Oahu 4-H Newsletter Online

Welcome to Oahu 4-H’s online newsletter!

March 2012

President’s Message

Aloha 4-H Leaders, Members, and Parents,

The Food Show is in two weeks! I hope everyone is having fun perfecting their recipes and presentations. Again, the will show will be held on a military base, so please secure access via Mrs. Lockwood.

Would you like to be on the Executive Board? If you are a 4-Her in the 7th grade or above, or know anyone who is, we ask you to look into an Exec Board officer position for next year. You’ll be helping the community, and building life skills. If you are interested, we will be holding nominations at the Food Show.

Also, the ever anticipated record books are looming. Record keeping is a feat in itself, and record books are handy logs for future reference. If you have questions about getting started, ask your club leader.

Enjoy your Spring Break!

Aloha,

Farin Fukunaga

Upcoming Events

March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>6</td>
<td>Operation: Military Kids Team meeting @ UGC, 9am</td>
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<tr>
<td>10</td>
<td>Oahu 4-H Food Show</td>
</tr>
<tr>
<td>17</td>
<td>Green Event at UGC</td>
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<tr>
<td>24</td>
<td>Operation: Military Kids Flash Mob @ Hickam Teen Center, 2pm</td>
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<tr>
<td>24-29</td>
<td>2012 National 4-H Conference @ National 4-H Center</td>
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<tr>
<td>26</td>
<td>Military 4-H Gene-ius Day at UH</td>
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<tr>
<td>26</td>
<td>Hawaii 4-H Alumni Association Scholarship application due</td>
</tr>
<tr>
<td>31</td>
<td>Operation: Military Kids Flash Mob</td>
</tr>
<tr>
<td>31</td>
<td>Gene-ius Day at UH (Rescheduled from March 10)</td>
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April

***Month of the Military Child***

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>13</td>
<td>Purple Up! For Month of the Military Child</td>
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<tr>
<td>13-15</td>
<td>Operation: Military Kids Family Camp @ Camp Erdman</td>
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<tr>
<td>15</td>
<td>Executive Board Meeting @ UGC, 3pm</td>
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<tr>
<td>28</td>
<td>Oahu 4-H Fashion Show @ UH Art Auditorium</td>
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Oahu Events

39th Annual Oahu 4-H Food Show is Almost Here!

As chairman of the Food Show, I just wanted to provide some information to help smooth out our event, especially since we are gathering at a different location than in times past.

Directions to Ft. Shafter for Food Show (Claire, please add this to Kim's direction)

**Going west bound on H1** get off on Ft. Shafter/Ahua St. exit and stay to the left proceed to traffic light, at traffic light turn left to Army Reserve Flats. Go to guard shack and make sure you have the security pass to show the guard.

**Going east bound on H1** get off on Ft. Shafter/King St. exit and stay to right, eventually the off ramp will go makai to the Army Reserve Flats proceed directly to guard shack and be sure to have security pass to show the guard.

**From guard shack** go until the road makes a fork and turn left at the fork and you will drive over the bridge and turn left at the next fork and then turn right onto Loops Road. Turn onto Suehiro Road and turn right at the next turn (there is no road sign). Building 1554 is on the left side. You will see 4H signs placed along the route.

Event time schedule:

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>3:00-4:00</td>
<td>Club Registration</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Kids arrive and begin setting up their display areas</td>
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<tr>
<td>4:30</td>
<td>Judges orientation</td>
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<tr>
<td>5:00</td>
<td>Kids leave display area</td>
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<tr>
<td>5:00</td>
<td>Pledge of Allegiance and 4-H pledge</td>
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<tr>
<td>5:05-5:10</td>
<td>Introduction of judges</td>
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<tr>
<td>5:10-5:20</td>
<td>Various recognitions</td>
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<tr>
<td>5:20-5:30</td>
<td>Ice Breaker</td>
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<tr>
<td>5:30</td>
<td>Sample Share Fair begins</td>
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<tr>
<td>6:00-6:20</td>
<td>Moanalua High School food demonstrations</td>
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<tr>
<td>6:45-7:15</td>
<td>4-H band “Delayed Resistance” from Schofield Barracks performs under the lanai next to the dining facility</td>
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<tr>
<td>7:15-7:30</td>
<td>Start viewing entries</td>
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<tr>
<td>7:45</td>
<td>Presentation of awards</td>
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<tr>
<td>8:30</td>
<td>Clean up</td>
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</tbody>
</table>

*Clean up responsibilities to follow.

