

December 2013

Dear 4-H Teens,

You are invited to participate in the 7th 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 7-9, 2014 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 **"4-H Goes Back to the Future"** and will focus on ways that you learn about your own personal history, make the best of the present, and build for the future.

Enclosed is the registration information and forms for the **2014 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:

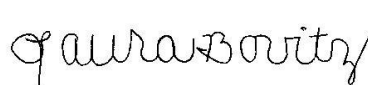
1. The **deadline for registration items** to be returned to your county 4-H office is **Friday, January 24th**.
2. If you have concerns about the cost of the conference, please contact your 4-H staff person for information regarding scholarship opportunities.
3. When sending in your registration form, 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 7th 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

**County Board
of Chosen
Freeholders**

Ronald G. Rios
Freeholder Director
Blanquita B. Valenti
Deputy Director
Kenneth Armwood
Carol Barrett Bellante
Charles Kenny
H. James Polos
Charles E. Tomaro



You are invited to take part in the 7th annual North Jersey 4-H Teen Conference!!!

This conference is open to all 4-H teens in grades 8-13 in all North 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

This year's theme is **"4-H Goes Back to the Future."** The conference will focus on helping 4-Hers connect with their own history and to understand the significance of the past; provide a way to make the best of the present; and assist 4-Hers with providing for a productive and successful future. 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
- Fun and much more

Registration Information

Who can attend? Youth in Grades 8-13 (one year out of high school)
When is it? March 7-9, 2014
Where is it? Regency House Hotel, Pompton Plains, NJ
How do I register? Complete paperwork and send to your County 4-H Office by **January 24, 2014**.
What does it cost? **\$170.00** for 4-H youth

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

Tentative Schedule

Friday, March 7

5:00-7:00 Registration
5:30-7:00 Dinner
7:00-7:30 Welcome Session and Parade of Counties
7:30-10:00 Evening Program
10:00 – 10:30 Snacks
10:30 – 11:00 County Meetings
11:00-12:00 Free Time
Midnight 4-H Curfew

Saturday, March 8

8:15– 9:30 Breakfast
9:15 Morning Announcements
9:30-11:00 Workshop Session 1
11:15-12:15 Workshop Session 2
12:30 – 1:00 Lunch
1:15-2:15 Workshop Session 3
2:30-4:45 Afternoon Program/Field Trip
4:45-6:30 Free Time
6:30 – 8:00 Buffet Dinner with County Updates
8:00 –11:00 Dance
8:00 – 11:00 Game, Activity and Movie Room Open
11:00-11:45 Snack Room Open
11:00-12:00 Free Time
Midnight 4-H Curfew

Sunday, March 9

8:30-9:15 Breakfast
9:15-9:30 Morning Announcements
9:30-11:00 Motivational Program
Evaluation and Closing
11:00-11:30 Check Out





**2014 NJTC Teen & Adult
Volunteer Planning Committee**



Bergen

Buddy Nemetz

Essex

Talia Lawrence, Keilani Noble, Darius Peace, Marissa Blodnick

Hunterdon

Sam Brown, Anna DeSapio, Mikaela Kane, Grace Majorossy,
Kate Majorossy, Matt Majorossy, Sara Roundtree, Christian Weisenbacher

Middlesex

Joshua Jerzak, Manny Michaca, Jovita Ovando, Ariana Pearlman
Brian Wolverton, Abbie Kesely, Shane Pierre, Laura Bovitz

Morris

Katelyn Baumgartner, Mike Baumgartner,
Kimberly Cronin, Kate Dodge, Kelly Dziak

Passaic

Becca Byrne, Marycarmen Kunicki

Somerset

Cary Brochinsky, Sarah Bijaczyk, Alyssa Peterson,
Shannon Zimmitti, Lisa Rothenburger

Union

Andrew Hall, Jocelyn Hall, Jim Nichnadowicz

Warren

Jeanette Torretta, 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 Research & Extension. This event is open to teens in grades 8-13. All events sponsored by Rutgers Cooperative Research & Extension 4-H Youth Development Program are open to all youth, K-13 (one year out of high school), on an age-appropriate basis, regardless of race, color, national origin, gender, religion, sexual orientation or disability. All possible effort is made to include rather than exclude youth from 4-H educational activities and programs.

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 7-9, 2014**

4-H Goes



**Regency House Hotel
Pompton Plains, NJ**



NORTH JERSEY 4-H TEEN CONFERENCE REGISTRATION FORM

County Registration Deadline: Friday, January 24, 2013

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 **\$170**. 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.*

Date Received in County Office:

ADULT ADVISORS: Complete Sections I and IV only.

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 (food or accommodations) _____

Section II. YOUTH PARTICIPANT ROOMMATE PREFERENCE

Please list the name of **one** roommate choice 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 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 **\$170**.
- _____ 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 - \$170 (adults only) Roommate _____
_____ Single Occupancy - \$255 (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.





"Back to the 4-H Future"

2014 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 1st, 2nd and 3rd. **Please note:** If you do not select 3 choices in each session, one may be chosen for you.

Workshop Session 1 Choices (1 ½ hours) **Choose 3**

Slow Down Time

Today's fast paced lifestyle doesn't leave much time for people to catch their breath. This interactive workshop will discuss how you can slow down your busy life with some simple exercises. If you are feeling overwhelmed by life's demands, you won't want to miss this relaxing and thought provoking workshop.

So You Think You Can't Dance

Dance is all about having fun, forgetting your worries and adding your own personal style. In this workshop you will learn 3 dances that are fun, easy to learn and can really get a party going! Wear clothes that are easy to move in and be prepared to "break it down."

