



May 25, 2026



Cape May County 4-H Foundation's

4-H FAIR

& Chicken BBQ

July 16, 17 & 18, 2026

355 Court House-South Dennis Rd, CMCH, NJ



Red, White & Blue Ribbons... 

Celebrating 250 Years the 4-H Way

FREE ADMISSION ★Thurs 3-10pm, Fri & Sat 10am-10pm

\$10 PREMIUM & FREE PARKING AVAILABLE
<https://capemay.njaes.rutgers.edu/4h/fair/>



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.





Free NJ Youth Fishing Challenge

Hosted by Tightlines 4-H Club



Saturday, June 6, 2026
11:00 AM – 2:00 PM

Avalon Fishing Pier
32nd Street & the Boardwalk
Avalon, NJ

Bring your own bait and fishing equipment.
Children under 14 must wear a life jacket.
Prizes awarded.

Register at the event starting at 10:30am
Contact Ruth with any questions
609-602-1577



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New Jersey Agricultural Experiment Station



RECYCLE ELECTRONICS & APPLIANCES

and HELP THE 4-H FOUNDATION

SATURDAY, JUNE 20, 2026

E-WASTE



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

Drop Off your items on June 20th
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.



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18 USC 707

Cape May County 4-H Fair

Taste of 4-H...

The NEW Fair Cooking Contest

Thursday, July 9
Drop off by 6 pm

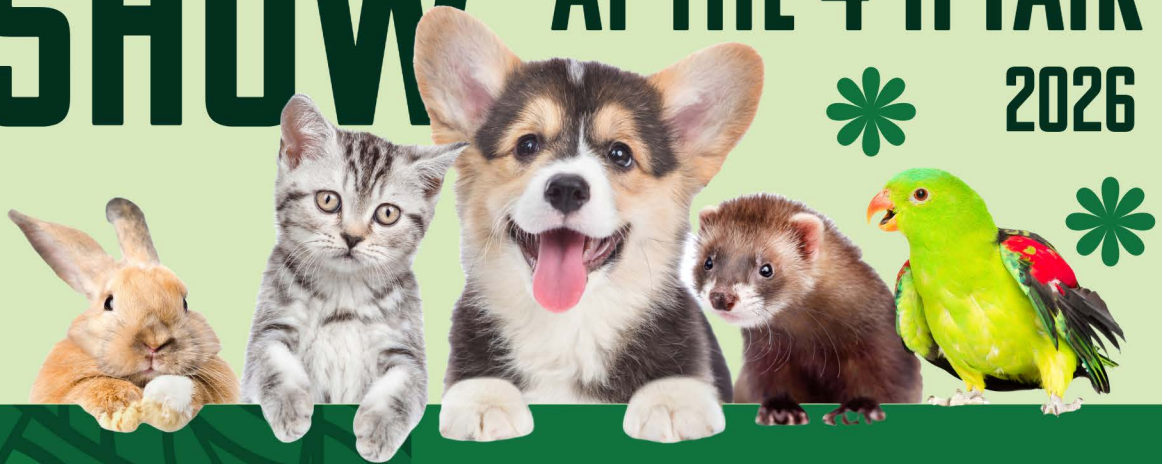


Enter your favorite dish! Best in Show Awards for Junior & Senior 4-Hers and Best in Show Adult

Open to all 4-H youth, parents and volunteers! See General 4-H Guidelines, Division 9 for complete details.

PET SHOW AT THE 4-H FAIR

2026



GRAND PRIZE - 1 Year's Supply of Pet Food from Smeltzer & Sons!

SATURDAY, JULY 18

check-in: 9 to 9:45 AM
show time: 10 AM

Main Stage

CMC 4-H Fairgrounds
355 Court House-South Dennis
Road, CMCH

**OPEN TO THE PUBLIC,
NOT JUST 4-H!**

Contact the 4-H office for more
information 609-465-5115 ext. 3617



R

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big, small and unusual pets!

