

MAY 11, 2026

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

NEW JERSEY 4-H

STATE 4-H PUBLIC PRESENTATIONS + COMMUNICATIONS CONTESTS

REGISTRATION IS OPEN!

SATURDAY | JUNE 6 | 10 AM - 3 PM

@ Rutgers Academic Building, New Brunswick

DEADLINE TO REGISTER: MAY 22

Register via ZSuite Events



This event is open to NJ
4-H members in grades
8+ who scored an
Excellent on their County
Presentation.



Congratulations

2026 Winners!

Senior Division:

- **Champion: Megan C.**
 - Cape May County 4-H
 - Half-dozen large green eggs
- **Reserve Champion: Danika C.**
 - Cape May County 4-H
 - Half-dozen large brown eggs
- **Honorable Mention: Joel S.**
 - Atlantic County 4-H
 - Half-dozen large brown eggs

Junior Division:

- **Champion: Janelle S.**
 - Atlantic County 4-H
 - Half-dozen small white eggs
- **Reserve Champion: Ethan G.**
 - Cape May County 4-H
 - Half-dozen white pee-wee eggs
- **Honorable Mention: Zoe-Bella C.**
 - Essex County 4-H
 - Half-dozen large brown eggs





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



RECYCLE ELECTRONICS & APPLIANCES

and HELP THE 4-H FOUNDATION

SATURDAY, May 23, 2026

E-WASTE



We accept anything with a cord!
(Includes large appliances. No plastic vacuums or loose batteries.)

Drop Off your items on May 23
10am to 2pm
Lockwood 4-H Youth Center

CMC 4-H Fairgrounds, 355 Court House-S. Dennis Rd, CMCH
Drop large appliances at brown garage on 4-H fairgrounds.
Call (609) 465-5115, ext. 3605 to drop off at other times.

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
Cooperative Extension
of Cape May County
 New Jersey Agricultural Experiment Station

Monday-Thursday

August 3-6, 2026

9:00 AM - 1:00 PM



Barnyard Buddies

cost: \$150

What We'll Do:

- Meet farm animals
- Explore the gardens
- Learn how food grows
- Create art projects
- Meet new friends and more!

grades K-2nd



Cape May County
 4-H Fairgrounds

<https://forms.gle/WTjAVV4dPDqTbR3w7>

SIGN UP NOW



scan Qr code to register

Questions? Call 609-465-5115 ext. 3617



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



Cape May County 4-H

ECO ART ADVENTURES

4-H Summer Day Camp

Monday-Thursday

August 10-13, 2026

9 AM - 1 PM

Cost: \$150

**OPEN TO ALL
 YOUTH GRADES
 3RD - 5TH**

Combine science, art and nature!



**SCAN QR CODE
 TO REGISTER**



<https://forms.gle/E8B8bznXn7zJetdf9>

Questions? Call 609-465-5115 ext. 3617

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New Jersey



4-H



STATE TRAIL RIDE

Clinic



DATE:
May 30, 2026



TIME:
9:00 am
START TIME



COST:
\$15.00
per 4-H member
.....
\$10.00
for parents and guests



LUNCH
INCLUDED
IN COST



Register Here!



Learn. Ride. Explore. Together.



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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>



4-H AGRICULTURE CAREER NIGHT



Get ready to hear from dynamic guest speakers who are shaping the future of agriculture!

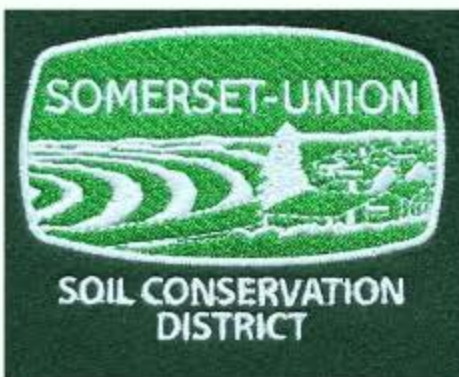
Speakers:



Sarah Wahltinez
Aquatic Animal Welfare Veterinarian
New South Wales, Australia



Katelyn A. Katzer
Farmland Preservation Manager
- SCADB Administrator
Somerset County Department
of Engineering and Planning



Matthew D'Alessandro
District Manager
Somerset Union SCD

May 13th,
6:00-7:30pm EST

Somerset County
4-H Center
310 Milltown Rd
Bridgewater, NJ

Zoom option
available!



