

December 2017

Dear 4-H Teens,

You are invited to participate in the 11<sup>th</sup> annual **North Jersey 4-H Teen Conference**. All 4-H members in *grades 8 – 13* are invited to join their fellow 4-Hers for a weekend long teen conference that will be held **March 9-11, 2018** at the Regency House Hotel in Pompton Plains, NJ.

<http://www.regencyhousehotel.com/index.htm>

A group of dedicated teens have partnered with adult volunteers and 4-H staff to plan and implement this conference. The theme for this conference is **“Past, Present and Future: Our 4-H Legacy”** and will focus on our 4-H traditions and providing a productive future for 4-H youth.

Enclosed is the registration information and forms for the **2018 North Jersey 4-H Teen Conference (NJTC)**, including:

- General Brochure - objectives, schedule
- NJTC Participant Registration Form \*
- Workshop/Activity Selection Form \*
- 4-H Event Permission Form \*
- Passive Consent Form \*

**Please remember the following:**

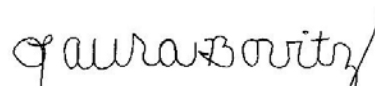
1. The **deadline for registration items** to be returned to your county 4-H office is **Friday, January 27<sup>th</sup>**.
2. If you have concerns about the cost of the conference, please contact your 4-H staff person for information regarding scholarship opportunities.
3. When sending in your registration form, please include the completed forms marked with an asterisk (\*) above and your payment made out to your county 4-H account as indicated by your 4-H staff person. **ANY INCOMPLETE INFORMATION ON FORMS WILL RESULT IN YOU NOT BEING REGISTERED.** Please make sure that all forms are completed and signed.

I hope you consider attending the 11<sup>th</sup> NJTC. This conference is guaranteed to be an exciting and worthwhile event. If you have any questions, or are missing any enclosures, please let us know.

Sincerely,



Lisa Rothenburger  
Somerset County 4-H Agent



Laura Bovitz  
Middlesex County 4-H Agent



**2018 NJTC Teen & Adult  
Volunteer Planning Committee**



**Bergen**

Domenick Ciminiello, Frank Ciminiello, Christian Fuch, Dustin Glynn,  
Brett Peitowicz, Abbie Kesely

**Essex**

Olivia Alonso, Victoria Bruno, Michael Medina, Sophie Moutis,  
Tiffany Palacios, Marissa Staffen

**Hudson**

Gabriel Jackson, Destiny Timmons, Yvette Thompson

**Hunterdon**

Lianna Bonacorsi (co-chair), Kaitlyn Jones, Zack Majorossy,  
Avery Schaefer, Jeffery Standt, Mark Brubaker

**Middlesex**

Keira Ezzo (co-chair), Trevor Jozefowicz, Meghna Sarmah, David  
Wolverton, Erin Glynn, Katelynn Poulson, Dawson March, Laura Bovitz

**Morris**

Kristen Briney, Kayla Mlynarski, Johanna Pipoli, Parris Johnson, Kelly Dziak

**Passaic**

Jahmiere Artis, Aimee Decker, Isabella Sardina, Kadian Smith, Brandon Taylor-Roach  
Marycarmen Kunicki, Kenny Faillace

**Somerset**

Alex Gonzalez, Zach Menendez, Natasha Mody, Krishna Mody,  
Julie Pirro, Abby Johnstone, Eliza Rothenburger, Lisa Rothenburger

**Sussex**

Lyndsee Westermann, Tanya Patrie, Dave Foord

**Union**

Nikhil Chourdary, Jim Nichnadowicz

**Warren**

Michelle Teitsma, Alayne Torretta

North Jersey 4-H Teen Conference is planned by North Jersey 4-H teens in cooperation with county 4-H faculty and staff of Rutgers Cooperative Extension. This event is open to teens in grades 8-13. The 4-H Youth Development Program is part of Rutgers New Jersey Agricultural Experiment Station Cooperative Extension. 4-H educational programs are offered to all youth, grades K-13, on an age-appropriate basis, without regard to race, religion, color, national origin, ancestry, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, civil union status, domestic partnership status, military service, veteran status, and any other category protected by law. For additional information, contact: [nj4h.rutgers.edu](http://nj4h.rutgers.edu). *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 Agriculture Experiment Station is an equal opportunity program provider and employer.

