

# CAPE MAY

# COUNTY 4-H

## Newsletter



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

ALL 4-H HORSE CLUB

# VALENTINE'S DAY U PARTY U

You're Invited!

Come celebrate Valentine's Day with your fellow  
4-H Horse Club friends for a fun night of food, friendship,  
and Valentine cheer!



Date: Wednesday, February 11, 2026



Time: 6:00 PM



Location: 4-H Lockwood Building

## Food & Fun!



Food & Fun!

Pizza will be provided

Please bring a Valentine's snack to share!



RSVP by February 7th

We can't wait to  
celebrate with you!





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!**





# 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!**



## 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.

**Check out the  
Session list Here:**



# 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)

# 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 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 state 4-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.

**REGISTRATION DEADLINE:** Please return the enclosed entry form and sample questions by **February 13th** to: Melissa Bright – 310 milltown road bridgewater nj 08807 or [mb2173@njaes.rutgers.edu](mailto:mb2173@njaes.rutgers.edu) (908)526-6644



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).

## Youth created videos are due March 2

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



## 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](http://www.tinyurl.com/2026TOPCHEF).

Contact [ibovitz@njaes.rutgers.edu](mailto:ibovitz@njaes.rutgers.edu) with questions!



The flyer features a large central image of a kitchen scene with children in chef hats and aprons preparing food. In the top left corner is the Rutgers University logo with the text "RUTGERS UNIVERSITY", "4-H Youth Development", and "New Jersey Agricultural Experiment Station". In the top right corner is the Middlesex County logo with the text "MIDDLESEX COUNTY • NJ". A large green 4-H clover logo is positioned in the center of the image. Below the image, the text "2026 4-H TOP CHEF EVENT" is written in large, bold, black letters. The background of the flyer is white with a green border at the bottom.

# 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](http://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).*



## 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.



**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.



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**



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



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>



## 4-H Leadership Academy Program founded by Joel Roth

Deadline: February 8, 2026

Submit questions and application to Kelly Dziak, 4-H Agent [dziak@njaes.rutgers.edu](mailto:dziak@njaes.rutgers.edu)

The 4-H Leadership Academy is a national, multi-year experience designed to develop high-potential youth into powerful leaders, changemakers, and problem-solvers. Roth Scholars will engage in advanced leadership development, mentorship, national convenings, real-world project implementation, and opportunities to influence change at the highest levels. Selected youth will represent the very best of 4-H and help shape a better future—for their communities, the country, and the world.

**Roth Scholars participate in:**

- Leadership development and skill-building
- One-on-one mentorship and coaching
- National gatherings and immersive learning events
- Hands-on implementation of real-world leadership projects
- Opportunities to inform and influence decision-making at high levels

**Who Should Apply?** Motivated and service-oriented 4-H'ers who:

- Are currently in their sophomore year of high school for the 2025-2026 school year
- Consistently maintains the 4-H “member in good standing” status
- Are passionate about creating positive change in their communities
- Want to improve their leadership and public speaking skills
- Are open to deep reflection, feedback, and collaboration
- Are ready to commit to this 2-year national experience (Spring 2026-Spring 2028)

**Applicants must commit to successful completion of the full two-year program, including**

- Attendance of monthly virtual meetings with national program participants and mentors
- Attendance at in-person national convenings including the kick-off meeting May 19-21, 2026 and the capstone event April 2028 (dates TBA).
- Completion of assigned readings, reflections, and preparatory work ahead of virtual and in-person sessions.
- Research, design, lead, and evaluate a service project that addresses a local community need.

Provide monthly progress updates to adult mentors through scheduled meetings, reports, and additional communications as needed.

**Application process requires input from BOTH youth applicant and adult mentor:**

- **YOUTH applicant:**
  - o Submit completed application form **by February 8th** to [dziak@njaes.rutgers.edu](mailto:dziak@njaes.rutgers.edu).
  - o Schedule brief virtual interview (sign-up link provided upon receipt of application)
- **ADULT mentor:**
  - o Submit completed nomination form **by February 8th** to [dziak@njaes.rutgers.edu](mailto:dziak@njaes.rutgers.edu).
  - o Agree to serve as this youth's county level adult mentor for the program duration including an average of 5 hours per month for:
    - Monthly check-in with youth on their community project work
    - Oversight of youth's community project planning, delivery, and evaluation
    - Regular check-ins with state level team

JOIN US FOR

# CAREGIVER SUPPORT GROUP

Dennis Township Senior Center

Wednesdays 12:00-1:30pm

**February 4<sup>th</sup>**  
**February 11<sup>th</sup>**  
**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)





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.





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





# Prevent Slips, Trips, & Falls!

Remember these tips to stay safe!

## Clear Your Path

Understand your work area hazards.



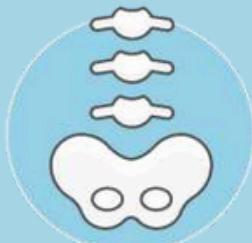
Keep aisles, walkways, and exits clear of debris, cords, and clutter. **Carrying something? Keep a clear view.**



**Be alert!** Phones, tablets, and other electronic devices can be a distraction when walking.

## Watch Your Step

Be mindful of your movement.



**Maintain good posture!**  
Walk, lift, bend, and reach properly to keep your body centered and balanced.



Just like tires, you can't operate safely on bald or slick shoe treads. **Take extra precaution in changing weather conditions!**

## Contain Spills

Clean up spills as they occur.



**Spills are everyone's responsibility.** If you can't clean it up safely, alert others of the spill and find a supervisor.



Keep a spill kit on hand so you can be prepared for a quick spill response. **Restock it after each use.**





# 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.



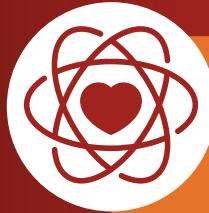
## PLAN YOUR EXIT:

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.