Welcome to Oahu 4-H’s online newsletter!

October 2012

President’s Message

Hello 4-H’ers!

I am looking forward to an exciting year, thanks to the kickoff of Rally Day September 9! It was our first council meeting and it was encouraging to see all the new faces. Thank you to everyone who came. I hope you had a great time and are excited for this 4-H year. I would like to say a special thank you to my fellow board members for making this year’s Rally Day a great one!

Thank you also to Farrington FCCLA for coming up with the active and enjoyable games. I think everyone had a great time running around the Urban Garden Center looking for items on the scavenger hunt list and making those creative, 4-H themed banners.

For those who were unable to attend, I think the most important thing to note is our theme for this year: “4-H Raises You Up.” Because 4-H is a youth development organization, this theme applies to all of us. Whether you are in a livestock or non-livestock club, your projects and experiences are helping you to grow into a vibrant adult, ready to become an active member in your community. The Executive Council will oversee a program that will strive to do just that.

There are also some activities coming up for which your club can volunteer. Please support the small animal clubs at the Kualoa Ranch Fair October 6! The 4-H organization will also have a booth at Children and Youth Day at the state capitol the following day, October 7. Call Rose Saito for more information about this. National 4-H week is October 6-13. Get on your social networks and tell everyone you know about what you are doing in 4-H. Get the word out and inspire others to join us!

The biggest activity this year will be the Western Region Leaders’ Forum in Waikiki March 21-24, 2013. More than 500 leaders are expected to attend, along with several dozen teen 4-H’ers. The Oahu County has promised the organizing committee that it will help with the two-day teen forum. At our November council meeting, we will be making assignments for our participation in the forum. Please attend so your club can receive first choice of the activities. We will also be inviting outer island clubs to participate.

Another goal the Council has is to encourage more of the Oahu clubs to meet and possibly even do projects together. There are actually three different groups on Oahu: livestock, non-livestock and military. It would be terrific if different clubs can meet and help each other out. Clubs can do this by telling the rest of us about your upcoming projects. If your club has a project coming up you want the others to know about, please let me know (erinvoss516@gmail.com), and I will see that it gets mentioned in this newsletter. In addition, clubs can also share their accomplishments in this newsletter. Please have a club officer send me a short description of the event. Please send any items to me by the middle of the month.

Erin Voss
Upcoming Events

OCTOBER

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<th>Event</th>
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<tr>
<td>1</td>
<td>4-H Enrollment Forms Due</td>
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<td>5</td>
<td>Ready, Set, Go! Training @ Moanalua Middle School, 8am - 12 noon</td>
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<td>6</td>
<td>Kualoa Ranch Fair</td>
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<td>7-12</td>
<td>National 4-H Week</td>
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<td>7</td>
<td>Children and Youth Day @ State Capitol</td>
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<td>10</td>
<td>National 4-H Science Day - Eco Bot Challenge</td>
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<td>16</td>
<td>Aquaponics Training @ UH Manoa, 9am - 1pm</td>
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NOVEMBER

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<th>Date</th>
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<tr>
<td>6</td>
<td>Officer’s Training (Military 4-H)</td>
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<tr>
<td>20</td>
<td>Hawaii Operation Military Kids Team Meeting @ UGC, 9am</td>
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Oahu Events

Oahu 4-H Rally Day and Council Meeting

September 9, 2012 @ UGC

Banner making turned out to be a success thanks to all the 4-H members who participated!

Activities we had including scavenger hunt and race.

We were proud to have Stefani Sakamoto dedicate her time after our meeting to share her experience for being one of the winners from the Mrs. Obama’s Healthy Lunchtime Challenge.

Leichelle Rabago

4-H 101 Training

The Military 4-H program of Hawaii 4-H Youth Development conducted our annual 4-H 101 Training Aug 15-15 and also a shorter session for returning leaders on August 21st. In all, 42 leaders received training so far this year. They were great sessions and we are excited for a new year. Pictured here are leaders doing an activity from Palette of Fun called “Pass the Sculpture” and performing the Club Meeting Skit.