**North Jersey  
4-H  
Teen Conference**

*March 9-11, 2018*

“To Make The Best Better” NJTC 2018  
 Trustworthy Clover  
 Head Friendship  
 Proud Heart Hands  
 Leadership Health  
 est. 1902 Learn by Doing  
 Community Service Character Public Speaking  
 Past, Present, and Future: Our 4-H Legacy




**Regency House Hotel  
Pompton Plains, NJ**



## You are invited to take part in the 11th annual North Jersey 4-H Teen Conference!!!

This conference is open to all 4-H teens in grades 8-13 in all northern New Jersey counties with 4-H programs. The conference will provide an opportunity for teens to broaden their circle of friends, learn new skills, and have fun! The conference is planned and run through a partnership of 4-H teens and adults.

### Conference Theme

The theme for this conference is “**Past, Present and Future: Our 4-H Legacy**” and will focus on 4-H traditions, and a productive future for our 4-H members. Workshops and group programs will include interactive and hands-on activities.

### What Does the Program Offer?

- Workshops
- Opportunity to meet teens from other counties
- Saturday afternoon special program
- Saturday evening dinner dance
- Sunday morning motivational program and service project
- Fun and much more

### Registration Information

- Who can attend?** Youth in Grades 8-13 (one year out of high school)  
**When is it?** March 9-11, 2018  
**Where is it?** Regency House Hotel, Pompton Plains, NJ  
**How do I register?** Complete paperwork and send to your 4-H Office by January 27, 2018  
**What does it cost?** \$185.00 for 4-H youth  
(additional siblings are \$175.00)

\*Cost includes hotel accommodations, program supplies, and all meals from Friday evening until Sunday morning.

## Tentative Schedule

### Friday, March 9

5:00-8:00	Registration
5:30-8:00	Dinner
8:00-8:30	Welcome Session and Parade of Counties
8:30-10:30	Evening Program
10:30-11:00	County Meetings
11:00-12:00	Free Time
<i>Midnight</i>	<i>4-H Curfew</i>

### Saturday, March 10

7:45-8:30	Breakfast
8:30	Morning Announcements
9:00-9:45	Workshop Session 1
10:00-10:45	Workshop Session 2
11:00-11:45	Workshop Session 3
12:00-12:15	Board Busses for field trip
1:00-4:45	Field Trip
4:45-5:00	Board Busses for return
5:45- 6:55	Free Time
7:00-8:30	Buffet Dinner with County Updates
8:30 -11:30	Dance, Game and Craft Room Open
10:00	Ice Cream Sundaes
11:30-12:00	Free Time
<i>Midnight</i>	<i>4-H Curfew</i>

### Sunday, March 11

8:00-8:30	Breakfast
8:30-8:45	Morning Announcements
8:45-9:15	Movie/slide show
9:15-10:00	Community service activity
10:00-10:30	Evaluation
10:30-10:45	Closing/ Final Announcements
10:45-11:00	Check out and safe trip home



# NORTH JERSEY 4-H TEEN CONFERENCE REGISTRATION FORM

County Registration Deadline: Friday, January 27, 2018

**TEENS:** Complete Sections I, II, III of this Registration Form and return by the deadline to your county 4-H office with a check or money order in the amount of **\$185** for the first member of the family. Additional siblings are \$175/pp. Please make checks payable to your county 4-H account, as instructed by your 4-H staff. *Incomplete forms will not be able to be processed for registration.*

**ADULT ADVISORS:** Complete Sections I and IV only.

Date Received in County Office:

## Section I. YOUTH/ADULT PARTICIPANT INFORMATION

Name \_\_\_\_\_ Birth date \_\_\_\_\_

Street Address \_\_\_\_\_

City & State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ 4-H County \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Check one \_\_\_\_\_ Male \_\_\_\_\_ Female E-mail Address \_\_\_\_\_