Open to grades 7-13th

FREE

Register by May 11th

908-526-6644
mb2173@njaes.rutgers.edu



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

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New Jersey Agricultural Experiment Station

Backyard Farming Basics

Healthy Birds, Safe Herds



Small-scale livestock owners:

Learn how to keep your birds (chickens, turkeys, ducks, geese, and game birds) and cattle healthy this season.

Scan the QR code for more information, or visit:
<https://go.rutgers.edu/backyardfarmingbasics>



Questions? Contact Tess Stahl (tess.stahl@rutgers.edu) or
Hassan Warriach (hassan.warriach@rutgers.edu).



RUTGERS UNIVERSITY
Cooperative Extension
New Jersey Agricultural Experiment Station

BACKYARD FARMING BASICS: HEALTHY BIRDS, SAFE HERDS

Small-scale livestock owners:

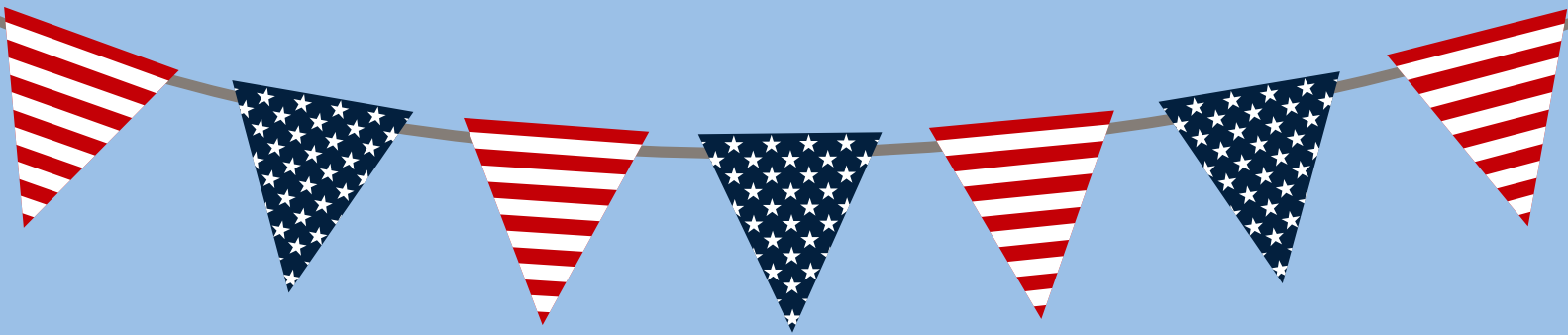
Learn how to keep your poultry (chickens, turkeys, ducks, geese, and game birds) and cattle healthy this season. At this meeting, you will learn about Highly Pathogenic Avian Influenza, easy biosecurity practices, fair preparation, and how to prevent disease spread between poultry and cattle.