Vegetarian Workshop

Chef Ori Ann Li taught Oahu 4-Hers how to prepare a dish called Spicy African Vegan Bobotie. Chefs from the Vegetarian Society of Hawaii also prepared beet red velvet cake with raw cashew cream cheese frosting and brown rice, bean and kale salad. The workshop, held on January 8th at the Urban Garden Center, was in preparation for this year’s Food Show. One of the new categories is vegetarian cooking. About 25 adults and children attended the event. The Vegetarian Society of Hawaii has a website where there are a number of videos showing demonstrations of vegetarian cooking.
4-H Fashion/Photography/Art Shows

The Fashion Show committee has been meeting and the information on this next major event will be coming out soon. Please reserve the date, April 28, for the Fashion Show. If you have photographs that are taken within the last year you may mount them and enter them in the Photography contest. If you have done art work with the following media... Sketching/ Drawing, Painting and Other (crayon or markers) we will be accepting those art work too. Stay tune for more information.

Rose Saito

Hawaii 4-H Alumni Association/Weinberg Scholarship

The 4-H Alumni Association is once again soliciting applications for the Alumni Association/Weinberg scholarship for qualifying high school seniors who will be furthering their education at an accredited institution. The application can be obtained from the Hawaii 4-H website: http://www.ctahr.hawaii.edu/4h/forms/Weinberg_ScholarshipApp.pdf

To qualify for this scholarship, an applicant’s family needs to meet the median income assistance guideline as set forth by HUD, (as listed on the application form).

Completed applications are due on March 26th to:

Hawaii 4-H Alumni Association
PO Box 61565
Honolulu, HI 96839

Susan Saka
Hawaii 4-H Alumni Association

Gene-ius Day at UH Rescheduled to March 31st

The Gene-ius Day workshops originally scheduled for Saturday, March 10 has been rescheduled to take place on March 31st. The program is geared for students in grades 1-6. The 2-hour workshops present a variety of hands-on science lessons on topics related to agriculture and molecular biology.

When: Saturday, March 31 10:00 a.m. - noon
Where: UH Manoa
Who: 4-H members in grades 1-6
Cost: $15 per participant

What: Students must use traits and DNA to solve a crime and save the day! Hands-on experiences will include DNA extraction in a real lab and comparing DNA fingerprints. Learn more at: http://www.ctahr.hawaii.edu/geneius-day/saturday.html

4-H Project Spotlight

Here is another new 4-H project that youth/members can be involved with! Check out this resource which is available for loan from the Urban Garden Center office (please check them out with Bea). Copies also can be purchased from the National 4-H Mall.

Reading Makes Sense is a financial literacy and reading curriculum for children in grades 3-5. This curriculum is a 4-H group curriculum written for an adult or teen staff member to implement in an afterschool setting to facilitate group learning. The curriculum can also be used in day camps, schools, or with other special interest groups of youth.
Online Training Resource: MyPlate Webinar Recording Available

On January 19, 2012 Julia Zee (CTAHR Cooperative Extension Hawaii County) assisted the Military 4-H project in providing a webinar covering the basics of the new MyPlate dietary guidelines. This presentation was geared towards staff in after school programs who also conduct 4-H clubs in cooking, nutrition and health topics. If you have questions or need assistance listening to the recording, please contact Carmen Golay at military4-h@ctahr.hawaii.edu.

Mid-Year Mini 4-H 101 Training Conducted on Oahu

Military after school programs conducting 4-H clubs have recently participated in mini 4-H 101 session on Oahu. Typically only conducted in August of each year, 4-H 101 is minimum 3-day training for staff. However, due to staff turnover and programs needing assistance, a condensed version of the regular 4-H 101 was conducted at Schofield School Age Care on January 5th, and another was held on February 7th. An additional 30 4-H leaders have been trained. Site training requests (4-H 101 or other project specific topics) can be requested by contacting Carmen, military4-h@ctahr.hawaii.edu.

Hero Packs are distributed to children while their military parent is deployed. It is a small token to let the children know that someone appreciates the sacrifices that they make for our country.

