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Betty Ann Toth, Administrative Assistant

Key Volunteer Groups

RCE Advisory Board
4-H Association
Family & Consumer Sciences Advisory Council
Board of Agriculture
Master Gardeners of Somerset – Hunterdon

A Strong Partnership

Somerset County Board of Chosen Freeholders
Robert Zaborowski, Director
Peter S. Palmer, Deputy Director
Denise Coyle
Rick Fontana
Ken Scherer
Rutgers, The State University of New Jersey
Cook College
New Jersey Agricultural Experiment Station
United States Department of Agriculture

RUTGERS COOPERATIVE EXTENSION

Investing in People for the Future

How to Reach Us

Phone Numbers

Agriculture & Resource Management

908-231-7000x7520
908-526-6293

4-H Youth Development

908-231-7000x7521
908-526-6644

Family & Consumer Sciences

908-231-7000x7522
908-526-6295

TDD: 908-231-7168, and leave a message

Fax: 908-704-1821

E-mail: somerset@aesop.rutgers.edu

Websites:

Somerset County RCE

<http://somerset.rce.rutgers.edu>

Somerset County

www.co.somerset.nj.us

Statewide RCE

<http://www.rce.rutgers.edu>

Address:

310 Milltown Road
Bridgewater, New Jersey 08807

Hours: M-F 8:30-4:30;
Tuesdays 8:30-6:30



RUTGERS, THE STATE UNIVERSITY OF NJ * NEW JERSEY AGRICULTURAL EXPERIMENT STATION * COOK COLLEGE

Rutgers Cooperative Extension

Our mission is to help the diverse population of New Jersey adapt to a changing society and to improve their lives through an educational process that uses science-based knowledge focused on issues and needs related to family well-being, agriculture and the environment, and youth development.

This report highlights programs and outreach in Somerset County during 2001. You can get additional information by visiting our website, <http://somerset.rce.rutgers.edu>, which features programs, photos, volunteer activities and a calendar of events.

Rutgers Cooperative Extension educational programs are offered to all without regard to race, religion, color, age, national origin, gender, sexual orientation or disability.



Rutgers Cooperative Extension of Somerset County is located in the 4-H Center, 310 Milltown Road, Bridgewater, New Jersey

SOMERSET COUNTY 2001 ANNUAL REPORT

4-H Youth Development

Uses a "learn-by-doing" approach to enable youth to develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the world. This mission is accomplished by using the knowledge and resources of the land grant university along with the involvement of caring adults.

Family & Consumer Sciences

Seeks to improve the quality of life of people of all ages. FCS educates people to minimize or prevent family, work, and consumer problems. FCS focuses on making life better in the areas of nutrition, diet and health; food safety; family financial and resource management; human development at all ages; and leadership development. We provide unbiased, research-based information and strategies to help you enjoy life and strengthen your community.

Agriculture & Resource Management

Addresses agricultural, environmental, and ecological concerns, promoting the use of science-based knowledge, expertise and techniques within resource management decisions. They foster education, volunteerism, and horticultural awareness through several program initiatives. Focus areas also include agricultural viability and preservation, watershed management, community forestry, environmental resource management, and extending our commitment to form new partnerships to enhance local and regional environmental stewardship.

**RUTGERS COOPERATIVE EXTENSION
N.J. AGRICULTURAL EXPERIMENT STATION
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
NEW BRUNSWICK**

Distributed in cooperation with U.S. Department of Agriculture in furtherance of the Acts of Congress on May 8 and June 30, 1914. Rutgers Cooperative Extension works in agriculture, family and consumer sciences, and 4-H. Zane R. Helsel, Director of Extension. Rutgers Cooperative Extension provides information and educational services to all people without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. (Not all prohibited bases apply to all programs.) Rutgers Cooperative Extension is an Equal Opportunity Employer.

Cooperating agencies: Rutgers, The State University of NJ, U.S.D.A., and Somerset County Board of Chosen Freeholders.

Educational classes & workshops for adults:

reaching approximately **7,000 adults**

Topics include (but are not limited to): Diet and nutrition, budgeting, discipline, child development, food safety, environmental education, character education, animal husbandry, tree maintenance, deer ticks and lyme disease.

Educational classes for youth: reaching approximately **6,000 youth**

Topics include (but are not limited to): character education, composting, diversity, magnetism, dinosaurs, food and nutrition, and general science.