EVENT DETAILS:

Friday, May 29 from 6:00 to 8:00 PM
Rutgers EcoComplex, 1200 Florence Columbus Rd.,
Bordentown, NJ 08505

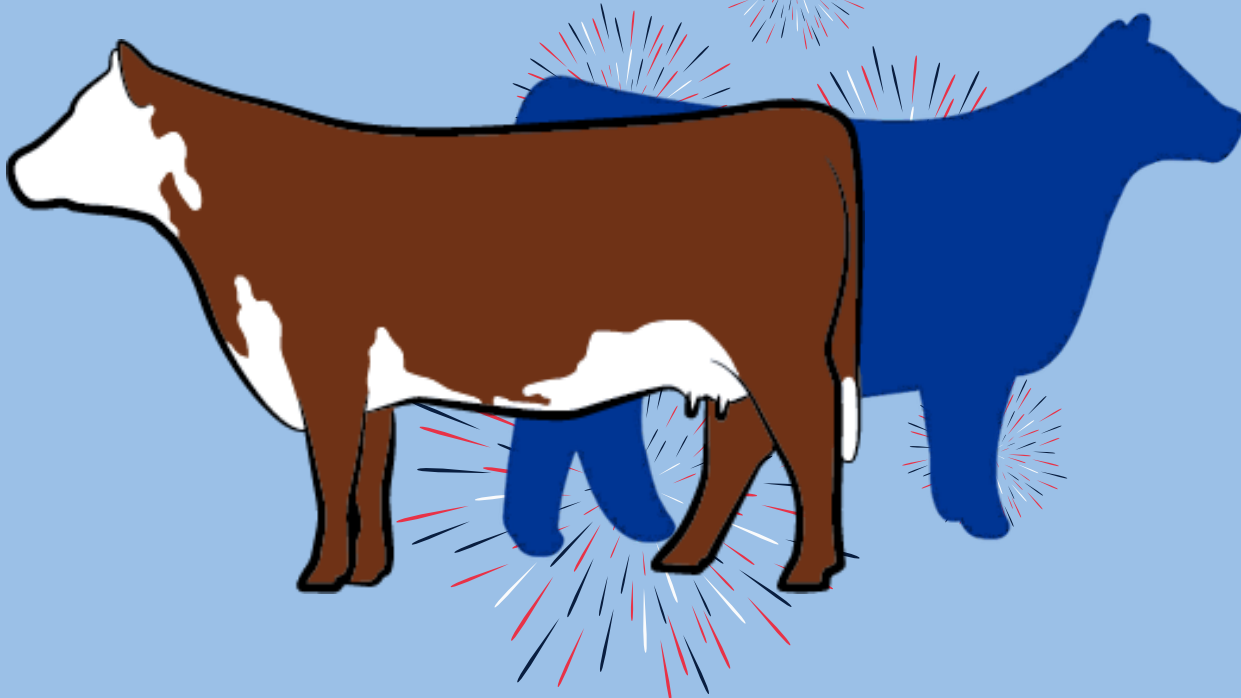
For more information, scan the QR code or visit:
<https://go.rutgers.edu/backyardfarmingbasics>





NJ STATE 4-H BEEF SHOW

Red, White & BEEF

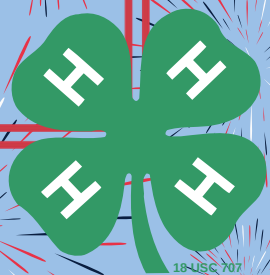


SAVE THE DATE

WEDNESDAY JULY 22, 2026

HOSTED BY:

NEW JERSEY 4-H BEEF LEADERS COMMITTEE
BURLINGTON COUNTY FARM FAIR





NEW JERSEY 4-H DAIRY CATTLE SHOW

Tuesday/Wednesday August 11th and 12th
Salem County Fairgrounds

Showmanship will be Tuesday August 11th at 4:00 pm
Breed Shows: Color Breed Wednesday August 12th at 8:00am
Holsteins will begin Prompt at 9:00am

Show Superintendent: Tracy A Smith
President, New Jersey 4-H Dairy Advisory Council
Tracy's Cell: (908)-887-2630
E-mail: bdtsmith@gmail.com

New Jersey 4-H Dairy Advisory Council Liaison
Melissa Bright, County 4-H Agent
Email: mb2173@njaes.rutgers.edu

Member Requirements

Any New Jersey 4-H club member may exhibit in this show if he/she meets the following "member in good standing" requirements.