For more information or to volunteer your group's services, please call Kiki Yoshimoto at 956-4125. Thank you!

Military 4-Hers to Attend “Gene-ius Day” at UH Mānoa

http://www.ctahr.hawaii.edu/geneius-day/

4-Hers who are enrolled in military afterschool program at Schofield, Helemano, Catlin Clubhouse, Hickam and Fort Shafter will be attending a full day field trip on Prince Kuhio Day (March 26) to the University of Hawaii's Biotechnology Outreach program. Children will engage in hands-on activities to learn about genetics, especially genetics in plants. Youth will bring lunches to have on site and will also spend some time sharing with others about their own 4-H club activities.

Military 4-H Program Spotlight: Camp Walker, Daegu South Korea

Daegu School Care has engaged military youth in many activities so far this 4-H year, including National Science day, sports/fitness activities, a weekly cooking club and in the fall, pumpkin carving, pictured here. Three clubs are conducted each Friday, giving youth a chance to be part of long term projects in cooking, science and fitness. Youth are also keeping 4-H journals, or record books, as tangible evidence to take with them as they "PCS" or move on, due to parents military orders. You can see more about this sites journaling by visiting our blog: http://military4h pacific.wordpress.com/2012/02/14/record-books-part-of-the-4-h-experience/.

Want us to highlight YOUR military 4-H program? Send us photos and updates! Military4-h@ctahr.hawaii.edu

Purple Up for Military Kids

April marks the nation's "Month of the Military Child," a time to honor youth impacted by deployment. In celebration, the Operation: Military Kids (OMK) teams across the nation invites...
everyone to join us for the “Purple Up! For Military Kids.”

We are encouraging everyone across the nation to wear purple on Friday, April 13th, as a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. OMK hopes everyone will take this opportunity to appreciate and celebrate these young heroes.

Wherever you are and whatever you do on April 13th, please remember to wear purple and support military kids!

Kiki Yoshimoto

OMK Flash Mob

On Saturday, March 24, 2012, the Hickam Teen Center and Operation: Military Kids is teaming up to present OMK Flash Mob, an event designed to promote physical activity and healthy eating. Hypersquad Dance Studio will be teaching a special dance to all those who attend. In addition, there will be stations for the teens to learn healthy eating habits from each other.

When: Saturday, March 24, 2012
Time: 2 pm – 5:30 pm
Where: Hickam Teen Center
Who: Open to all military youth, 13 – 18 years old (12 okay if in middle school)

RSVP and signed permission form due by March 16 to omkflashmob@gmail.com. For more information, please call 956-7196.

Claire Nakatsuka

4-H Treasures Event – March 17th

4-H leaders Ron Darlington, Jeff and Wendy Heydon, Kimberly Lockwood and Wanda Kohashi are inviting present and former 4-H members to take part in this 4-H Treasures event.

Each current club will have a few minutes to share photos, displays, samples, videos, and short demonstrations about what projects and activities they've done in the past and are currently learning about. 4-H alums are encouraged to bring their favorite 4-H memorabilia.

Those attending are asked to bring a brunch food item to share. Ice water, paper/plastic goods, and chips/dip will be provided.

Saturday, March 17, 2012
9 a.m. - 1 p.m. (Brunch starts at 10 or as soon as we are set up.)
Pearl City Urban Garden Center Garage

Ron Darlington: ronpunaluu@live.com
Kimberly Lockwood: mlockwood1@hawaii.rr.com
Jeff Heydon: heydonfamily@hawaiiantel.net
Wanda Kohashi: wkohashi@yahoo.com
Other Opportunities

Service-Learning Showcase at Windward Mall

On March 31, for the first time ever, The Service Learning Partnership and Youth Service Hawaii are sponsoring a “Service-Learning On the Mall” event at Windward Mall. For the past nine years we have convened service-learning practitioners in an annual event, but this year (our tenth!) we decided to open the event to the general public for the FIRST time. Our theme is Ma ka hana ka `ike, or “By Doing, We Learn.” We invite you to come see the great service-learning project work Hawai’i students of all ages are doing through their schools, clubs and other organizations.

