



# Oahu 4-H News

*"4-H is a community of young people across America learning leadership, citizenship, and life skills."*

December 2005

Oahu 4-H Youth Development Program

## President's Message

Hi 4-H Ohana,

I hope everyone is well and not sick from the cold bug that's going around. 2005 is ending so don't forget the Christmas wishes to friends and loved ones and try to make an annual New Year's resolution that you have the possibility of keeping! One good resolution is to be an exemplary 4-H'er!

This past month, we had our Council meeting and our Parliamentary workshop. There was a question of whether it is a good idea to have the Communications Fair and the Fashion Show together. It would be helpful if your club could discuss this issue and get back to Lori Arakaki. Following the council meeting, we devoured Pizza, Cake, and other snacks. This was also an opportunity to wish Uncle Steve a fond thank you and hopefully a temporary farewell ; ) and wish him well in his new duties. All is not lost because we have Aunty Rose to follow in his footsteps!

The parliamentary workshop was great and I hope all who attended found it to be informative and useful. This meeting taught all 4-H members how a meeting should be run. I would like to thank Renni Fay for making it all possible.

Anybody who was not at the Council meeting, Marissa Matsuyama gave out trash bags for recycling cans and plastic bottles. I would like to ask that all 4-H'ers recycle their cans and bottles because we will be having a drop off on December 18 at the Urban Garden Center. For more information, call Marissa.

Brittany Chang has found a place and date for our annual County Camp. It will be at Camp Mokuleia, March 10-12. We promise this will be full of fun, fellowship, and friendship. We spend all year with service to the community and clubs but now is your chance to have a break and enjoy! If anyone would like to sign up, please e-mail or call Brittany Chang. She would need a head count soon, so be prompt.

I hope everyone has started their food show entries. If you haven't, get started; the holiday season goes by in a flash and right after New Year's the forms will be due. Family Favorites is a great theme. Entry possibilities are endless. Amber and our 4-H'ers are working very hard planning this event. Your entry will show them you appreciate their hard work.

Merry Christmas everyone and have fun over your vacation (DON'T FORGET ABOUT YOUR FOOD SHOW ENTRY, RECYCLE ON DECEMBER 18, AND SIGN UP FOR COUNTY CAMP)!

Aloha,  
Hannah

## Calendar of Events

### DECEMBER



- 1 Hawaii OMK Team meeting, 9 am, Boys and Girls Club of Honolulu
- 2 4-H Read to Me Design Team meeting, 5:30 pm, Ag Sci 202
- 8 Speak Out for Military Kids meeting, 10 am, Urban Garden Center (UGC)
- 25 Merry Christmas!!

### JANUARY

- 1 Happy New Year!!
- 15 Council Meeting, 3:30 pm, UGC
- 16 Martin Luther King, Jr. Day

### Upcoming Oahu Events

#### Betty Z. Shimabukuro Scholarship for Leaders

Funds for this scholarship is earned through a drawing donation. Funds go back to the 4-H counties to be used for volunteer trainings.

Valuable and interesting items from Oahu are needed. Would you have anything to share with others? Call Maryknoll at 453-6053. Mahalo!

Maryknoll Spotkaeff

#### Da Best Youth Development Workshop Experience

Yes, that is right. An awesome opportunity to learn all about youth development will be coming our way in February 2006. The tentative dates for this three-day training is February 28-March 2, 2006. A dynamic team of CES/Army staff will once again combine efforts to offer "Moving Ahead" (a

#### Da Best Youth Development Workshop (cont'd)

comprehensive initiative which fosters positive growth and development for youth through programs addressing life skills). This is a must for all that work with youth. The cost to attend will be \$75 but we will have scholarships for partnering agencies' staff and volunteers (which includes 4-H volunteers). More details to follow.

Claire Nakatsuka

#### GIS Software Grants

ESRI GIS Software grant guidelines will be available by mid-December at [www.esri.com/grants](http://www.esri.com/grants). Grant applications will be accepted from January 1 - March 31, 2006. As before, it will be an electronic (e-mailed) submission of the application and letter of support from our state 4-H program leader.

