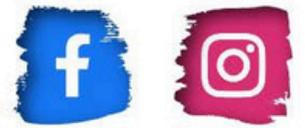


CAPE MAY COUNTY 4-H



like & follow

@Cape_May_4H



Newsletter



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



Did you know?
4-H is free!



JOIN 4-H

Science Rocks
exploring science
all grades
3rd Sunday



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



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



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

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

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

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



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

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



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



B. J. Webersinn Memorial One-Time Scholarship Opportunity at Lindley G. Cook 4-H Camp \$500 Scholarship



OPEN TO CAPE MAY COUNTY 4-H MEMBERS IN GRADES 3RD-10TH. FILL OUT AN APPLICATION AND SUBMIT IT BY APRIL 1, 2026. ONE SCHOLARSHIP WILL BE AWARDED.

SPEND A WEEK THIS SUMMER AT LINDLEY G. COOK CAMP IN BRANCHVILLE, NJ MAKING MEMORIES THAT WILL LAST A LIFETIME.

*CONTACT THE 4-H OFFICE FOR MORE INFORMATION
 609-465-5115 EXT. 3605*



B. J. Webersinn Memorial One-Time Scholarship Opportunity

at Lindley G. Cook Camp



Name:

Grade:

Club:

Years in 4-H:

Why do you want to attend 4-H summer camp?

Why do you continue to stay involved in the Cape May County 4-H Program?

Name a special or favorite memory from this 4-H year. Why did you select this memory?

What have you planned or accomplished for community service and do you have any ideas for future community service projects?

Have you done a public presentation this year?

Are you currently working on a 4-H record book?

APPLICATION DUE APRIL 1



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



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



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**



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



**RUTGERS UNIVERSITY
Cooperative Extension
of Cape May County**

New Jersey Agricultural Experiment Station



**RUTGERS UNIVERSITY
Haskin Shellfish
Research Laboratory**

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.

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!

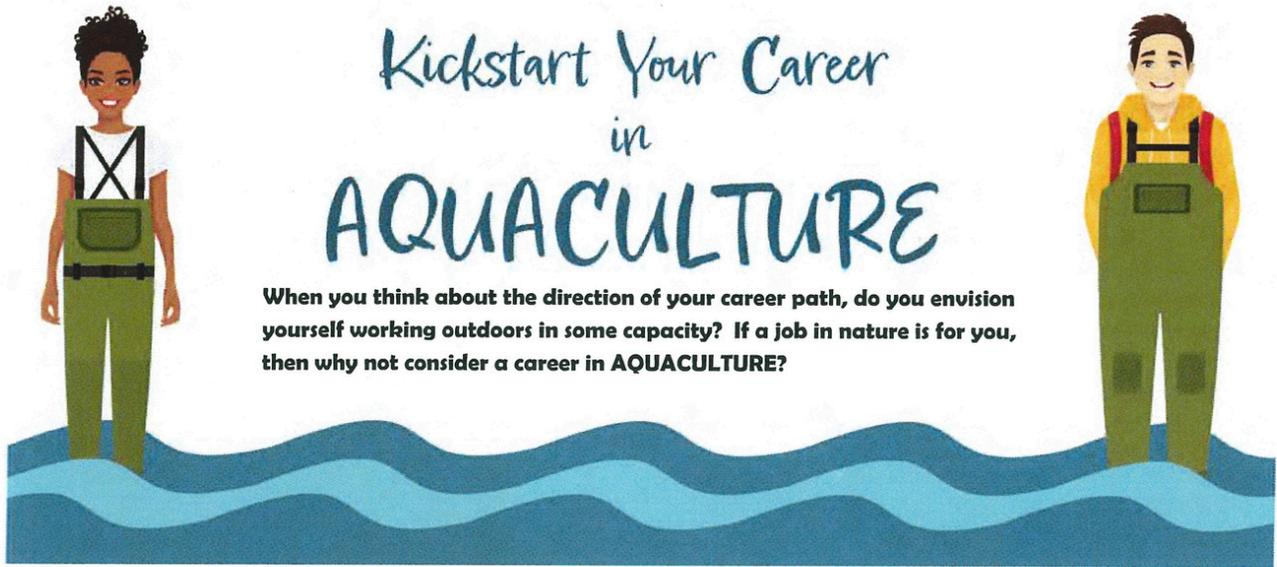


Join the Fun! Ren Faire is Hiring!

