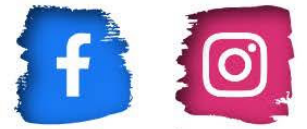


CAPE MAY COUNTY 4-H Newsletter



like & follow
@Cape_May_4H



Cape May County

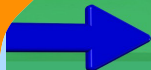
4-H Community Service Day April 11, 2026

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



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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.



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>





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 Cooperative Extension
 of Cape May County
 New Jersey Agricultural Experiment Station



B. J. Webersinn Memorial One-Time Scholarship Opportunity

IMPORTANT

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*





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 Cooperative Extension
 of Cape May County
 New Jersey Agricultural Experiment Station

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



2026 SOUTH JERSEY 4-H TEEN CONFERENCE



SAVE *the* DATE



MAY 16-17

Hosted at the YMCA of the Pines,
1303 Stokes Road, Medford NJ

**COST PER YOUTH:
\$150**



Your Adventure Starts Here!

- ✓ Step Into Leadership
- ✓ Team Up and Level Up
- ✓ Discover Your Strengths
- ✓ Make a Real Impact
- ✓ Create Unforgettable Connections



**YMCA OF
THE PINES**



OPEN TO NJ 4-H MEMBERS ENROLLED IN GRADES 7 THROUGH 13



REGISTRATION OPENS MARCH 1, 2026!

R RUTGERS UNIVERSITY
4-H Youth Development
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.



4-H CAMP



PAPER CLOVER

APRIL 17 THRU MAY 3, 2026

Funds support 4-H camp, scholarships & leadership activities.



H CLUB
EMBER



TAKE A HIKE



4-H Day April 18 at Tractor Supply Company (TSC) in Rio Grande
4-H Paper Clover Campaign Runs April 17 through May 3, 2026

Cape May Court House – Spring is in full bloom and a perfect time to visit Tractor Supply Company (TSC) in Rio Grande on 4-H Day, Saturday, April 18, 2026. 4-H Day takes place during the spring 2026 4-H Paper Clover Tractor Supply Campaign that runs from April 17 through May 3, 2026.

The 4-H Paper Clover Campaign gives shoppers at any of the 20 Tractor Supply Company stores located in New Jersey, including the one located at 3810 Route 9 South in Rio Grande, NJ, the opportunity to support the New Jersey 4-H Program. Shoppers can do this by purchasing paper clovers for \$1 or more at checkout and even online at the TSC website <https://www.tractorsupply.com/tsc/cms/4h>.

All are invited to stop by TSC in Rio Grande from 9 am to 4 pm on Saturday, April 18 to meet 4-H club members and learn more about the Cape May County 4-H Youth Development Program. Youth and adult club leaders representing our 4-H programs will be on hand to greet shoppers and help them carry their purchases.

This event marks the 16th year of collaboration between National 4-H Council and TSC on the national in-store and online fundraiser, benefiting 4-H programming and to help create “Opportunity4All.”

“Locally, the funds raised from the Tractor Supply 4-H Paper Clover Campaign provide scholarships for Cape May County 4-H members to participate in valuable national 4-H leadership experiences and state camping programs,” says Linda Horner, 4-H Program Coordinator. The number of scholarships available following the Spring 2026 event will be determined based on the total amount raised.

For more information about the Cape May County 4-H Youth Development Program, please call 609-465-5115, ext. 3605, visit our website <https://capemay.njaes.rutgers.edu/4h/> and like us on Facebook at [Cape May 4-H](#) or Instagram at [cape_may_4h](#).

The 4-H Youth Development Program is part of Rutgers Cooperative Extension. 4-H offers educational programs to all youth, grades K–13, on an age-appropriate basis, without regard to race, religion, color, national origin, gender, sexual orientation, or disability.





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 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

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

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

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



*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



**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@njudubon.org.

Outdoor Activities • Leadership Development • Natural Science Exploration

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 Statewide Golden Egg Contest

May the best egg win!



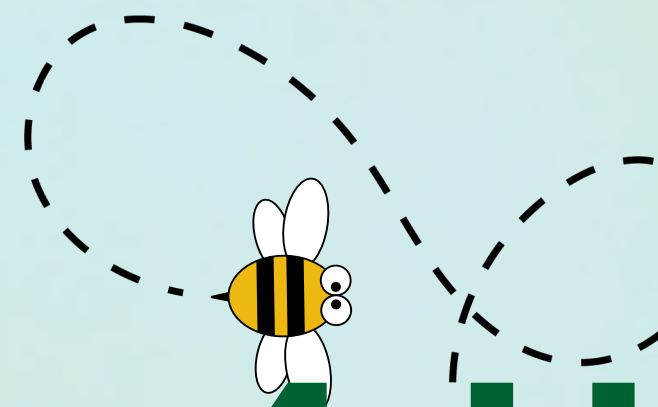
- Open to any registered 4-H member in NJ!
- Junior and Senior State Champion awards!
- Winners announced on the Rutgers 4-H website!
- All you have to do is pick your best 6 eggs and drop them off!