T-Shirt Size (Please circle one): S M L XL XXL XXXL

Are you a member of the NJTC Planning Committee? (Please check one) Yes  No

Please indicate any special needs (dietary or accommodations. Include if you are vegetarian/vegan or have food allergies) \_\_\_\_\_

## Section II. YOUTH PARTICIPANT ROOMMATE PREFERENCE

Please list the name of **up to 3** roommate choices below. Before completing this section, check with roommate choice to avoid confusion. County 4-H staff will assign rooms of four. **There will be no switching of rooms at the conference.**

Name of Roommate(s) Preference \_\_\_\_\_ County \_\_\_\_\_

Name of Roommate(s) Preference \_\_\_\_\_ County \_\_\_\_\_

Name of Roommate(s) Preference \_\_\_\_\_ County \_\_\_\_\_

## Section III. ITEMS REQUIRED TO BE INCLUDED WITH REGISTRATION FORM FOR YOUTH PARTICIPANTS.

Your

registration will not be processed unless all required items are received.

*Enclosed with this registration form are the following items:*

\_\_\_\_\_ A check or money order made payable to my **county 4-H account** for the full conference fee of **\$185**.

\_\_\_\_\_ A completed copy of the Workshop Selection Form.

\_\_\_\_\_ A completed copy of the *4-H Event Permission Form for Youth*, signed by my parent/guardian and myself.

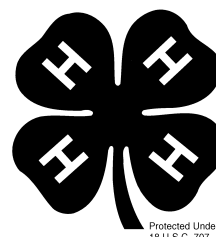
## Section IV. ADULT ADVISOR'S REGISTRATION

Advisors should complete Section I and Section IV (check with your 4-H agent regarding payment of registration fee and roommate selection). Advisors must complete the *4-H Event Release/Agreement Form for Adults*, signing in all places for themselves. Also complete the items below.

Check one: \_\_\_\_\_ Double Occupancy - \$175 (adults only) Roommate \_\_\_\_\_

\_\_\_\_\_ Single Occupancy - \$260 (adults only)

**REFUND POLICY**  
*Once you register for North Jersey 4-H Teen Conference, you are responsible for the cost of the conference and are expected to attend. No refunds will be made unless participant is ill and has a doctor's certificate. It is the participant's responsibility to contact their county's Faculty/Staff in charge the Thursday prior to the conference in order to be eligible for the refund.*





# "Past, Present, and Future: Our 4-H Legacy"

## 2018 North Jersey 4-H Teen Conference Workshop Selection Form



Name \_\_\_\_\_ County \_\_\_\_\_

E-mail \_\_\_\_\_ (in case we need to contact you about choices)

Listed below are choices for the three North Jersey 4-H Teen Conference workshop sessions (sessions 1, 2, 3). In each session, please rank your choices 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. **Please note:** If you do not select 3 choices in each session, one may be chosen for you.

### Workshop Session 1 Choices Choose 3

\_\_\_\_\_ *I am presenting a workshop this session (indicate which workshop below).*

#### \_\_\_\_\_ **Step Outside Your Comfort Zone**

Life begins at the end of your comfort zone. This workshop will use group activities, games and demonstrations to help you build the confidence you need to step outside your normal comfort zone and start the path to accomplishing your goals.

#### \_\_\_\_\_ **College Survival Guide**

Congratulations! You've been accepted to college, but now what? You've learned about applying to schools, but now learn how to actually SURVIVE college! This workshop will bust college myths and provide strategies to stay organized, keep a class/work/life balance, and tips for how to talk to professors. Any and all questions welcomed!

#### \_\_\_\_\_ **Teambuilding 2.0**

Some team building activities break the ice but this workshop completely shatters it! This workshop is game and activity driven. The activities in this workshop can be used as tools to help bond a group together, establish effective communication and more. Do you have what it takes to build the team?

#### \_\_\_\_\_ **Junkyard Band**

Ever wanted to be a professional drummer in a parody band? Grab anything you could use as a drum or an instrument. It could be anything from a cardboard box to a spoon to a recycled drink bottle. Bring your makeshift instrument, your imagination, and get ready to groove!

#### \_\_\_\_\_ **Stand-Up Comedy**

This workshop is for those who love to make other people laugh. In this workshop you'll learn how to make jokes and use comedy to your advantage. You can develop your public speaking skills, learn how to write jokes, perform them, and make a room full of people laugh!

