathy from people who truly get your situation. And don't forget: Your experiences may also help others in the course. Together, you will all learn that recovery is a journey, and there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



# TEEN DATING RED FLAGS



**RED FLAG:**  
Constant Belittling or putting down.



**RED FLAG:**  
Ignores or uses silent treatment.



**RED FLAG:**  
Blames their partner, no matter  
the situation.



**RED FLAG:**  
Controls partner's behavior & time  
spent with others.

## WHERE TO GO FOR HELP:

**NJ DOMESTIC  
VIOLENCE HOTLINE**  
1 (800) 572 - SAFE (7233)  
24 hours a day  
7 days a week

**CRISIS TEXT LINE**  
Text NJ to 741741  
24 hours a day  
7 days a week

**2ND FLOOR  
YOUTH HELPLINE**  
1 (888) 222-2228  
24 hours a day  
7 days a week



# TEEN DATING: 5 TIPS ON ENDING A TOXIC RELATIONSHIP



## ACKNOWLEDGE THE PROBLEM:

The first step is recognizing and admitting that the relationship is unhealthy. This can involve reflecting on how the relationship makes you feel and identifying patterns of manipulation, disrespect, or control. Trust your instincts if something feels wrong.

## SEEK SUPPORT:

Talk to someone you trust, such as a close friend, family member, or school counselor, about your situation. Having a supportive network can provide emotional strength and practical advice. It's essential to have people who can offer perspective and encouragement.



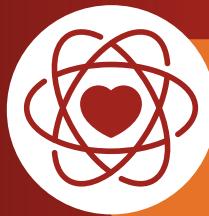
## PLAN YOUR EXIT:

Before ending the relationship, plan how you will do it safely and effectively. Consider the timing and setting for the conversation. If you're worried about your safety, think about having the conversation in a public place or with a trusted person nearby.



## COMMUNICATE CLEARLY:

When you decide to end the relationship, be clear and direct about your decision. It's okay to express your feelings, but try to avoid getting drawn into arguments or justifications. Focus on your need to move on and make it clear that your decision is final.



## PRIORITIZE SELF-CARE:

After ending the relationship, focus on healing and taking care of yourself. Engage in activities that make you happy and boost your self-esteem. Surround yourself with positive influences and give yourself time to process and heal from the experience.