Follow the link below for more info

[Cape May Ren Faire](#)





Aquaculture is an expanding field worldwide that provides many opportunities for hands-on outdoors employment. If you are interested in the environment or marine life, aquaculture offers competitive salaries with opportunities to develop and own your own business. Lucrative seasonal and part-time work may also be available to supplement other employment income or earn money while attending high school or college.

The **Apprenticeship in Shellfish Aquaculture Program (ASAP)** is a new initiative that offers high school students (age 16+) an opportunity to learn about aquaculture and literally get their feet wet through a 1-week, hands-on "boot camp". Students will then work on a shellfish farm for 8-weeks over the summer to earn a stipend.



2024 ASAP participants learn how to use oyster and hard clam grow-out gear from local farmers in the Delaware Bay, NJ.

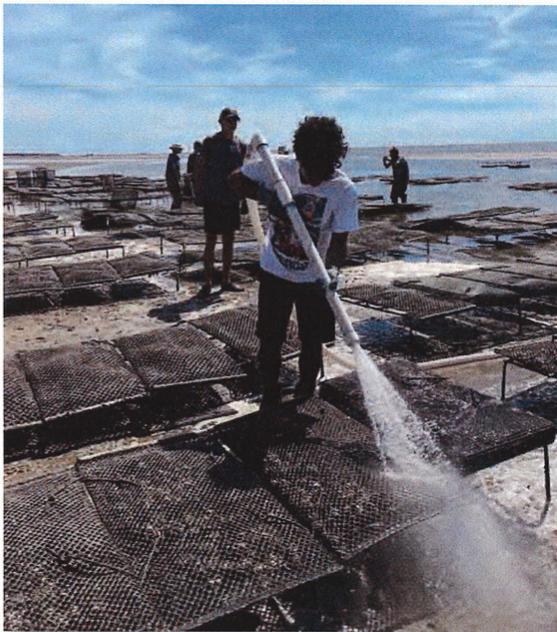
Who should participate in the program?

- Students who want to learn about shellfish aquaculture
- Students who want to pursue careers in aquaculture
- Students who enjoy working outdoors
- Students who like to work with their hands and with tools and machinery
- Students interested in seeking seasonal employment
- Students who are college-bound and interested in marine or environmental science, aquaculture and agriculture



ASAP is offered through a partnership between New Jersey Sea Grant Consortium and Rutgers University. Participating student apprentices will:

1. Attend a 1-hour virtual introduction meeting to review the program needs/requirements and meet fellow apprentices.
2. Attend a week-long “boot-camp” in person from June 25, 26, 29, 30 and July 1 in summer 2026 at the Rutgers University Haskin Shellfish Research Laboratory's Cape Shore facility in Cape May Court House, NJ. Camp will be held daily from approx. 9 am-4 pm and will consist of both in-class and field experiences. (Lunch and snacks will be provided. Need-based transportation may be provided).
3. Complete an 8-week apprenticeship. Students will be placed on commercial oyster farms or organizations conducting aquaculture research.
4. Attend bi-weekly virtual team meetings to connect with fellow apprentices and receive guidance through professional development activities.
5. Earn a Shellfish Farming Practice Certificate and a stipend.



2022 ASAP participant, Brian, is cleaning off oyster bags on a farm in Delaware Bay.

Filling out a short application is necessary to be considered for participation. Applications are accessible using the QR code below and are due by Friday, March 27, 2026 by 5:00 p.m.