1. A 4-H member registered in the Dairy Project in the county they will represent by January 1 of the current year.
2. Completed grades 4-13 (Grade 13 is one year out of high school)
There will be a cloverbud Division
3. Have given a club, county or state 4-H presentation in the past year following the N.J. 4-H Presentation Guidelines.
4. Have attended at least 70% of regular club meetings.
5. Have been responsible for the physical care and training of the animal to the fullest extent possible.
6. Has an up to date 4-H record book for animals to be shown (as of July 1).
7. Has participated in at least one community service project in the past year.
8. If there are extenuating circumstances and a 4-H member may not be able to show their own project animal there is an alternate leadsperson form which needs to be completed and given to the Show Chair the night before the show. Valid excused are: Member is out of state attending college, injured or sick, has a school or family function that member had no control over (like a death in family).

If you have any questions, please feel free to reach out:

Melissa Bright – mb2173@njaes.rutgers.edu

Tracy Smith – bdtsmith@gmail.com

We look forward to seeing you there

AFFORDABLE HOUSING OPPORTUNITY



📍 14 AND 16 WILLOW AVE CAPE MAY, NJ 08204




(2) 3-BEDROOM SINGLE FAMILY HOMES

Property highlights:

- Single-story layout
- Covered front porch
- New Construction

Program Overview:

- Low and Moderate-income units
- Sweat Equity Required (200 hours)
- Random Selection Process
- Households of 3-6 persons may apply

 3 BDRM  2 BATH  1292 SQFT

HOW TO APPLY:

SCAN



Completed applications with accompanying documentation should be **MAILED** to:
The Housing Partnership
2 East Blackwell Street, Suite 12
Dover, NJ 07801

Visit: habitatcapemaycounty.org/homeownership/how_do_i_apply/ to download an application



APPLICATIONS WILL BE ACCEPTED BETWEEN
4/9/26-6/8/26

SELECTION LOTTERY DATE: 6/15/26

LOW-INCOME UNIT: ESTIMATED SALE PRICE POINTS

40%: \$138,081
45%: \$157,124
50%: \$176,166

MODERATE-INCOME UNIT: ESTIMATED SALE PRICE POINTS

55%: \$195,209
60%: \$214,250
65%: \$233,293

INCOME GUIDELINES

People in household	Income Limits
3	\$46,250-\$74,000
4	\$51,350-\$82,160
5	\$55,500-\$88,800
6	\$59,600-\$95,360

Eligibility determined according to NJ Affordable Housing Regulations (UHAC). Applications will only be accepted during the official open application period. Maximum sales price to be determined in accordance with UHAC.



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 4:30PM-6:30PM

- 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:

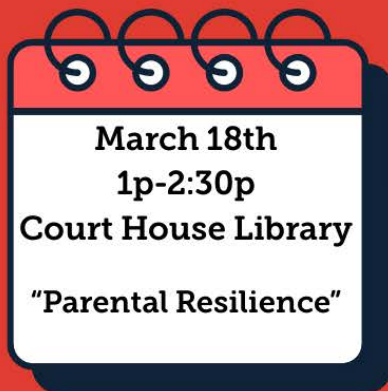
✉ ccruz@capeassist.org

☎ (609) 435-9610




Rutgers Southern Regional Child Care
Resource and Referral Agency

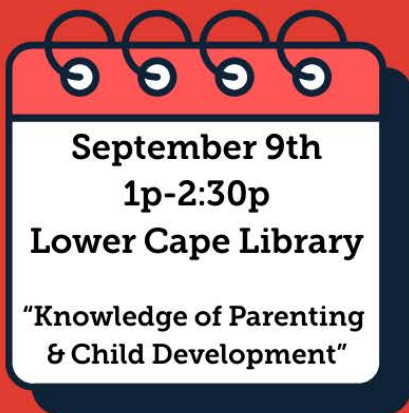
Parent Cafe Support Group



March 18th
1p-2:30p
Court House Library
"Parental Resilience"