PET SHOW AT THE 4-H FAIR

2026



General Entry Fee: \$1 per class.
Ribbons will be awarded and Best in Show Trophy for each division. Kids under 5 may have a helper.

DIVISIONS AND CLASSES

Youth Participants

Dogs- longest tail and best trick

Cats- longest whiskers and best fur

Furry Pets- smallest critter and longest ears

All others- most unique and friendliest

All pets- most beautiful eyes and best costume

Adult Participants

All pets- most beautiful eyes, best trick and best costume

IMPORTANT- adults and youth may not show the same animal.

PET SHOW GUIDELINES:

All cats and dogs must SHOW PROOF of current vaccinations!

- Pet Show animal are restricted to the front of the fairgrounds.
- Animals entered in other 4-H Fair competitions NOT eligible.
 - All pets must be leashed or crated.
 - Please bring water for your pets!
 - Adult classes for 18 and over.
- Keep cats & dogs separated while waiting to go on stage.
- Pet owners are solely responsible for their animal's safety!
- Unusual pets welcomed. Must be under owner's control.

OPEN DIVISION AT THE 4-H FAIR



just for non 4-H youth and adults!



Registration: Monday, July 13 from 5-6 PM



Lockwood 4-H Center
Cape May County 4-H Fairgrounds
355 Court House - So. Dennis Rd
Cape May Court House, NJ



Rosette Ribbon for Best in Show for adult and youth entries in each category- Home Preserves, Handwork/Sewing, Art and Photography.

**Entrance fee per item - Kids \$2/Adult \$5
For more information call 609-465-5115 ext. 3605**

R

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**Cape May County 4-H Fair
July 16-18, 2026**



KYLE P. RIGGINS MEMORIAL 4-H COMMUNITY SERVICE YOUTH AWARD

Nomination Form – Deadline Friday, June 26, 2026

NOMINEE TODAY'S DATE

NOMINEE'S ADDRESS

EMAIL ADDRESS

PHONE NUMBER GRADE JUST FINISHED

CLUB RECORD

4-H Club Name	Leadership Positions	Projects	Years in Club

Describe community service done in detail in the 2025-26 4-H year. (May add extra pages.)

Explain why 4-H community service is important to you.

Suggest ways that 4-H can encourage clubs to do more community service.

Ask your club leader or parent to write a statement of support.



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SUMMER TEEN HELPERS 2026

Help make the Cape May County 4-H Summer Day Camps a success. Sign up to be a teen helper (grades 6th-13th) for August 3-6 for Barnyard Buddies and August 10-13 for Eco Art Adventures (both are 9am-1pm).

**EARN SERVICE HOURS,
AWARDS AND PRIZES!**

attend the training workshop on
Tuesday, July 29 from 10:00 AM
to 1:00 PM. Pack a lunch and
reusable water bottle.



for more information or to sign up
contact Donna Griebau at
donna.griebau@rutgers.edu or at
609-465-5115 ext 3617





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 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



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 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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 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

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>





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.



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 Agriculture Experiment Station, is an equal opportunity program provider and employer.

R

NJ 4-H Dog Project



Fun Match Event

Saturday, June 13, 2026
11:00 am - 4:00 pm

Hunterdon County Fairgrounds - 1207 Route 179 Ringoes, NJ



4-H dog project members and their canine companions are invited for a fun time at the Hunterdon County Community Day.

For 4-H Dog Project Members:

Event Offerings:

Enter the NJ 4-H K-9 Arts Show

Food Trucks & Vendors

Dog Costume Class

Live Music & Games

Practice

Reptile Show & Petting Zoo

Agility / Rally / Obedience / Jr. Show

Touch-a-Truck & Mini-Golf

Seeing Eye Puppy Raisers Demonstration

Canine Good Citizen & Trick Dog

Enjoy a day out with your dog and meet 4-H Dog Project members from around the state.

