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Attention New and Returning Health Officers

Training Tomorrow, Dec. 6 @ 6-7 pm

If you have an interest in health, fitness or nutrition, becoming a Health Officer for your club is a great way to learn about these topics and provide leadership for the 4th "H", HEALTH! These officers are responsible for carrying out short health activities or sharing a healthy fact at each regular club meeting.

Mark Your Calendars! Information and materials will be distributed at the **Health Officer's Training on Thursday, December 6th from 6-7 pm** in the 4-H center large conference room. All Health Officers should plan on attending. Contact Jennifer Korneski to RSVP or for more info at korneski@co.somerset.nj.us or 908-526-6644.

Call for Applications - National Youth Summit on Photography Skills & Careers

Feb. 28-March 3, 2019

Applications Due this Friday, Dec. 7

The summit is designed for both the experienced and casual photographer (grades 9-12, as of Sept. 2018).

Teens will gain knowledge while they explore emerging photography careers and related skills necessary for entry into tomorrow's workforce. They will hear from leaders in the field of photography about advancements in technology, emerging photo-techniques, and the role of social media and responsible posting.

The summit will be filled with interactive learning opportunities including mini-tracks, career round tables, and hands-on photography experiences in the DC area. Summit attendees will take part in the "Selfie 101" capstone event providing an evening of off-campus photo assignments while exploring the sights of our nation's capital. In addition, everyone will participate in a live social media event to launch the newly revised National 4-H Photography project series. [Download the application here.](#)

4-H Festival of Trees

December 9th & 10th – 10 am to 4 pm

Set-up is This Friday Dec., 7

Will your club have a tree this year? What types of ornaments will it have? Be creative and have fun, while supporting a great cause. To display a tree at the event, you need to register by Dec. 5, [click here for the application](#). If you can't decorate a tree this year, come and visit or help setup.

Gingerbread Contests

Enjoy the exciting trees, wonderful music, great food and crafts for kids and holiday boutique! Don't forget to enter the [gingerbread contest](#)! Or the [gingerbread cookie contest](#)! These contests are open to everyone (4-H, non-4-H, adults, groups, etc.).

Greeting Cards for Vets

Members of the Daughters of the American Revolution (DAR) will host a table at the 4-H Festival of Trees where visitors are invited to add personal greetings to holiday cards that will be delivered to hospitalized veterans at Lyons V.A. Medical Center. The cards are provided free of charge by Elizabeth Snyder-Continental Chapter, based in Green Brook. Children are welcome to draw pictures or decorate envelopes.

The event is open to the public, so bring your camera, along with your family and pet to get a great photo in one of the sleighs. This event helps fund the Community Dinner for the less fortunate on Christmas. Any questions contact Sue MacCombie at susar@rcn.com.

DAR Contest

Entry Deadline is Dec. 15

The Daughters of the American Revolution (DAR) has the following contests that are open to 4-H'ers. Awards are presented on the local, state and national levels.

- American History Essay Contest, theme "The Women's Suffrage Campaign." Open to students in grades 5 to 8.
- Christopher Columbus Essay Contest, theme: "Comparing Ship Technology: The Ships Columbus Used Versus the Ships of Today." Open to students in grades 9 to 12.
- Junior American Citizens Contest, theme: "50th Anniversary of the Lunar Landing - America's Great Move Forward in Exploration and Technology." Open to students in grades 1 to 12. Individuals may enter one or more of the following categories: poster, stamp, photographic essay, poetry, short story, or community service. Groups may enter the community service category or design and create a banner.
- **NEW** - Fashion Design Contest - Show off your sewing and design skills by submitting photos of your creations! This state contest has beginner and advanced divisions and is open to students in grades 1 to 12. Deadline is February 1, 2019.

We have had a Somerset County 4-H'er who was a national award winner and several who were state winners in the past. All participants will be recognized by the DAR at next year's 4-H Fair. For a complete set of rules, contact NJDAR/4-H Liaison Holly Dunbar at hdunbar@verizon.net. The deadline for contest entries is December 15, 2018.

New Jersey 4-H is Looking for Teens Who Want to Save the World!

