A Note from your Americorps Vista

This has been an amazing year for Hudson County 4-H. The past few months has been a great way to end the year and better way to set up 2015. I would like to thank all of the Hudson County partners, volunteers, and participants for making Hudson County 4-H a great success. We are excited about the new programs at the Boys & Girls Club of Hudson County. It is my goal to bridge the gap in the communities of Hudson County with all of the exciting clubs and programs 4-H has to offer.

Gregory V. Walker- Americorps Vista

Upcoming Events:

Winter Camp: Feb 6th-8th

NJ Teen Conference: Mar 13th-15th

Essex/Hudson Public Presentations: Mar 21st

For More Information on these and all events contact Hudson 4-H @ hudson4h@njaes.rutgers.edu

I pledge...

my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.
Hudson’s 4-H Club partnered with Global Advisors on Smokefree Policy to bring about smokefree parks for the city! On October 7, the Students participated in a local park clean up for the city of Harrison. Our most recent update is that Harrison is moving forward with 100% smokefree parks, thanks to Mayor Fife and Councilman Bennett taking the lead, and their fellow Council Members! On October 7, coalition member Karen Blumenfeld, Esq. from Global Advisors on Smokefree Policy (GASP) coordinated with 4-H Hudson County Teen Council Program Coordinator Greg Walker to have 6 students conduct a park cleanup of tobacco waste in just 45 minutes, more than a 1/2 pound of tobacco waste was collected. The cleanup details were shared with Mayor Fife and Councilman Bennett, who decided that it is important to make the city’s parks 100% smokefree for the youth. On December 2 Mayor Fife and the Council introduced and voted through on 1st reading an ordinance that makes all town parks 100% smokefree. The 2nd reading of the ordinance is in late December. At Harrison’s request, GASP provided a model ordinance, and will provide free metal smokefree park signs to the city at the 2nd reading! The 4-H Club plan to coordinate with GASP a smokefree parks kick-off in Spring 2015.

The Hudson County Teen Council is made up of a group of teens from Harrison High School. This dedicated group of teens has been apart of local park clean ups, assisted the Harrisons Elks Lodge prepare Thanksgiving dinners for seniors and helped out at the local food bank. The group meets every first Tuesday of each month at the Harrison’s Elks Lodge. For more information please contact Greg Walker at (973) 353-1338 ext. 111
4-H Enrichment Programs
(Below are a few of the programs offered by 4-H. We are able to design a program to specifically suit your organization. For more information and to get started please contact a 4-H staff member at 973-353-1330).

- Balls and Tracks- Youth are encouraged to think like an engineer to build their own masterpiece. Using flexible pipe insulation, marbles and a few other simple materials, youth take on the challenge of creating small-scale models of an amusement park rides and sporting events such as the ski jump.

- Paper Bridges- Youth will be challenged to make a bridge that can hold their body weight out of paper and paper clips. Youth will perform more and more difficult challenges to uncover many simple principles of bridge building.

- WeDo Robotics- Youth will build their own masterpiece with K nex Engineering and Lego Robotics kits. They will be working like an engineer and will be encouraged to include their artistic touch.

- Theater Arts- Youth will put their imagination in action while working with a team to plan and act out short skits. Activities include: acting, puppetry, and stagecraft.

- Citizenship- Youth in Governance engages young people in programs, organizations, and communities where they share a voice, influence, and decision-making authority.

- Photography- Students will learn about photography as a useful hobby and potential profession. They will also develop and apply technical and artistic skills in film-based and digital photography.

- Health, Nutrition and Fitness- Students will get to understand the importance of eating right, physical fitness, being active and practicing good hygiene. Mastering these basic health principles place young people on the right track to managing their long-term health.

*Programs are offered for a minimum of 6 hours and are designed on an age appropriate basis to fit the unique needs of the group served. The 4-H staff will work with you to determine the most effective way to deliver a successful program to your youth. At the end of each program, participants will be asked to participate in a program evaluation that will help us to improve the program. The cost of a program will vary based on the number of participants and needed materials. You will receive a separate invoice, indicating the total cost. The partnership will also offer participants in 4-H programs the opportunity to highlight their projects and skills learned at the 4-H fair, county, state and national 4-H public presentations events. Youth will also be invited to 4-H camps and events.*
The 2014 Essex/Hudson County Achievement Ceremony was a great success. This is the time we take a moment to say thank you to all of our club leaders, participants, and parents for their continued support to 4-H. During this evening the guest are fed with food that is donated by local restaurants, entertained by volunteers, and presented with gifts and certificates that have also been donated by various companies and volunteers.

During this year’s ceremony, we had the pleasure of being a part of a great cause titled “The Peace Project”, led by Ing-On Vibulbhan-Watts. All of our guest shared on a drawing done by Ing, on “What Peace Means to Me”. For more information regarding The Peace Project please visit ingpeaceproject.com.

If you wish to participate or donate any items for our next Achievement Ceremony, contact Greg Walker at hudson4h@njaes.rutgers.edu
ESSEX COUNTY 4-H
PUBLIC PRESENTATIONS

4-H Public Presentations

Gain public speaking experience!
Discuss a topic that interests you!
Grades K-13 Welcome!

Locations Below:
March 20th 7p.m.-9p.m @
Essex County Environmental Center, Garibaldi Hall, 621
Eagle Rock Ave, Roseland NJ 07068

OR
March 21st 2 p.m.– 4 p.m. @
Rutgers University Newark Campus, Smith Hall (room 242)
101 Warren Street, Newark NJ 07102

To participate, registration forms must be sent to the county office by March 2nd!

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. 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. 732-932-9000, ext. 564.
2015
Essex County
Teen
4-H Winter Camp

Friday, February 6, through Sunday, February 8, 2015
Lindley G Cook 4-H Camp
located in beautiful Stokes Forest, Sussex County

Sleigh riding, ice skating, broom hockey, hiking, team challenges, archery, astronomy (some activities are weather permitting) board games by the fireplace, ping-pong, and more!

- For 4-H members and their friends in grades 8 through 13.
- All campers help with cooking and cleaning.
- Please REGISTER AS SOON AS POSSIBLE, space is limited!!
- Cost $50
- Accommodations: heated cabins with bunk beds, indoor bathrooms with showers, dining hall and recreation area.
- If you have any questions, contact:
  Essex County 4-H
  RCE 4-H of Essex County, 162 Washington St, Newark
  Phone: 973-353-1338  essex4h@njaes.rutgers.edu

* We’ll be sharing camp with Hunterdon, Union, and Sussex County 4-Hers

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Join 4-H today!

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my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.