President’s Message

Hello 4-Hers, leaders, and advisors!

Hope you are all getting excited for this upcoming year! The Oahu County Executive Board and I have been meeting and planning events for this year. We are considering changes to some of the events to make them better reflect the mission of 4-H. I also desire to increase our organization’s visibility. 4-H is a long-standing group, and more people need to know who we are and what we do. Any suggestions you have for us are surely welcome.

My fellow officers and I are finalizing the calendar and budget for this year. It will be up for approval at the next council meeting on September 9, which coincidentally is also Rally Day! The board and I hope that you can all join us as we start off this year with a bang! Thank you for your continued support and I am looking forward to a wonderful and fulfilling year with you all!

Erin Voss

Upcoming Events

SEPTEMBER

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<td>4-H 101 Refresher Webinar</td>
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<td>Spend the Day with OMK! @ UH Manoa, 9am – 3pm</td>
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<td>Oahu 4-H Rally Day and Council Meeting @ UGC, 11am – 2pm</td>
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<td>11</td>
<td>Hawaii OMK Team Meeting @ UGC, 9am</td>
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<td>UGC Peace Garden Dedication, 1 – 5pm</td>
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OCTOBER

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<td>Ready, Set, Go! Training @ Moanalua Middle School, 8am – 12 noon</td>
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Oahu Events

Oahu 4-H Rally Day and Council Meeting

Join us on September 9, 2012 from 11am to 2pm at the Urban Garden Center to play lots of fun games and enjoy lunch (compliments of Oahu 4-H). This is an opportunity to get to know other 4-H members and have fun! Don’t miss it!

We kindly ask that each 4-H club bring a dessert to share on the day of this event. Please RSVP at katcorpuz95@yahoo.com with a list of those that will attend. Registration begins at 10:30am.

Welcome to the New 4-H Year!
The Executive Board had a nice retreat out at Turtle Bay on August 3rd to the 5th. They work together to come up with the calendar of events for the new 4-H year and planned the Rally Day and Council meeting for September 9, 2013. I hope all clubs will attend and participate in the Rally Day activities, please see the flyer in this newsletter.

As the new 4-H year starts, the following forms are due on October 1, 2012 to my office. The Livestock clubs need to turn in the forms on this due date.

- 4-H Youth enrollment form (FY 1)
- 4-H Volunteer Enrollment (F2)
- Volunteer Behavior Expectation- this form only needs to be signed once.
- Club Enrollment form (F4)

(forms can be obtained from [http://www.ctahr.hawaii.edu/4H/forms.asp](http://www.ctahr.hawaii.edu/4H/forms.asp) or by clicking on the link above)

These forms can be filled on line, printed and submitted to me. We started this year to input the information from these forms into a national system, so we can collect the data for reporting. Please fill in the forms completely.

This year we will be implementing a statewide requirement for clubs to select a curriculum to use. We want the clubs to concentrate on one or two project areas and do lesson plans so the 4-H member will get a concentrated training in one project. The leader needs to fill out the 4-H Club program plan which states which curriculum your club will do and what lesson plans you will do at your club meetings. I will have training for all leaders in the near future on this topic.

Aunty Bertha & Aunty Renee shared a session on parliamentary procedure.

The 2012-2013 Executive Board is looking forward to spending this year with the rest of the 4-H members. So get ready for events to remember!

Rose Saito

**Club Happenings!**

I had the opportunity to visit the Westside Small Animal 4-H Club and they are off to a great start, with their leaders William Hays and Jonelle Makiya. They met at the Land O’Lakes store in the Campbell Industrial Park. I presented the club members their ribbons for completion of the record books. The members planned the calendar for the year and completed their club enrollment forms. Each 4-Her prepared his/her own sandwiches for lunch. The club will be meeting at different member’s home throughout the year and that member will be responsible for preparing the topic and activity. I’m glad this club is off to a great start.

I received the end of the year report from the Pearl City Cloverbuds. The club was busy with various projects past year...they visited the Equine 808 Horse Rescue facility in Kunia and learned how the facility adopts horses, donated $147.00 to the facility which the club earned through the bake sale at the State Farm Fair, did a repotting project planting lemon-mint and learned how to use the Japanese Soroban (abacus to do additions and subtraction). It seems you had a fun year.