June 3rd
1p-2:30p
Upper Cape Library
"Social Connections"



September 9th
1p-2:30p
Lower Cape Library
"Knowledge of Parenting
& Child Development"



December 2nd
1p-2:30p
Wildwood Crest Library
"Concrete Support in
Times of Need"



Cape May County
Library System



Adult Events Department
609-463-6350 ext. 700
adultevents@cmclibrary.org

FAMILY PROMISE OF CAPE MAY COUNTY



Join us as we honor sixteen years of service,
compassion, and commitment to families across
Cape May County.

June 5, 2026
5PM-10PM TICKETS \$125

Entertainment by The Fabulous
Greaseband! SILENT AUCTION!
RAFFLES! 50/50 TICKETS!



The Grand Hotel
Penthouse Ballroom
Cape May, NJ

Sponsorship Opportunities are available at
familypromisecmc.org/events



THRIVE



MINI GOLF

Open to youth ages 6-17 who are grieving the loss of a loved one.

Batting cages & ice cream

Join us at THE RANGE

2276 US-9, Cape May Court House, NJ 08210

 **06, JUNE 2026**

SCAN HERE TO
REGISTER BY JUNE 5TH

 **12:30 PM - 2:30 PM**



THRIVE is a faith-based grief support group designed for children and teens ages 6-17 who have experienced the loss of a loved one. Through engaging activities, peer connection, and guided discussions, THRIVE provides a safe and nurturing environment where young people can express their emotions, receive encouragement, and begin their healing journey alongside peers who understand their experience.



 www.tlccma.org

Questions? Contact
Jennifer Pooler 609.675.0925



**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

AVIATION MUSEUM – CAPE MAY AIRPORT



SOARIN' HIGH ART CONTEST

Theme: America 250*

**ARTWORK WILL BE DISPLAYED AT
WINGS & THINGS ARTS AND CRAFTS FESTIVAL
ON JUNE 27TH, 2026**

ACCEPTED ART MEDIUMS:

- PAINTING: WATERCOLOR, ACRYLIC, OIL, ETC.
- DRAWING: PENCIL, CHARCOAL, INK, PASTELS, COLORED PENCIL, ETC.
- DIGITAL PHOTOGRAPHY/ARTWORK: ORIGINAL WORKS CREATED WITH DIGITAL TOOLS
- PAINTING AND DRAWING SUBMISSIONS MUST BE ON PAPER OR CANVAS
- AI-GENERATED ART IS NOT PERMITTED

SUBMISSION REQUIREMENTS:

- ORIGINAL, AGE-APPROPRIATE ARTWORK ONLY
- PATRIOTIC, NOT POLITICAL*
- 2D ARTWORK: MAX 18" X 24" (INCLUDING FRAME)
- PHOTOGRAPHY: PRINT ON HIGH-QUALITY PAPER
- DIGITAL ART: HIGH-RESOLUTION JPG OR PNG
- LABEL EACH ENTRY WITH NAME + PHONE/EMAIL
- IN PERSON DROP-OFFS RECOMMENDED, FOR QUESTIONS, EMAIL AUSTIN.NASW@GMAIL.COM

Deadline: Friday, June 12th, 2026

**DROP OFF: 500 FORRESTAL RD, CAPE MAY AIRPORT
RIO GRANDE, NJ 08242**

***Entries should celebrate America's history, people, places, and traditions and remain non-political.**



FUNDING HAS BEEN MADE POSSIBLE IN PART BY THE NEW JERSEY STATE COUNCIL ON THE ARTS / DEPARTMENT OF STATE, THE NATIONAL ENDOWMENT FOR THE ARTS, AND THE CAPE MAY COUNTY BOARD OF COUNTY COMMISSIONERS THROUGH THE DIVISION OF CULTURE & HERITAGE





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.



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