Master Gardener Helpline: 1,542 calls

Special Events and Educational Programs:

reaching approximately **64,000** people

These include: RCE Summer Adventure Week Camp, 4-H Fair, FCS Wellness Day, 4-H Open House, 4-H New Leader Orientations, Family Astronomy Programs, 4-H Camps, 4-H County and Government Career Day, 4-H Table Setting Contest, 4-H Food 'n Fun Luncheon, 4-H Livestock and Equine Seminar (state program), 4-H Science-sational Day, 4-H NASA Exhibit, 4-H Prep Rally, 4-H Public Presentations, 4-H Clothing Judging, 4-H Foods Judging, 4-H County Fashion Review, 4-H State Dairy Clip Off (statewide program), 4-H Adventures in Environmental Sciences Camp (statewide program), Master Gardener Program, and Youth in Arboriculture Careers Workforce Preparation Program.

Regular newsletters and fact sheets

are available to public: approximately **13,000 people**

These include (but are not limited to): *Visions*, *LifeKeys*, *Money Matters*, *Caregiver News*, *Clover Tales*, Soil Tests, Pesticide Training Manuals, and general fact sheets about various topics.

Other methods to disseminate information: exhibits, topic-specific newsletters, news releases, articles and educational publications.

Cook College and NJAES Tour

25 RCE advisory group members and volunteers toured several research facilities at Cook College and NJ Agricultural Experiment Station. They visited a food-processing center designed to help small businesses in NJ test out new technologies, a deer management research center, an equine research center and food science labs focusing on health benefits of medicinal herbs. Participants found the tour valuable in showing them how campus research benefits the citizens and businesses of New Jersey.



Prof. Simons discusses nutraceutical research at Rutgers University

RCE Volunteers: 938 volunteers providing approximately **205,551 hours of service**

The USDA has determined that a volunteer's hourly wage would be \$14.83/hour. That would equal **\$2,891,301.20** worth of support.

National Honors:

If Plants Could Talk – TV show and website – has been recognized and received awards from several national organizations.

Somerset County 4-H was one of four sites nationally chosen to pilot test a family astronomy program for the Astronomical Society of the Pacific.

Successful programs being replicated in other counties, and other states: Preparing Youth for Careers in Arboriculture, Youth Teaching Youth Astronomy, 4-H Science-sational Day, 4-H County and Government Career Day, and Handle With Care Food Safety Program.

Two programs published in *USDA 4-H Youth Development Programs of Excellence*.

100 years of 4-H - thousands of reasons to celebrate!

4-H is celebrating the centennial year of the 4-H program in this country. Initiated in 1902 as corn and canning clubs the 4-H Program has become the premier youth development program of the United States.

In 1911 the National emblem, the four-leaf clover, was designed. The four H's on the clover stand for: *Head, Heart, Hands, and Health*.

The National 4-H Pledge and 4-H Motto was adopted in 1927. The 4-H pledge is:

*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 community, for my country, and my world.*



The motto is *To Make the Best Better*.

A lot has changed since 1902. Somerset County 4-H has 1200 4-H members in 77 different clubs led by over 200 trained volunteers. Youth can learn about astronomy, rocketry, remote controlled cars, the environment, trains, dogs, pet therapy, poultry, small animals, alpacas, beef and dairy cows, goats, reptiles, horses, sheep, clowning, puppetry, twirling, cooking, sewing, crafts, Chinese culture, community service, public speaking, leadership, and so much more.



Learning by Doing at 4-H Science-sational Day

If Plants Could Talk Television Series



"If Plants Could Talk" is a university-based educational gardening television series and World Wide Web site that provides scientific information for the general public, showcasing the program areas and initiatives within Rutgers University and other northeastern cooperative extension systems. *"If Plants Could Talk"* aired ten 30-minute programs since February of 2000 on New Jersey Network (NJN) Public Television. NJN, a local Public Broadcasting Station, has a potential audience of 7.8 million viewers throughout New Jersey, Pennsylvania, Delaware, New York and Connecticut. Nick Polanin contributed to the production of these shows, both on camera as co-host and in script writing and direction.

The show and website have been nationally recognized through film festivals and professional extension associations for their contribution to distance education. A CD-ROM version of show segments and related information received the 2001 Educational Materials National Award from the American Society for Horticultural Science.

The interactive Web site for the television show, <http://ifplantscouldtalk.rutgers.edu>, has had over 80,000 visitor sessions and 2,000,000 hits since going online in January of 2000. It features current Internet technologies (slide shows, virtual tours, streaming video) to provide in-depth educational information based on aired segments of the show.

Healthier Habits

When a group of eight women at the Faith in Action Christian Church in Manville decided to improve their diets and health, they called Family and Consumer Sciences. The group participated in a ten-week course that focused on the *Dietary Guidelines for Americans*. The participants made changes in their diets and increased their physical activity. During this time, many of the women lost weight (one lost 20 pounds) and reported feeling more energetic and flexible. They ended the course with a commitment to continue their new eating and exercise habits.