Rose Saito

**4-H’er in the News!**

Eleven year old Oahu 4-H’er Stefani Shimomura-Sakamoto entered Mrs. Michelle Obama’s Healthy Lunchtime Challenge and her recipe was selected as Hawaii’s winner. Stefani and her mom were at the White House this past weekend (August 19th), guests of the First Lady Michelle
Obama’s first-ever Kids “State Dinner”. The guests were 54 budding chefs, ages 8 to 12, representing all U.S. states, three territories and the District of Columbia. They even got a surprise visit from President Obama who told the young people how proud he was of their hard work.

The junior chefs and their parents enjoyed several of the judges’ selections at lunch, including a Quinoa, Black Bean, and Corn Salad created by 11-year-old Haile Thomas of Arizona, Yummy Cabbage Sloppy Joes, created by 12-year-old Rori Coyne of Kansas. There was even dessert: a Strawberryana Smoothie, created by Stefani Shimomura-Sakamoto. Stefani also appeared on the morning news demonstrating her recipe. We hope to hear a report from Stefani upon her return to Hawaii.

The contest was part of Mrs. Obama’s Let’s Move initiative. Entries were evaluated at D.C. Central Kitchen by a panel of judges that included White House Assistant Chef Sam Kass; Chef José Andrés; Marshall and Alex Reid, authors of “Portion Size Me”; Epicurious Editor-in-Chief Tanya Steel; and representatives from the USDA and the Department of Education.

A free downloadable e-cookbook with the winning recipes will be available later this month.

Great job Stefani!

Soon after being notified that her recipe was selected, Stefani sent this note to her 4-H club leader and 4-H agent:

Aunty Linda and Aunty Rose,

I would like to thank you both for helping me with my 4-H competitions and for your efforts to provide opportunities to learn about recipe development. I feel my participation with 4-H has helped me with a recent contest. This morning I found out that I was selected to represent Hawaii. I will meet Michelle Obama and 55 other children from each state, Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, the Northern Mariana Islands, and the District of Columbia.

Thank you again!

Stefani

Cloverbuds Work for Horses

On April 12, 2012, our 4-H group, the Pearl City Cloverbuds went to a horse rescue in Kunia. It was called Equine 808, a facility that takes care of abused and disabled horses. While we were there, we saw horses, chickens, bunnies, and goats. Cloverbud Zhen Lau said, “I liked that we got to pat and ride and feed the horses.” We all wanted to give donations and sponsor the horses, so at the 4-H Farm Fair we sold baked goods and jewelry to help the rescued horses. Cloverbud Izumi Watt “loved helping make butterfly bracelets for the kids,” while Taiyo Watt liked “all the fun activities.”

Ginger Link and her dad Matt at our bake sale

Our total came out to $107 and someone rounded it to $125! We are all happy about it, and we were excited to help the horses have a better home. Some of us decided to go to the horse camp that they host—the money you pay goes to help the horses there. You can feed and brush the horses and you can learn to ride them also. Visit www.equine808.com to find out more about horse camp and sponsoring a horse!

Olivia McCabe
4-H Pearl City Cloverbuds

Spend the Day with OMK!
Hawaii Operation: Military Kids and CTAHR staff will be hosting a Gene-ius Day and Fun with Foods Day Camp at the University of Hawaii on September 8th from 9:00am-3:00pm. This free Day Camp is for National Guard and Reserve military youth ages 8-17 who are interested in learning more about preparing nutritious and delicious food and about all things science related. Youth ages 8-11 will participate in the Gene-ius session where they will play DNA Detectives to solve an “out of this world” mystery. Participants aged 12-17 will get to cook in a certified UH Food Lab and learn basic food prep skills to help them become empowered consumers. For more information about the Day Camp, please visit: www.ctahr.hawaii.edu/4h/omk.

Kiki Yoshimoto

Save the Date!

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

Get Ready for National 4-H Week!

National 4-H Week will be celebrated this year from Oct 7 -12. This is the perfect time to:

- Plan a 4-H skillathon and share project skills that you have learned with other youth
- Invite friends and other community members to join your 4-H club
- Set up an exhibit of your 4-H club or project at your school

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/

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!