#### \_\_\_\_\_ **Addressing Community Food Needs through Action**

The Science Matters Team is a group of 4-H teens working together to define community food related issues and teach our peers about tangible solutions to address these issues. This workshop will discuss topics like childhood obesity, food access, and land use issues and will equip our participants with the tools and knowledge they need to help address these issues in their communities. This workshop will be hands-on, interactive and fun!

#### \_\_\_\_\_ **Geocaching 101**

Come explore the realm of high tech treasure hunting! Learn to use a handheld GPS unit to locate hidden objects. Geocaching is a real-world, outdoor treasure hunting game using GPS enabled devices.

## Workshop Session 2 Choices Choose 3

\_\_\_\_\_ *I am presenting a workshop this session (indicate which workshop below).*

### \_\_\_\_\_ **Teambuilding 2.0**

Some team building activities break the ice but this workshop completely shatters it! This workshop is game and activity driven. The activities in this workshop can be used as tools to help bond a group together, establish effective communication and more. Do you have what it takes to build the team?

### \_\_\_\_\_ **Dealing with Conflict when the other Person is being a Total Jerk**

Ever get 'into it' with another person who is totally unreasonable? Ever wonder what is UP with that guy or girl? This workshop will cover the basics of conflict resolution that even the most passive person can use. What to say, what to do, and how to get away if they get physical.

### \_\_\_\_\_ **Book Club**

For those who love reading, this workshop is for you! Just like a normal book club this workshop will involve you in discussion of different genres and favorite books. *(Make sure to bring your own book)*

### \_\_\_\_\_ **4-H Cooking Challenge**

Inspired by the popular cooking show Chopped, participants are challenged to make separate meals using mystery ingredients and a stocked pantry. This program teaches kids how to think about different flavors and how they work together. It challenges their creativity and nourishes a passion for the culinary arts.

### \_\_\_\_\_ **Lead Your Legacy**

Participants will work with one another in a small group setting, interact with other 4-Hers that are unfamiliar to them, and practice some of the skills needed to become successful, confident leaders. The workshop will consist of hands-on activities that focus on building leadership skills including problem solving, goal setting, and communication.

### \_\_\_\_\_ **Fashion Timeline -- 1950's - 2017 and Beyond**

We will present a workshop on fashion styles, a chronology of a fashion timeline. The fashion trend timeline will show the most popular styles and iconic looks from the 1950's to present day fashions. The PowerPoint presentation, which will include images and captions, will display how they have changed over the given time-period. These images will include clothes, shoes and various hair styles. We will then have a discussion on how fashion has changed from the 1950's to today, along with the differences, similarities, and what we can expect in the future.

### \_\_\_\_\_ **Hurricanes, Tornados, Blizzards! Oh My! Will You Be Ready?**

Whether it is a natural disaster like Hurricane Sandy or a tornado or an earthquake or perhaps the zombie apocalypse – do you have what it takes to weather the storm and survive? Are you prepared? Do you know what to do in the event of a disaster? Come check out the NJ MyPI (My Preparedness Initiative) training overview to see how you can help your family prepare for the next disaster! Simple preparations like having enough water and having a family evacuation plan can mean the difference between surviving and ruin!

- Continued -



## **Workshop Session 3 Choices    Choose 3**

*I am presenting a workshop this session (indicate which workshop below).*

### **Dealing with Conflict when the other Person is being a Total Jerk**

Ever get 'into it' with another person who is totally unreasonable? Ever wonder what is UP with that guy/girl? This workshop will cover the basics of conflict resolution that even the most passive person can use. Learn what to say, what to do, and how to get away if they get physical.

### **Perfect Your Party**

Ever try to run an event or party and have things go horribly wrong? This event planning workshop will cover the basics of coordinating a great event, will demonstrate some of the problems that come up when planning events and parties, and will give tips and tricks for how to avoid them. Looking for tips to help people mingle and avoid awkward silences and boredom? We'll give you conversation starters! Presentation is everything, so come let us show you how to plan the Perfect Party!