Please contact Diana Burich with any questions.

Diana Burich
Director of Education
New Jersey Sea Grant Consortium
dburich@njseagrant.org



This publication is the result of work sponsored by New Jersey Sea Grant with funds from the National Oceanic and Atmospheric Administration (NOAA) Office of Sea Grant, U.S. Department of Commerce, under NOAA grant #NOAA-OAR-SG-2023-2007550, Special Projects "D" and the New Jersey Sea Grant Consortium. The statements, findings, conclusions, and recommendations are those of the author(s) and do not necessarily reflect the views of New Jersey Sea Grant or the U. S. Department of Commerce. NJSJ-22-983





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**



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

QUESTIONS? CONTACT: AMELIA.MINERVINI@RUTGERS.EDU OR
MB2173@NJAES.RUTGERS.EDU

2026 Statewide Golden Egg Contest

May the best egg win!



- Open to any registered 4-H member in NJ!
- Junior and Senior State Champion awards!
- Winners announced on the Rutgers 4-H website!
- All you have to do is pick your best 6 eggs and drop them off!

How to enter: Pre-enrollment is required and is open from March 30th until April 26th.



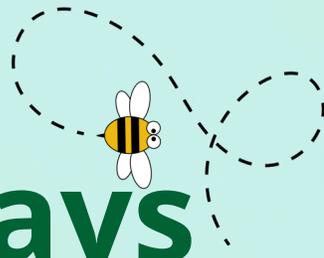
Entry guidelines can be found here:



Sponsored by
the Atlantic
County 4-H
Livestock &
Poultry Club



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



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!

Farm Tours Include

Morganics Family Farm
Hidden Spring Lavender & Alpaca Farm
Abma Farms



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

\$199 non-4-H member

\$189 4-H members
Financial assistance available 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**



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



RUTGERS UNIVERSITY
Cooperative Extension
New Jersey Agricultural Experiment Station

2026 NJ State 4-H Avian Bowl

Saturday, May 16, 2026

**Senior Center in Flemington
4 Gauntt Place, Flemington, NJ, 08822**



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

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 Director's Office if you have concerns related to discrimination 848-932-3703.



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



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>





PATHFINDERS CAREER EXPO

Interested in exploring alternative career paths?
If so, join us for an informational, networking event to expand your career opportunities!

OPEN TO HIGH SCHOOL STUDENTS AND YOUNG ADULTS



FRIDAY
MARCH 27, 2026



TIME
9:00 AM - 1:00 PM



Atlantic Cape Community College
341 Court House South Dennis Rd,
Cape May Court House



(609) 244-9880



[nj4s_CapeAtlantic](#)



[facebook.com/nj4scapeatlantic](#)



[NJ4SCapeAtlantic.org](#)

REGISTER NOW >



WALK-INS WELCOME!



**8-WEEK
MENTORSHIP
PROGRAM!**

NJ Audubon's Nature Center of Cape May
Nature Camp

**COUNSELOR-IN-TRAINING
LEADERSHIP PROGRAM**

Enjoy spending time outdoors and working with children? Want to learn more about marine and environmental science? Becoming a Nature Camp Counselor-in-Training (CIT) may be a good fit for you! Activities include assisting with summer children's classes, outdoor activities like kayaking, animal care, and so much more. Nature Center staff will guide CITs through leadership development, community building, and teach successful work habits.



Register Now!



Held at the Nature Center of Cape May (1600 Delaware Avenue, Cape May, NJ), this 8-week program fosters leadership and learning for students ages 13-15. Scan the QR code for more information. Contact the Nature Center of Cape May at 609-427-3045 or at nccm@njaudubon.org.



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.

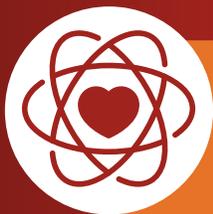


PLAN YOUR EXIT:

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.