Environmental Issues: What Can You do to Help?

This workshop will introduce you to the cause, impact and solutions to climate change. Teens will rotate around stations to participate in hands-on science experiments and games that will provide the background information you need to know to be an environmentally responsible citizen.

Make Community Service Work for YOU

Learn how to take the community service activities you do to the next level. Through discussion and group work, you will learn to create community service projects that will not only help others but will add to your resume and make you more marketable to colleges and in the future.

Be a Pinball Wizard

Do you enjoy playing arcade games? If so, now is your chance to build your own! Using simple materials, participants will build a 30" by 20" table top pinball machine. The workshop will include a chance to try out everyone's machines and each person will get a copy of the activity so they can bring it back to their own county.

Workshop Session 2 Choices (1 hour) **Choose 3**

Getting Healthy In Today's World

Can you find the time to eat a healthy meal? Are you feeling sluggish or having trouble concentrating? Have you ever wondered how you can eat the same foods and be healthier? Come and take part in hands-on activities that will give you simple tips and tricks for staying in shape while still enjoying your occasional fast foods.

Wilderness Survival

Learn the basics of wilderness survival and the potential dangers of taking a trek into the wilderness. Learn simple first aid tips, how to survive alone or with a small group. Take part in hands-on activities and challenges to test your knowledge.

(more selections on other side)

Getting into College

Throughout the decades, more and more people have been attending college; currently most high school graduates plan to attend college. If you want to prepare for your future education, this is the workshop for you. Hosted by college graduates and current high school seniors, the session will give the do's and don'ts of what to put on a college application and essay so you will be prepared for your future.

Past and Present Collide

This workshop will use modern technology to unearth your personal family history. You will create a family tree that starts with YOU and reaches into your family's past. Discover when your family came to the US; maybe even find some that have been here all along! Learn to use existing technology to explore Ellis Island, colonial states and census records. All you need to get started is your parent's names and birthdays.

Who Were They?

You think you know all the greats through the ages ... Marilyn Monroe, Babe Ruth, Martin Luther King, the Beatles, etc? But what if you could be them for a day? Become one of the most important people in history. Step into their shoes and find out more about these famous people from the past.

Workshop Session 3 Choices (1 hour) Choose 3

Dance Through the Decades

Here's your chance to dance through the decades as you learn and practice a variety of Hispanic dances progressing from Ancient Aztec to modern dances like the bachata and merengue. Come in comfortable shoes and clothes and be prepared to have a lot of fun!

Reality Check

Do you see a vase or two faces? Our brains process what we consider "reality" but our interpretations differ from person to person. In this interactive and fun workshop you will explore various mind teasers that challenge your perception of the world.

Chocolate Through the Ages

Discover how the delicious chocolate we know today became so popular, from the Aztecs, to Switzerland to Hershey, Pennsylvania. Learn some other interesting facts and even try some chocolate goodness.

Fun with GIS

Are you interested in GIS mapping? Do you want to learn more about it? This workshop will present the 2013 National 4-H Science Experiment. Participants will take part in hands-on activities to learn about geospatial tools and map their surrounding community in order to help solve community problems and contribute data about their community landscape.

Surviving College ... Lessons from Campus

Learn how to survive in college from current college students and recent college alumni. This panel will help you navigate all of the things you need to learn to survive living away from home or commuting to school, and how to deal with all the details in order to become independent, successful and free of stress!

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



North Jersey Teen Conference 2014
IRB – Attachment 4

NOTICE OF PASSIVE CONSENT

As a participant in the **North Jersey Teen Conference 2014**, held March 7-9, 2014, your son or daughter may be asked to help with the evaluation of the program. At the end 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 2014**, please contact **Marycarmen Kunicki** at **973-684-4786** or 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 2014** 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*

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: _____

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: _____

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.

_____	_____	_____	_____
Name of parent/guardian	Phone number	Name of additional emergency contact	Phone number

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

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.**

Revised: January 2013

New Jersey 4-H Release/ Agreement Form for Adults



Both sides of this form must be completed and signed by all adults participating in 4-H overnight activities, field trips, and events requiring group transportation where youth are present, or any other events sponsored through the 4-H Youth Development Program as determined by the event coordinator. The form should be submitted prior to the event.

Information about the Adult Participant and Activity

Name of Adult participant: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone number: _____ Email Address: _____

4-H county: _____ Have you gone through the appointed volunteer process? Yes No

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: _____

Release of Liability

Although Rutgers Cooperative Extension and its event coordinator(s) will use the utmost precaution in guarding the health of all participants and preventing accidents, I release them from any liability in case of injury as a result of this activity. Furthermore, I release the owner and driver of the car transporting me to and from this event, from any liability in the case of illness or injury.

Sign Here 

Signature of adult participant _____

Medical Emergency Authorization and Health Information

In case of sudden illness or an accident to myself requiring immediate treatment or surgery while I am a participant in this activity, I authorize the 4-H event coordinator or other adults present to take such action as seems appropriate to protect my health and physical well-being. This authority extends to any physician(s) and/or surgeon(s) selected to perform medical and/or surgical procedures including examinations and tests necessary to preserve my life and well-being. All efforts will be made to contact the individual named as my emergency contact above in case of emergency.

_____	_____	_____	_____
Name of emergency contact	Phone number	Name of additional emergency contact	Phone number

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

Health conditions: _____

Medications/Instructions: _____

Health Insurance: Company Group# _____ ID# _____

Sign Here 

Signature of adult participant _____

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Signature of participant

Date

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