RUTGERS
New Jersey Agricultural Experiment Station

February 2021

Dear NJ Teen,

The teen and adult members of the South Jersey 4-H Teen Conference Planning Committee invite you to join us for ***EMPOWERED TOGETHER WHILE APART***, a virtual teen conference on Saturday, March 20th. The conference will take place via Zoom from 9:45 am to 1:00 pm.

This half-day conference is open to teens in 8th grade through one year out of high school who would like to come together with other teens to be inspired, see old friends and make new ones, learn new life skills, share some laughs and feed your soul (and your belly!). Highlights include:

- ✓ Renowned Keynote Speaker Rhett Laubach, *BE A TORCHBEARER!*
- ✓ Two sessions of empowering workshops on mindfulness, upcycling DIY, decluttering tips, and how to strengthen your mental health and financial muscles.
- ✓ Create your own Buddha Bowl lunch with the help of Globetaster 4-H STEP Club chefs
- ✓ Our conference wrap-up will be a fun compilation video starring YOU! Submit a 10-15 second TikTok-like video on one change you can make or one thing you can do to help the environment.
- ✓ Each participant will receive an AMAZING conference swag bag!

Full details are attached, including a save-the-date flyer, conference agenda, speaker's bio, workshop descriptions, and Buddha Bowl lunch activity flyer. Be a part of this awesome event by registering at:

https://go.rutgers.edu/qaz2uarz

The cost of this conference is $30.00. Please send payment to your county office by **Friday, March 12th.** Thanks, and don't hesitate to contact your county 4-H staff for more information.

Don't hesitate – The conference registration deadline is MONDAY, MARCH 8th!

We hope to see you there!
The SJTC Teen and Adult Planning Committee

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Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

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We R 4-H

yourNEXTspeaker

Keynote Speaker
Rhett Laubach
Motivating yourself and others!

Teen lead workshops

Lunch demo: Buddha Bowl

Registration materials coming soon

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2021 SOUTH JERSEY 4-H TEEN CONFERENCE

Empowered Together While Apart

Conference Schedule

9:45 am – Conference opens for youth participants

10:00 am – Welcome and Introductions

RCE Director Brian Schilling and 4-H Dept. Chair Rachel Lyons

Recognition of conference sponsor – Farm Credit East

10:15 am – Motivational Speaker Rhett Laubach

10:45 am – Stretch Break

11:00 am – Workshop Session 1: 3 options – workshops are 20 minutes (5 minutes for questions, short evaluation, and 5 minutes to transition back to the main room and the next workshop session)

11:30 am – Workshop Session 2: 3 options - workshops are 20 minutes (5 minutes for questions, and 5 minutes to transition back to the main room and to the lunch hour)

12:00 pm – Buddha Bowl with Virginia Krzyzanowski, Monmouth County – Make lunch with Virginia and Rosie or bring your lunch and enjoy the demo

12:30 pm – Conference Video

12:50 pm – Conference Evaluation and Closing Remarks

Thank you to the Farm Credit Northeast AgEnhancement Program and Farm Credit East Joshua Geary Memorial Fund for sponsorship of our conference.

SJTC Workshop Descriptions

Session 1 – 11:00-11:30 am
Workshops are 20 minutes with 5 minutes of questions and 5 minutes to return to main session

a) **The Magic of Mindfulness**: We've all had a tough year, and so much about the world is out of our control. But no matter who we are, we can control our breath. This workshop offers simple mindfulness activities for teens to release stress and check in with themselves during uncertain times.

b) **Trash to Treasure** – One person's trash is another one's treasure! Take your creativity to a new level by choosing ordinary objects or items you might get rid of and recycle or upcycle them into a fresh, inspired use.

c) **Financial Fitness** – Are you ready to flex your financial muscles but need some more training? It's never too early to learn about teen checking and savings accounts and debit cards. Boost your financial know-how with these valuable money management tips.

Session 2 – 11:30-12:00 am
Workshops are 20 minutes with 5 minutes of questions and 5 minutes to return to main session

a) **Real Talk - Health & Wellness Peer Panel** – Life over the last year has been anything but typical and youth have been deeply affected by the impacts of COVID-19. Join this teen-led discussion to listen and share tips and ideas for maintaining a healthy mindset while in quarantine.

b) **Decluttering Your Life** – Find out why we are drawn to collecting and buying stuff. How do we organize and pare down? We'll talk about what things you NEED to keep and things you can let go of!

c) **Upcycling – From T-Shirt to Tote** – Have an old t-shirt that you can't part with but no longer wear? Give it new life by transforming it into a stylish bag. Don't sew? No problem….this no-sew project is easy as can be. All you need is a t-shirt and scissors.

YourNextSpeaker *presents…*

Be A Torchbearer!

Learn how to have the drive and energy to make it happen and how to motivate others to do the same.

Rhett Laubach

(pronounced Law – Buck)

Your next speaker has changed the way thousands of people across the nation think about leadership. As a professional speaker, author, presentations coach, leadership expert and owner of YourNextSpeaker, LLC, Rhett Laubach has taught leadership skills for more than 25 years, to one million audience members and in 48 states, the Bahamas and Canada.

Rhett's clients include students, educators and business professionals in the agriculture, sales, human resource, banking, health, transportation and insurance industries. His programs are high-energy and high-impact. You can find links to all of Rhett's material, as well as information about his keynotes and workshops at YourNextSpeaker.com. You can also view Rhett's messages at http://tinyurl.com/WhatRhettSays. Follow Rhett on Twitter at @RhettLaubach and on YouTube, Facebook, LinkedIn and Spotify.

Rhett and his family live in Edmond, Oklahoma.

YourNextSpeaker, LLC

405.517.7385 *w* 810.454.7556 *f* www.YourNextSpeaker.com

2021 South Jersey

4-H Teen Conference

Spring into New Beginnings

BUDDHA BOWL

2 SERVINGS * PREP 5 minutes * COOK TIME 20 minutes

Ingredients

Veggies

- 1 Tbsp. olive, melted coconut, or avocado oil
- 1/4 medium red onion (sliced in wedges)
- 1 small sweet potatoes (washed and halved)
- 1/2 bag fresh baby spinach
- Pinch of salt and pepper

Chickpeas

- 1/2 15-ounce chickpeas (drained, rinsed + patted dry)
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- Pinch of salt and pepper
- 1/8 tsp turmeric (*optional*)

SAUCE

- 1Tbsp. peanut butter
- 1 Tbsp. maple syrup
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. soy sauce

Directions

1. Arrange sweet potatoes on a microwave plate. Add salt and pepper to taste. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the plate.
2. Microwave for 8 minutes, remove and pierce for tenderness. Continue to cook in 30 second intervals until done.
3. While potato is cooking, heat a large skillet over medium heat. Place chickpeas in a mixing bowl and toss with seasonings.
4. Once hot, add oil and chickpeas and sauté, stirring frequently for 8 minutes over medium heat. Add onion wedges and cook for an additional 2 minutes. Set aside.
5. Wisk together sauce ingredients.
6. Place everything in one bowl and add sauce.