Keep America Beautiful’s Great American Cleanup
March 1 to May 31

Keep America Beautiful's Great American Cleanup, the nation's largest annual community improvement program, brings the power of 3.8 million volunteers and participants to create local change. There are nearly 1,000 Keep America Beautiful Great American Cleanup participating organizations from coast to coast ... and internationally. Find the Great American Cleanup participating organization near you or learn how to organize your own Great American Cleanup event. http://bit.ly/z1OHs4

Global Youth Service Day

In just 50 days, millions of children, teens, and young adults, ages 5-25, in over 100 countries on 6 continents will change the world on Global Youth Service Day.

Youth will serve, educate, advocate, and give to address critical issues including health, education, environment, hunger, poverty, disaster preparedness and response, and human rights.

What problem are you solving? How are you engaging young people in service? Will you commit to telling the world about your service and the power of youth to change the world on Global Youth Service Day - April 20-22, 2012?

Learn more, get planning resources, and register your GYSD project or event at www.GYSD.org

Earth Day: Mobilize the Earth

Environmental issues have taken a backseat for world leaders, but the world can't wait. Earth Day 2012 is the catalyst to reignite the movement and make them take notice. Rally. March. Vote. Petition... Join the mobilization on April 22nd. Earth Day is celebrated every year by a billion people and in virtually every country on the planet - the largest civic observance in the world. This year, we'll harness that power. Momentum is already building, with huge events planned in cities around the world. Students can join MobilizeU, an international movement of student environmental activists organizing for Earth Day 2012! (Earth Day - April 22 - coincides with Global Youth Service Day - April 20-22. YSA encourages joint Earth Day and GYSD projects.) http://bit.ly/zt7lLg

Special Olympics Project Unify Grants
Deadline: Rolling through May 31

The goal of Project UNIFY is to activate youth around the country to develop school communities where all young people are agents of change - fostering respect, dignity, and advocacy with and for people with intellectual disabilities by utilizing the programs and initiatives of Special
Olympics. To be eligible, you must be between the ages of 12 to 20, or a current undergraduate student in college. A Special Olympics North America program is required to be your main partner organization. Projects must demonstrate the core essence of service-learning. Budgets for projects can range from $100 to $5,000. [http://bit.ly/wQUgJV](http://bit.ly/wQUgJV)

**Gloria Barron Prize for Young Heroes**  
**Deadline:** April 30

The Gloria Barron Prize for Young Heroes invites nominations for its 2012 awards. The Barron Prize, founded by author T.A. Barron in honor of his mother, celebrates outstanding young leaders ages 8 to 18. Each year, the Barron Prize honors inspiring young people who have made a significant positive difference to people and our planet. Ten winners each receive $2,500 to support their service work or higher education. Nomination deadline is April 30. For more information and to nominate, visit [http://bit.ly/edhit](http://bit.ly/edhit)

**State Farm Youth Advisory Board Grants**  
**Deadline:** May 4

If you are involved with an organization or school and have a great idea for a service-learning project to impact student achievement in YOUR community, apply for a State Farm YAB National Grant. The State Farm Youth Advisory Board is currently accepting applications for service-learning projects between $25,000 and $100,000 that address the root cause of the following issue areas: Access to Higher Education / Closing the Achievement Gap; Financial Literacy; Community Safety and Natural Disaster Preparedness; Social Health & Wellness Issues; and Environmental Responsibility. [http://bit.ly/yMI7gZ](http://bit.ly/yMI7gZ)

**National Wildlife Federation Craig Tufts Educational Scholarship**  
**Deadline:** March 30

National Wildlife Federation and the Tufts family are now accepting nominations from students between the ages of 8-18 for the Craig Tufts Scholarship Award. The award is given to a student and chaperone to attend a week-long educational and adventure experience in the Summer. This year's winner will attend the Family Summit Inc program in the Rocky Mountains (YMCA of the Rockies, Estes Park, Colorado) on July 7-13, 2012. Interested students need to complete an essay submission by March 30th. [http://bit.ly/ykyDZI](http://bit.ly/ykyDZI)

**4-H Power of Youth**  
For additional articles on 4-H youth development nationwide, check out the National 4-H Power of Youth here: [http://www.4-h.org/about/news-press-room/power-of-youth/](http://www.4-h.org/about/news-press-room/power-of-youth/)

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 two weeks prior to the event.

We welcome your story ideas. Please e-mail them to nakatsuk@hawaii.edu