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



Entry guidelines can be found here:





4-H Ag-Venture Days 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 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



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

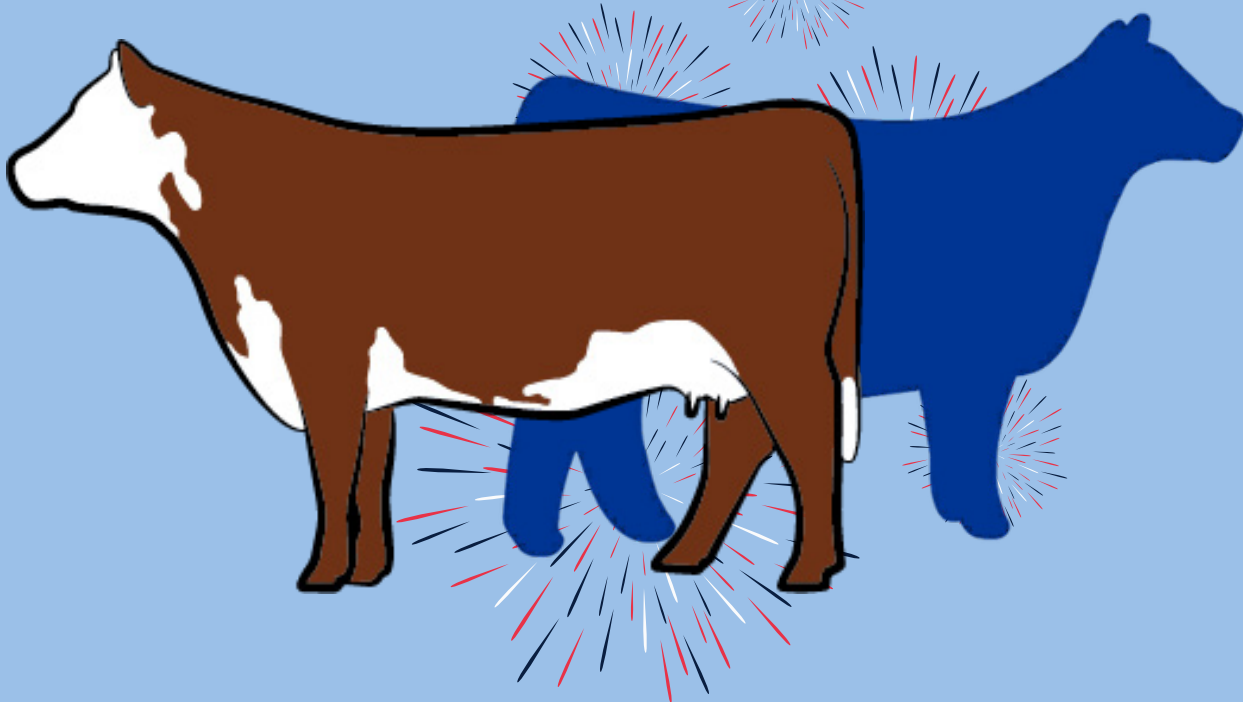
Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer. Contact your local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





Nj State 4-H BEEF SHOW

Red, White & BEEF

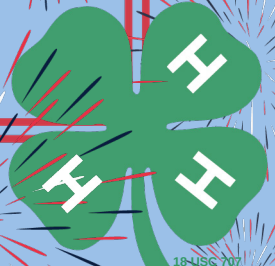


★ ★ ★

SAVE THE DATE

WEDNESDAY July 22, 2026

Hosted by:
New Jersey 4-H Beef Leaders Committee
Burlington county FARM fair



SOAR



11TH *Annual*

AUTISM AWARENESS WALK



\$15
REGISTRATION

Register With
Eventbrite



**APRIL
18TH**

REGISTRATION BEGINS AT 10 AM
WALK BEGINS AT 10:30 AM

WILDWOOD CONVENTION CENTER
4501 BOARDWALK
WILDWOOD, NJ 08260





FREE FAMILY

DINNER & WORKSHOP

The Strengthening Families Program (SFP) is an evidence based family skills training program that is recognized nationally and internationally. Families with children ages 8-15 years of age attend weekly SFP skills sessions, to increase family bonding. Participants will learn positive parenting, communication, decision-making and discipline skills to improve their family dynamics. Join us in strengthening the bonds that matter most to you and your family!

HELD EVERY MONDAY & WEDNESDAY STARTING MAY 4TH, 2026



FROM 4 : 30 PM - 6 : 30 PM

- Monday, May 4th
- Wednesday, May 6th
- Monday, May 11th
- Wednesday, May 13th
- Monday, May 18th
- Wednesday, May 20th
- ~~Monday, May 25th~~ **NO CLASS**
- Wednesday, May 27th



SHORE FAMILY SUCCESS CENTER

1129 RTE 9 S, CAPE MAY COURT HOUSE, NJ 08210



\$175 GIFT CARD FOR PROGRAM COMPLETION

PROGRAM INCLUDES:

- Family Dinner Time
- Separate parent & youth break-out sessions
- Program materials
- Session wrap-up
- On-premises babysitting included

PROGRAM REQUIREMENTS:

- MUST live or work in Cape May County
- Have at least 1 child between the ages of 8-15
- Be able to attend at least 5 out of 7 sessions

PROGRAM INCENTIVES:

- \$175 Gift Card for Program Completion



REGISTER YOUR FAMILY BY FRIDAY, MAY 1ST, 2026 USING THE QR CODE OR VISIT www.capeassist.org/SFP

QUESTIONS ABOUT THE PROGRAM? CONTACT CHELA CRUZ
AT: ccruz@capeassist.org (609) 435-9610



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
2 hours a day
3 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.

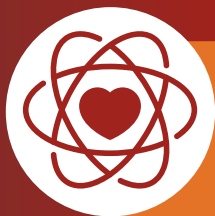


PLAN YOUR EXIT:

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.