There are two types or phases of grants this year. Phase 1 is for 4-H programs new to GIS and GPS technology; the application will be similar to the one used in the past, and they will be applying for the ArcView software, GIS books and training materials. Phase 2 is for 4-H programs that have received an ESRI GIS software grant in 2004 or 2005, and have successfully completed a Community Atlas project, GIS day activity and a community services project involving GIS. The Phase 2 application will also be similar to the ESRI application you completed in the past, and you will be applying for upgrades to ArcView and extensions, as well as GIS books and training materials.

Claire Nakatsuka

#### YSA Youth Venture Funding

Get up to \$1,000 in start-up funds for sustainable National and Global Youth Service Day (N&GYSD) projects by becoming a YSA Youth Venturer. Youth Service America (YSA) and Youth Venture are teaming up again to make every day National & Global Youth Service Day. We are giving young people the opportunity to create sustainable projects for N&GYSD 2006, April 21-23! Twenty five awards of up to \$1,000 in start-up funds are available to young people (ages 12-20) who want to create new, sustainable and civic-minded organizations,

**YSA Youth Venture Funding (cont'd)**

clubs or businesses. These Ventures must be youth-led and designed to be a lasting asset to the community. YSA Youth Venturers are required to host an event on N&GYSD. For further information or to download an application, visit [www.youthventure.org/ysa](http://www.youthventure.org/ysa) or email [amutima@youthventure.org](mailto:amutima@youthventure.org) . Applications must be RECEIVED by 12:00 noon on December 19th, 2005.

Claire Nakatsuka

**4-H County Camp**

Attention all 4-H clubs, leaders, members & families, we are having a 4-H county camp in March 2006. Please contact all your club members and get back to me with the number of people that will be attending.

Where: Camp Mokulei'a  
When: March 10 – 12, 2006  
Friday & Saturday Night  
Cost: \$12 per night (depends on # of campers)  
RSVP: by December 5<sup>th</sup>  
Call Brittany Chang  
623-9737 or email:  
[toochanga4u@hawaii.rr.com](mailto:toochanga4u@hawaii.rr.com)

I need to get back with Camp Mokulei'a and reserve the cabins and let them know how many of us will be attending our county camp so your RSVP is very important!!!!

Brittany Chang

**Disney Minnie Grants**

Youth Service America and Disney are offering the Disney Minnie Grants for youth across the globe. These grants of \$500 are for youth (ages 5-14), or the teachers, schools and organizations that engage them to implement service projects on National and Global Youth Service Day, April 21-23, 2006. To learn more, please download an application and Frequently Asked Questions at [www.ysa.org/awards](http://www.ysa.org/awards). After reviewing the application and FAQs, if you would like further information, please email [MinnieGrant@ysa.org](mailto:MinnieGrant@ysa.org) . POSTMARK DEADLINE: January 13, 2006.

Claire Nakatsuka

**Food Show Workshop**

The Food Show workshop was held on November 11, 2005 at the UH Agricultural Sciences building. Six members from the UH CTAHR FSHN (Food Science and Human Nutrition) council taught the participants about the new food pyramid and how to tailor your diet depending on your age, gender and physical activity level. Using the CTAHR computer lab, the participants were also given the opportunity to analyze the nutritional value of their breakfast. It was a good thing Aunty Claire provided us with nutritional snacks, which we added to improve the nutritional value of our breakfasts. In the workshop, we also learned about the importance of the proper portions and how certain snacks are prepackaged with the proper portions.

I hope you all enjoyed this excellent workshop where we learned about the new food pyramid, how to analyze the nutritional value of the foods we consume and make healthier food choices. I would like to extend my deepest Mahalo to Aunty Claire for coordinating this workshop and the following members of the UH CTAHR FSHN council for doing a superior job in planning and designing the workshop material and teaching the participants:

*Valerie Jackson*

President and main coordinator

*Kathryn Thomas*

assisted in preparation of workshop material

*Rachel Axtman*

*Alex Panida*

*Naomi Ng*

*Kristin Heath*

Amber Kuitunen

**Oahu County Representative**

Oahu! You need an Oahu County representative to attend the Federation meetings. One meeting is held at the UH Manoa campus in October via polycom and the other membership meeting is at the State Leaders' Conference.