Carmen Golay

Operation: Military Kids’ Ready, Set, Go Training

If you are an adult who has children or works with children that are affected by deployment, please join us for the October 5, 2012 Ready, Set, Go! Training. This Operation: Military Kids training is designed to give participants an understanding and appreciation of the unique challenges that military youth and their families may face during the deployment of a loved one. Participants will gain insight into military culture and the deployment cycle, and will be provided with the tools and resources to help build community support networks that help foster resiliency in military youth. This training is FREE and open to adult professionals that work with the DOE, private schools, preschools, day care or after school programs, youth organizations, sports coaches, etc... The training will be held at the Moanalua Middle School Cafetorium from 9:00am-Noon.
To register, please visit the Hawaii OMK website at www.ctahr.hawaii.edu/4h/OMK/ready.htm or call 956-4125. This OMK training is presented through partnerships with the DOE, Army School Liaison Office, Army Reserves CYSS, JFSAP and the Hawaii National Guard.

Kiki Yoshimoto

**National 4-H Science Day**

On Oct. 10, 2012, young people across the nation will become scientists for the day during 4-H National Youth Science Day. In this year’s experiment, the 4-H Eco-Bot Challenge, youth will enhance their engineering skills by assembling their own Eco-Bots and surface controls to manage an environmental clean-up. Youth will then test the interaction between the Eco-Bot’s design features and various surface control configurations to determine the most effective clean-up solution for the simulated spill.

Oahu 4-H members and clubs can take part in the National 4-H Science Day experiment by purchasing a kit or gathering experiment supplies. How to Guides and more information on this event can be found at: [http://www.4-h.org/4-h-national-youth-science-day/](http://www.4-h.org/4-h-national-youth-science-day/)

If you plan to participate, register for the event so that National 4-H can track where the experiments are being done! 4-H clubs can also apply for 2012 Innovation awards. Join in on the fun and excitement!

**Grow Food With Fish and No Soil!**

Aquaponics Training for 4-H Leaders
When: Tuesday, Oct 16, 2012 9am-1pm
Where: UH Manoa Aquaponics Lab: 2727 Woodlawn Drive Honolulu, HI

**Clyde Tamaru**, our local aquaponics expert, will be doing this hands-on workshop to include: plant biology, fish biology, water quality, basic set up of small system and bell siphon demo. This is ESSENTIAL if your club is planning to do aquaponics as a club this year.

*NOTE* This workshop is FULL. However, if you would like to be on our waitlist, please email: military4-h@ctahr.hawaii.edu by Tuesday Oct 9, 2012.

Carmen Golay

**4-H Project Spotlight**

**Six Easy Bites (Grades 3-5)**
This activity guide is divided into six major categories or “bites.” Each bite is designed to give a general background of information followed by four different activities.

**Tasty Tidbits (Grades 6-8)**
Youth solve problems, acquire information (learn to learn), make decisions, keep records, and learn how to use resources wisely. Fun packed recipes allow choices for food preparation, such as pretzels, biscuits and lasagna. Youth learn proper food storage.

**You’re the Chef (Grades 7-9)**
This activity guide is designed to help select healthy food, food preservation and preparation, and careers. Youth learn to evaluate fad diets, connect emotions to eating habits and to can foods. Youth enjoy making crazy casseroles, stir-fry vegetables.

**Foodworks (Grades 9-12)**
Foodworks is a more advanced way for older 4-H youth to expand their knowledge and skills. Some examples are how to alter recipes, plan menus and how to plan and cater a party. A great project for those youth who help around the kitchen.
National 4-H Conference Application

Each year, 4-H National headquarters coordinates the National 4-H Conference at the National 4-H Center in Maryland. State 4-H programs send delegations to attend this leadership conference to learn and share information on current trends and/or issues relevant to 4-H and youth, building effective partnerships, creating innovative programs, expanding the use of technology, working with diverse groups and impacting community needs.

Hawaii is fortunate to have a donor that is willing to cover partial costs for 4 teens to attend this conference (delegates will be responsible to pay up to $800). Delegates will be selected based on these criteria:

1) Active 4-H members in the first, second or third year of high school
2) Demonstrated leadership within their club and have been actively involved in enlarging their club and/or starting new clubs in their county
3) Agree to utilize what they learn to involve more young people in 4-H clubs when they return from National 4-H Conference
4) Recommendations from County Extension Educator and at least two other adults
5) Supported by their parent(s) or guardian and will be able to financially contribute to the National 4-H Conference experience.