1st Meeting will be Held Virtually on Dec. 17

The New Jersey 4-H World Food Security Coalition is a program for New Jersey youth to prepare them for participation in The New Jersey Youth Institute World Food Prize. The World Food Prize organization works with Land Grant Universities all across the country to increase young peoples' interest and engagement in food security issues around the world. The New Jersey Youth Institute World Food Prize is a one day conference that is held at Rutgers and takes place March 1, 2019. Starting in December, The New Jersey 4-H World Food Security Coalition will conduct monthly meetings via Zoom to work with youth participants all over New Jersey in preparation for the conference.

The New Jersey 4-H World Food Security helps teens:

- Understand global hunger and security issues.
- Develop research and writing skills.
- Explore career paths and opportunities in STEM, food science, and agriculture policy.

They are looking for youth participants (grades 8-12) who want to build their research and writing skills through this project. Rutgers 4-H Youth Development Professionals and adult volunteer mentors will work with youth throughout the program.

Youth participants will be asked to attend weekly virtual meetings 12/17, 1/7, 1/14, 1/21, 1/28, and 2/4 from 7:00-8:30. (It is not required to attend all meetings; this can be decided by mentor/mentee.)

Want to save the world? Here is your chance to take a stab at it!!

If interested in this unique opportunity, please contact Matthew Newman at: m.newman@njaes.rutgers.edu. For more information and to see the flyer, please go to: <http://postit.rutgers.edu/uploads/WFP%20Coalition%202019.pdf>.

To register, please go to: https://rutgers.ca1.qualtrics.com/jfe/form/SV_ehBlqaHI33pxAUJ.

Leadership for Life Program

Program Begins Jan. 19, 2019

Registration for Module 1 Due Dec. 22

New Jersey 4-H members in grades 9-11 who are members in good standing are invited to participate in a multi-level leadership program called the Leadership for Life Program. Adopted from Ireland's youth development program Foróige, the Leadership for Life Program is based on theories and principles of youth work, leadership development and leadership styles.

Offered in four sequential modules, this program is aimed at equipping young people to explore their vision and passion and to develop such key skills as: planning, decision making, critical thinking, goal setting, and problem solving.

Modules 1 and 2 consist of 15 hours of educational workshops with topics serving as a bridge from one level to the next. Module 3 consists of planning and implementing a community based service project.

Modules 1, 2 and 3 will be offered within this 4-H year (2018-2019) and the Advanced Module will be available in Summer 2020 or possibly in 2019.

The availability of the 2019 Leadership for Life Conference will be based on a few things including the number of applicants completing the requirements. Members must complete Modules 1 and 2 before they are eligible to apply to complete Module 3 and the Advanced Module which is a 9-day travel experience to the Foróige Leadership for Life Conference at the University of Ireland in Maynooth, Ireland. [Click here for more information and registration form.](#)

Prep New Year's Party Needs Teen Helpers

We are looking for teens to help with the Prep New Year's Party. It will be held at the 4-H Center on **Sat., Jan. 5, 2019. Help is needed from 4-8:00 pm.** If you are interested please contact Lisa Darby at darby@co.somerset.nj.us.

Community Holiday Dinner Donations

December 25th - 2-4 pm

Ted Blum 4-H Center

Can you volunteer your time? Can your club collect items for the wish list from family & friends? Donations of fresh or frozen meatless baked ziti, canned carrots, beans, peas and deserts are needed! [Click here for the Wish List.](#) All canned or frozen items can be dropped off at the center any time. Fresh food can be dropped off the week of the event. It is such a fun event; think about volunteering some of your time. This event only happens because of the generosity of our 4-H Families. Any questions, contact Sue MacCombie at susar@rcn.com.

Teen Winter Camp

Feb. 8-10, 2019

Registration is due January 18

Members in grades 8-13 will have lots of fun at LG Cook Camp. This year, Somerset County will go with teens from Passaic, Sussex & Warren Counties. This is always a popular event, so get your application in NOW! Cost for the whole weekend is only \$85. [Click here for the registration form.](#) Scholarships are available. If you have any questions contact Lisa Rothenburger at rothenburger@njaes.rutgers.edu.

New Security Cameras

In an effort to provide enhanced security for our 4-H members, staff and visitors, the 4-H Building and Grounds committee, along with the 4-H Association, has recently installed security cameras in and around our complex.

Any questions or concerns please contact the building and grounds committee.
4hbuildingsandgrounds@gmail.com