More info and registration can be found

Questions? Contact:

<https://nj4h.rutgers.edu/dogs/>

dziak@njaes.rutgers.edu

R

NJ 4-H Dog Project



K-9 Arts Show

Saturday, June 13, 2026

11:00 am - 4:00 pm

Hunterdon County Fairgrounds - 1207 Route 179 Ringoes NJ



All 4-H members are invited to enter the K-9 Arts Show at Hunterdon County Community Day.

All entries must relate to a dog theme

Entries can include:

Photography
Short Story
Painting
Drawing

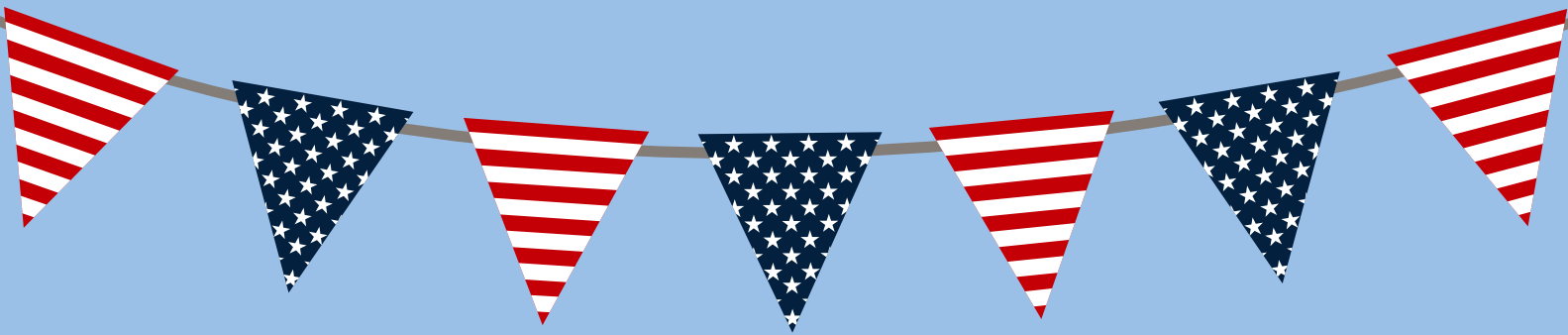
Felting
Sculpture
Digital Art
Poetry

Handmade toys
Pottery
Jewelry
Fiber Arts

Comic Strips
Collage
Woodworking
Costumes/Apparel

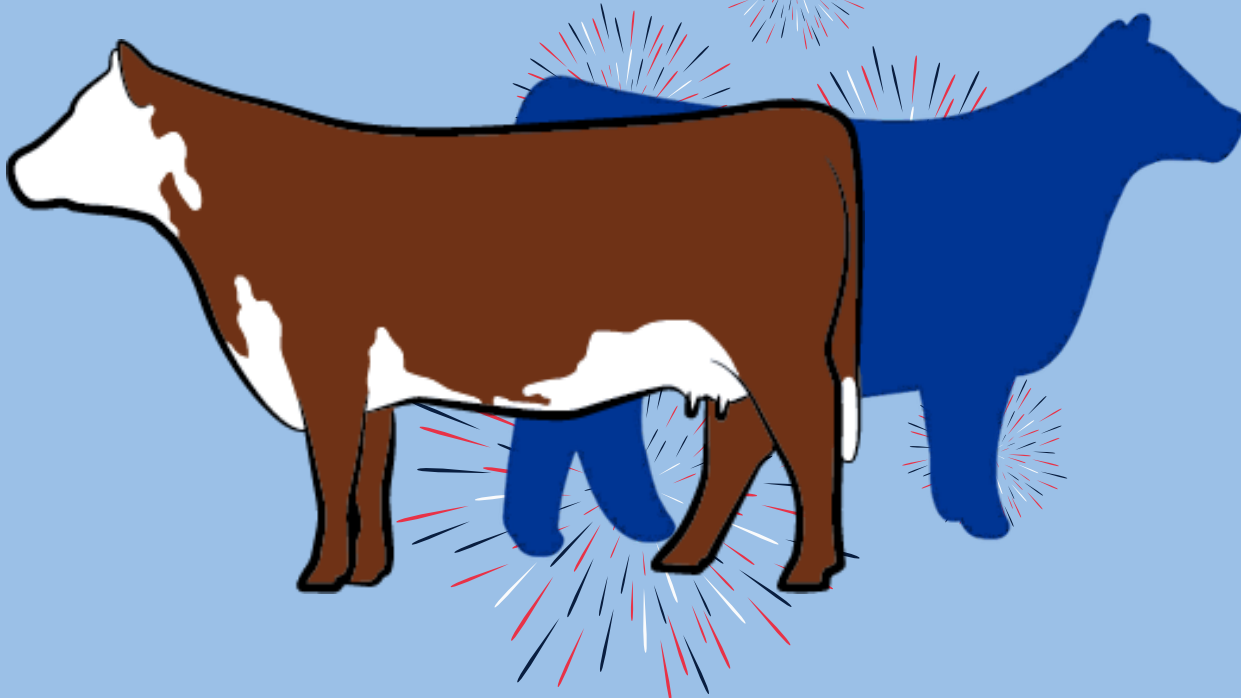
More info and registration can be found <https://nj4h.rutgers.edu/dogs/>