The application is available at http://www.ctahr.hawaii.edu/4h/forms/National_4H_ConferenceAppAndDetails.pdf. Completed applications and letters of recommendation are due December 1, 2012 to Dr. Heusel at gheusel@hawaii.edu

4-H Million Trees Project

* To date, over 56,000 youth have planted over 406,000 trees as part of the 4-H Million Trees Project! With your help, the 2012-13 4-H year promises to be the best yet!!

* Please check the photos and videos, and "Like" us on Facebook at https://www.facebook.com/pages/4-H-Million-Trees-Project/311665871868

Here are some ideas for the 2012-13 4-H year:

1. **Plan a new tree planting project.** All existing 4-HMT participants are encouraged to plan more fun and educational tree planting events this 4-H year. We can help, so please contact us to discuss your ideas. Please be sure to update your database record so it includes all trees planted so far by the 4-H club. See the FAQ section of the website, http://www.4hmilliontrees.org/faq.php, or contact us.

2. **Start a 4-H Million Trees Project in your state.** State 4-H Million Trees Projects, such as the Missouri State 4-H Million Trees Project (http://4h.missouri.edu/programs/milliontrees/) are a powerful way to inspire more 4-Hers to get involved with this fun service-learning activity. Enterprising 4-H youth are encouraged to take a leadership role and work with progressive 4-H state leaders to emulate Missouri, start a state 4HMT project, and help get more trees in the ground. Our goal is to have 50 state 4-H Million Trees Projects this year! Youth and state 4-H leaders are encouraged to contact us to help set this up now so 4-Hers can benefit this 4-H year.

Thanks for supporting the 4-H Million Trees Project,

Tom Webber  Fiona Benjamin  www.4hmilliontrees.org
Project Leader  Teen Leader  San Mateo County, CA 4-H

Pen Pal Project
Aloha, Hawaiian 4-Hers! We are the Palos Verdes Peninsula 4-H Club in Southern California.

The Palos Verdes Peninsula 4-H is located in the Los Angeles County in Palos Verdes, CA and serves the youth of Rolling Hills Estates, Rancho Palos Verdes, Palos Verdes Estates, Rolling Hills, San Pedro and all other cities in the Los Angeles area.

Our club is over 120 youth members strong and is one of the largest clubs in all of Los Angeles County. Not only are we one of the biggest, but we feel that we are one of the BEST!

We have over 30 projects which cater to a wide variety of interests. These include Clothing, Archery Marine Biology, Computers, Beekeeping, Horses, Pigeons, Arts and Crafts, Foods and Nutrition, and, of course, Pen Pals!!!

Our Pen Pal project is a great way to get to know 4-Hers from around the world. We exchange letters every month, and get to know about different cultures and customs.

We are excited to write to you and hopefully we can teach you about 4-H life in SoCal!

If you are interested in having a Pen Pal from our club, please contact us.

Ru Ekanayake
sunflower934@gmail.com

Leader Forum in March 2013

What: Western Regional 4-H Leaders' Forum
When: March 21 - 24, 2013
Where: Marriott Waikiki Resort and Spa
Why: To share ideas with other 4-H Leaders from Hawaii, the Mainland, and Canada

Hawaii 4-H leaders are hosting more than 400 4-H Leaders in March, 2013. You are invited to join in learning from the speakers and a choice of more than 50 workshops. Sharing ideas and talking story with other 4-H leaders is guaranteed to be a positive experience for you. You presence is needed and requested to host leaders for our guests from across the United States and Canada. You can get more information from the Hawaii 4-H Web Site, the 4-H Extension Educator in your county office or the state 4-H office.

Gary Heusel

Other Opportunities

UnitedHealth HEROES Service-Learning Grants
Accepting Applications: Sept. 4 - Oct. 15

YSA and UnitedHealthcare are inviting schools and other community-based nonprofit organizations to Step into Service by applying for UnitedHealth HEROES grants. Grants of up to $1,000 are available for youth-led service-learning projects which aim to combat childhood obesity through walking, running or hiking programs. The online application will open on September 4, 2012 and will close on October 15, 2012. YSA will hold webinars to help applicants through the application process and answer all of their questions. The first webinar will be September 13th at 3:00pm Eastern - Sign up here. For more information, visit www.YSA.org/HEROES