### **De-Stress Your Mess**

Life is hard. Come to our workshop to learn coping strategies for stress through guided relaxation, mindfulness and yoga you can do without getting out of your seat. Namaste - in my chair and chill!

### **Past, Present & Future -- Our Legacy**

You have 3,000 days or so walking this planet. How are you going to unfold your potential legacy? Learning is the means through which we fulfill our greatest hopes and personal potential, make connections and contributions to our families and communities, and leave a meaningful legacy for generations to come. So how are you leaving your legacy? What would you like your legacy to be? And how would you want your legacy to impact the community? These questions will be answered by an important contributor of the community. So join us for an informative workshop.

### **Learn By Doing - When 4-H Ends, It Just Begins**

So you're aging out of 4-H. That's it, right? WRONG! Now it is time to take those lessons learned whole in 4-H and continue to make the best better. This interactive session will share opportunities available to you to continue to serve your communities, countries and world.

### **Speed Networking**

This workshop offers a fantastic way to make new friends, share your story, and learn more about 4-H in other counties. Speed Networking works a lot like speed dating -- spend 30 seconds to 1 minute talking to the person in front of you, then rotate! Ask questions, tell stories, and do your best to talk for the entire time allotted.

### **Balls & Tracks Challenge**

Build ski jumps and roller coasters using foam tubes and marbles. Apply the laws of physics, find out what it's like to be an engineer, and have fun!

*Double check that you selected your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choices for all three workshop sessions.*





**North Jersey Teen Conference 2018**  
**IRB – Attachment 4**

**NOTICE OF PASSIVE CONSENT**

As a participant in the **North Jersey Teen Conference 2018**, held March 9-11, 2018, your son or daughter may be asked to help with the evaluation of the program. At the end of the program, we conduct an evaluation to tell us how the program met our goals and to help with the planning of next year's North Jersey Teen Conference. Your son or daughter may be asked to complete a written survey about what he or she may have learned from participating in the program. We estimate that it will take the youth participants approximately 10 minutes to complete the survey.

Youths are not required to participate in the evaluation. If your son or daughter decides that he or she does not wish to participate, it will not affect his or her participation in this or future Rutgers Cooperative Extension/4-H Youth Development programs. If your son or daughter does not want to answer some questions on the survey, that is okay. The survey responses will be anonymous, and your son's or daughter's responses will not be identified in any way.

If you do not want your son or daughter to participate in the evaluation of **North Jersey Teen Conference 2018**, please contact **Marycarmen Kunicki** at **973-684-4786** or [kunicki@njaes.rutgers.edu](mailto:kunicki@njaes.rutgers.edu) before your child begins attending the program. If you have any questions about the evaluation, you can contact Marycarmen Kunicki, or the Rutgers University Institutional Review Board at (732)932-0150.

I have read the above information and reviewed it with my son or daughter. We understand that s/he is not required to complete any evaluations as part of the **North Jersey Teen Conference 2018** program and that by completing any evaluation(s), s/he has consented to participate in the evaluation.

_____	_____
Parent/Guardian Signature	Date
_____	_____
Youth Participant Signature	Date

*If you have any questions about your rights as a research subject, you may contact the IRB Administrator at Rutgers University at: Rutgers University, the State University of New Jersey, Institutional Review Board for the Protection of Human Subjects, Office of Research and Sponsored Programs, 3 Rutgers Plaza, New Brunswick, NJ 08901-8559  
Telephone: 732-932-0150 ext. 2104      Email: [humansubjects@orsp.rutgers.edu](mailto:humansubjects@orsp.rutgers.edu)*



# New Jersey 4-H Event Permission Form for Youth



Both sides of this form must be completed by all youth participating in overnight activities, field trips, events requiring group transportation, and any other events sponsored through the 4-H Youth Development Program where it is deemed necessary by the event coordinator(s) (paid 4-H staff and/or registered 4-H volunteer) responsible for the youth participants. The form should be submitted prior to the event. The form has five parts: (1) information about the participant and activity, (2) parental permission and liability release, (3) medical emergency authorization and health information, and (4) code of conduct and (5) media policy. *Be sure to complete all five parts and sign where requested!*