Questions? Contact:
dziak@njaes.rutgers.edu or
shannon.glynn@co.middlesex.nj.us



NJ STATE 4-H BEEF SHOW

Red, White & BEEF

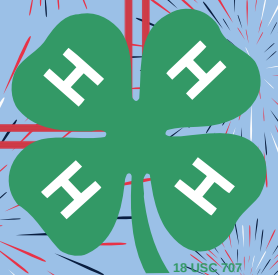


SAVE THE DATE

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).

National 4-H Animal Science Career Night



Presented by the National Association of Extension 4-H Youth Development Professionals, Animal Science Working Group

Join us for an evening to hear from noted speakers in the animal science industry as they share career exploration insights, advice, and more! Youth do not need to be a 4-H member to participate.

Open to youth in grades 7-13 (ages 12-19)

**June 18,
2026**

**at 7-8:30p.m. EST
via Zoom**

***Classes and Clubs
encouraged to join**



**Register by June 17 at
11:59p.m. EST
at [go.illinois.edu/
CareerNight](https://go.illinois.edu/CareerNight)**



**For more information contact:
srcarls2@illinois.edu**



Dr. Mark Hoge
Associate Professor of
Animal Science and
Livestock Judging Coach
Western Illinois University



Mr. Kevin Robinson
Senior Animal Care Specialist
Sea World San Diego

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:



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



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:

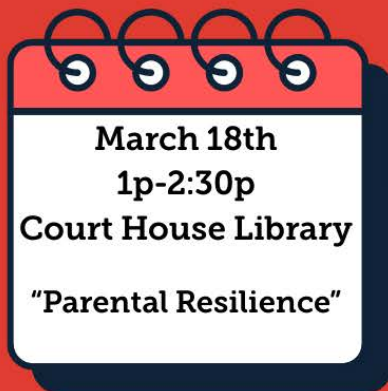
✉ ccruz@capeassist.org

☎ (609) 435-9610




**Rutgers Southern Regional Child Care
Resource and Referral Agency**

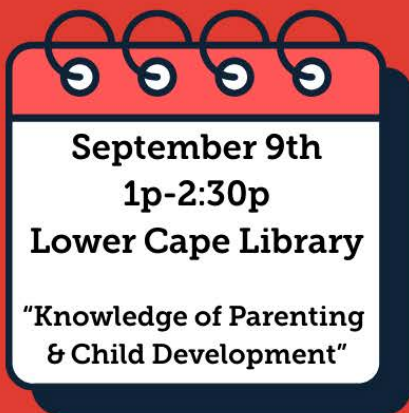
Parent Cafe Support Group



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