DoSomething.org Seed Grants
Deadline: Ongoing
Are you working to start a community action project or program with your friends? Do you need money to put your ideas into action? A $500 Do Something Seed Grant is given out every week to help young people just like YOU! These grants can be used towards project ideas and programs that are just getting started, or to jump-start your program and realize your ideas for the first time. These grants can also be used towards projects that are already developed and sustainable, towards the next steps of your project and organization to help you as you look to expand your project and grow your impact. http://bit.ly/PQYff

Celebrate the Power of Prevention at National “Above the Influence” Day during National Substance Abuse Prevention Month

Join ONDCP on October 18, 2012, to celebrate During National Substance Abuse Prevention Month by commemorating the first National “Above the Influence” (ATI) Day. An opportunity for youth and local youth-serving partners to demonstrate the power of staying above the negative influences that can lead to substance use. ATI Day provides an opportunity to organize an ATI activity, event or youth experience that supports your respective missions. This annual tradition will reinforce the central role ATI continues to play in substance abuse prevention on the local, state, and national levels.

KIDS COUNT Infographic Challenge
Deadline: October 1

The KIDS COUNT Infographic Challenge is a crowdsourcing competition to give young people the opportunity to get graphic with KIDS COUNT data and enter to win great prizes, including state-of-the-art laptops. Visit the KIDS COUNT Data Center and find national trends on topics like education, health and economic security, or data that offers insight into your state or community. Turn the data into a compelling infographic or image. Upload your infographic (or video) to the Challenge platform. Then share it with your friends and family on Facebook, Twitter and Pinterest and ask them to vote for your entry. Voting begins October 1. To learn more visit: http://bit.ly/UvCreK

Stop Bullying Video Challenge
Deadline: October 14

This month, U.S. Education Secretary Arne Duncan called on America’s youth to take the Stop Bullying Video Challenge. This challenge invites youth ages 13-18 to create a 30 to 60 second video that will inform and motivate youth to prevent bullying and showcase ways they are taking action against bullying, promoting a culture of kindness and respect in their communities. The contest winner will receive a grand prize of $2,000, with the two runner-ups earning $500 each. Learn more at http://1.usa.gov/RudQmr

2012 Subaru Healthy Sprouts Award
Deadline: October 31

To be eligible for the 2012 Healthy Sprouts Awards, your school or organization must plan to garden with at least 15 children between the ages of 3 and 18. The selection of winners is based on the demonstrated relationship between the garden program and education related to environmental, nutrition and hunger issues in the United States. Awards will be presented to 50 schools or organizations. Each program will receive: $400 gift certificate to the Gardening with Kids catalog and online store for youth gardening supplies and supporting educational materials; NGA’s Eat a Rainbow Kit, full of engaging taste education and nutrition lessons, set of hand tools and three pairs of child-sized gloves; and a Plantcam to document the growth and changes of your garden. http://bit.ly/Oi5P3r

American Honda Foundation Grants
**Deadline: November 1**

The American Honda Foundation is supporting broad, innovative and forward-thinking projects that meet the needs of youth, especially minority students. The Foundation is awarding grants of $20,000 to $75,000 for projects that emphasize youth education, specifically in the areas of STEM, the environment, job training, and literacy. [http://bit.ly/PzmYq](http://bit.ly/PzmYq)

**2013 Prudential Spirit of Community Awards**

**Deadline: November 6**

If you're a middle or high school student and you've made a difference through volunteering over the past year, you could win $1,000 and a trip to Washington, D.C., next May - by applying for a Prudential Spirit of Community Award! Even more importantly, you could win recognition that might inspire other young people to follow your example. These prestigious awards, sponsored by Prudential Financial and the National Association of Secondary School Principals, have honored more than 100,000 middle and high school students at the local, state and national level over the past 17 years solely for their volunteer work. [http://bit.ly/Qkoq8](http://bit.ly/Qkoq8)

**Nestlé Very Best in Youth Program**

**Deadline: November 8**

Nestlé helps young people, who want to make a difference, realize their dreams by donating $1,000 in the name of each winner to the charity of his/her choice. Nestlé also awards the winner a trip for them and a parent or guardian to Los Angeles, California for the Nestlé Very Best In Youth awards ceremony. The trip includes round trip coach air travel, hotel accommodations for three nights, and spending money. Contestants must be between 14 and 18 years of age and have parental or legal guardian permission to submit the entry form. Contestants must also demonstrate good citizenship, a strong academic record, and show how they have made a special contribution to their school, church or community. [http://bit.ly/MYN5ED](http://bit.ly/MYN5ED)

**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