## Information about the Youth Participant and Activity

Name of Youth participant: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Email Address: \_\_\_\_\_

4-H county: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_

Name of activity/event: \_\_\_\_\_

Name of 4-H group sponsoring or participating in this event: \_\_\_\_\_

Location of event: \_\_\_\_\_

Date and time of participation of individual named above: \_\_\_\_\_

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## Parent Permission and Release of Liability

I hereby give my son/daughter named above permission to participate in the event listed. Although Rutgers Cooperative Extension and its event coordinator(s) will use the utmost precaution in guarding the health of the above participant and preventing accidents, I release them from any liability in case of illness or injury as a result of this activity. Furthermore, I release the owner and driver of the car transporting my child to and from the event, from any liability in case of illness or injury.

**Sign Here**

Signature of parent or guardian: \_\_\_\_\_

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## Medical Emergency Authorization and Health Information

I authorize the event coordinator(s) to dispense the prescription drugs and/or over the counter medications listed below in accordance with the instructions provided on the label (prescription drugs) or below (over-the-counter medications). In case of sudden illness or an accident to the above named participant requiring immediate treatment or surgery while he/she is a participant in this activity, I authorize the 4-H chaperone(s) to take such action as seems appropriate to protect the health and physical well-being of the above participant. This authority extends to any physician(s) and/or surgeon(s) selected by the event coordinator(s) to perform medical and/or surgical procedures including examinations and tests necessary to preserve the health and physical well-being of the above named participant. All efforts will be made to contact the parent(s) or guardian(s) in case of emergency.

_____	_____	_____	_____
<b>Name of parent/guardian</b>	<b>Phone number</b>	<b>Name of additional emergency contact</b>	<b>Phone number</b>

The following information is provided as an aid to the event coordinator(s) in dealing with the well-being of the participant. The participant has the following health conditions: (include allergies, handicaps, diabetes, pregnancy, asthma, medications needed, etc.).

Health conditions: \_\_\_\_\_

Medications/Instructions: \_\_\_\_\_

Health Insurance: Company Group# \_\_\_\_\_ ID# \_\_\_\_\_

**Sign Here**

Signature of parent or guardian \_\_\_\_\_

## New Jersey 4-H Code of Conduct



The primary purpose of the New Jersey 4-H Code of Conduct is to ensure the safety and well-being of all participants at 4-H sponsored events and activities. It applies to all participants, with participants defined as 4-H members, their parents, and volunteers.

As a participant in the 4-H program, I will:

- **Conduct myself in a courteous manner and treat members, parents, 4-H volunteers, Extension staff, judges and others with respect. Appropriate language and behavior are expected at all times.**
- **Respect and adhere to the rules and guidelines of the 4-H program including all those specific to a 4-H event or activity.**
- **Uphold an individual's right to dignity by supporting an environment of inclusion which welcomes involvement of participants from all backgrounds.**
- **Accept supervision and support from county and state 4-H staff while participating in the 4-H program. This includes acceptance of supervision and support from appointed 4-H volunteers coordinating 4-H events and activities.**
- **Obey local, state and federal laws.**

Participants who fail to adhere to the New Jersey 4-H Code of Conduct are subject to a range of disciplinary actions. Such actions will be taken in compliance with the New Jersey 4-H Discipline Policy and Procedure. When appropriate, immediate corrective action will be taken at the 4-H event to ensure the safety and welfare of all participants.

I understand if I fail to adhere to the above Code of Conduct, I will be subject to disciplinary action and potentially prohibited from attending and participating in the New Jersey 4-H Youth Development program.

	_____	_____
	Signature of participant in event	Date
	_____	_____
	Signature of parent or guardian	Date

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## New Jersey 4-H Media Policy and Release

The 4-H program routinely promotes activities through various media. This includes, but is not limited to newsletters, newspapers, brochures, and displays. In doing so, the names and photos of members may be included to help tell the 4-H story. However, New Jersey 4-H policy is that on web sites, youth in photos will not be identified by name(s).

- No, do not use my individual picture for any purpose.** I will make an effort to avoid opportunities to be in group photos.
- No, do not use my name for any purpose.**

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Revised: January 2013