**Oahu County Representative (cont'd)**

The Conference for 2006 will be held on Molokai. The representative receives airfare from the Organization and could receive a scholarship.

Any takers for another 4-H Learning Experience!

Maryknoll Spotkaeff

**State Leaders' Federation**

Join and support your 2006 State 4-H Leaders' Federation. As a Federation member, you may voice your opinions as to how Extension Service coordinates your 4-H programs and experiences.

Membership is for one year and costs \$3. The Oahu 4-H Organization will pay for your membership providing you call me at 453-6053 before February 17, 2006.

Maryknoll Spotkaeff

**Western Regional Leaders' Forum – 2006  
March 1 – 5, 2006, Salt Lake City, Utah**

Join over 500 volunteers from the 13 western states in a FUN, learning environment. Western Regional Forum is a great opportunity to meet others and share ideas that can be implemented in your local youth program. Interactive workshops, sewing lab, computer lab and much more await you in learning the newest and coolest techniques in working with youth. There is time also for educational tours and to visit with new and old friends.

4-H volunteers and community partners come together once a year for this event and 2006 is Utah's turn to host. During your stay, you will be welcomed by the diversity and cultural heritage of Utah.

Limited scholarship is available as a member of the Hawaii State Leaders' Federation.

Call Maryknoll at 453-6053 for further information. See website [www.Utah4-h.org](http://www.Utah4-h.org)

Maryknoll Spotkaeff

*Congratulations...4-H'ers and  
Volunteers*

**4-H Read to Me Treats**

Read to Me team members shared the 4-H Read to Me project with a group of Kamehameha Schools administrators and staff on the day after Halloween, but what a treat it was! Workshop participants focused their skills and energies and created elaborate storybook aprons (1/2 of them for books written in Hawaiian) in one afternoon. The workshop was coordinated to help the school promote service-learning. Many thanks to Allie Pascual and Reina Horikawa for providing the training.

Kaimuki and Kahuku High School Teacher Cadet programs are also currently participating in the 4-H Read to Me project. It is nice to have them again this year.

Claire Nakatsuka

*Past Events*



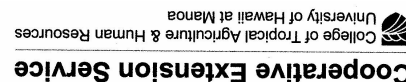
**MTL On the Move!**

The 4-H Mobile Technology Lab (MTL) traveled to its first FRG (Family Readiness Group) meeting on Saturday, November 12 at the Wahiawa National Guard Armory where youth participated in a digital photography workshop. The children, under the direction of Operation Military Kids MTL Coordinator Kelly Higelmire learned how to digitally manipulate their photos. 40 Hero Packs were also shared with the children of this particular unit.

Other units with deployed soldiers interested in scheduling a technology workshop for their youth can contact Kelly at 956-4125 or [omk-mtl@ctahr.hawaii.edu](mailto:omk-mtl@ctahr.hawaii.edu).

Claire Nakatsuka

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**Oahu 4-H News Articles Needed!**

If any of you or your 4-H club members have done something special or received some special recognition, whether through 4-H, school, or the community, we'd like to share the news through this newsletter! Please send us newspaper clippings, photos, digitals, and articles by the 20th of each month to my e-mail or business address:

Steven Y. Nagano  
 County Extension Agent  
 4-H Youth Development Program  
 Fax: 453-6052  
 E-mail: [snagano@hawaii.edu](mailto:snagano@hawaii.edu)  
 Mail: 955 Kamehameha Hwy  
 Pearl City, HI 96782-2501  
 Telephone: 453-6050, 453-6054  
 Web: <http://www.ctahr.hawaii.edu/4h/Oahu>

*"To Make the Best Better"*

4-H is the youth development program of the Cooperative Extension Service, a statewide, non-formal education system within the University of Hawaii at Manoa's College of Tropical Agriculture and Human Resources. For more information about the 4-H Youth Development Program, contact us or visit our 4-H website at <http://www.ctahr.hawaii.edu/4h/>

Cara Chang  
 Na Pilialoha 4-H Club  
 Oahu 4-H Council Historian



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If you have a disability and require special assistance during any of our planned 4-H activities, please call the applicable County Extension 4-H Youth Development Agent 2 weeks prior to the event.