4-H Project Spotlight
National 4-H Curriculum focuses on 4-H’s three primary mission mandates: science, healthy living, and citizenship. One of newest additions to the science materials is:

**Entomology: Teaming with Insects**

Studying nature inspires creativity by demanding that youth see what is around them and requires them to use all of their senses. Because science is interconnected, many of the activities show interrelationships among insects, plants, and the environment. The curriculum, Teaming with Insects, increases youth science literacy using insects and their relatives.

- Type of 4-H Material: Individual and group curriculum
- Grades: 3rd-12th
- Type of Media: Project manuals (3 Youth Workbooks and 1 Facilitator’s Guide)

These materials can be obtained from: [http://www.4-h.org/resource-library/curriculum/](http://www.4-h.org/resource-library/curriculum/)

**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](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

**Other Opportunities**

**SciGirls CONNECT Partnership Program - Call for Applications**

If you have a commitment to gender-equitable STEM programming, SciGirls is for you! Our mission is to change how millions of girls think about STEM.

Any organization with a commitment to gender-equitable STEM programming for girls ages 8-13 can apply. We encourage all applicants to collaborate with at least one organization in their community (e.g. Girls Scouts, Girls Inc., Boys and Girls Clubs, 4-H, science centers, aquariums, and after school programs).

All partners receive a full day training, support via monthly webinars, access to the SciGirls CONNECT online community, take home copies of SciGirls educational resources, a $200 stipend for materials, a quarterly newsletter and more!
Organizations interested must submit by September 14, 2012. Click on this link to take the next step in becoming a SciGirls Partner: scigirlsconnect.org

For questions contact Adine at aathoreen@tpt.org

**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/PQYfTr

**America’s Great Outdoors: Connecting Youth to the Outdoors 2012 Grants**
**Deadline: September 19**

The National Environment Education Foundation is launching the America’s Great Outdoors: Connecting Youth to the Outdoors 2012 Grants. Through the grants, NEEF and its partners are catalyzing efforts to increase the number of youth who build a connection with public lands as places for recreating, learning and volunteering. Proposed projects should maximize hands-on outdoor engagement opportunities on public lands, focused on education, recreation, and environmental stewardship. Approximately $243,000 in funding is available to support grant awards in the range of $2,500 to $20,000. http://bit.ly/Pp4rPW

**Project Learning Tree Green Works! Grants**
**Deadline: September 30**

Do you have an idea for a school/community native plant garden, a forest improvement project, a streamside restoration plan, a recycling program, or energy conservation project for your students? Need funds to implement it? Apply for a Project Learning Tree GreenWorks! grant! Grants are available in two award levels:
1) the popular and traditional GreenWorks! grants up to a maximum of $1,000, and
2) GreenWorks! grants up to $3,000 for registered PLT GreenSchools! (free online registration) http://bit.ly/o38Z7F

**Go Orange for No Kid Hungry Essay Contest**
**Deadline: September 24**

Go Orange for No Kid Hungry is a national effort to raise awareness about the 1 in 5 kids who face hunger every day. Share Our Strength is asking their young supporters to get involved by
asking their friends, family and classmates to rock the color orange and to help spread the word by posting photos of their group on Facebook. In addition kids under the age of 21 are invited to participate in the Go Orange for No Kid Hungry essay contest. Participants can win $500 just by answering one simple question: Why is ending childhood hunger in America important to you? Prizes will be awarded to the top three essays in two age categories: under the age of 15 and ages of 15-21.  

**HOPE worldwide MLK Day Grants**  
**Deadline: October 1**

HOPE worldwide will post their grant application for 2013 Martin Luther King Jr. Day of Service on August 27. All projects must focus on fire prevention education, involve at least two community partners, include reflection or other activities to honor Dr. Martin Luther King Jr., and occur in significant part on or near Jan. 21, 2013. The grant ranges will be: $5,000 (400 or more volunteers projected); $2,500 (200 to 400 volunteers projected); and $1,000 (50 to 200 volunteers projected).

**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.

**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.

**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.

**To learn more about what you can do in your community** on National “Above the Influence” Day, register to participate in a training and instruction webinar on **Thursday, September 6, OR Wednesday, September 12, at 1 p.m. EST** using the links below. The webinar will feature local groups and coalitions who have implemented successful ATI events.

Links for webinar registration are listed below:

- **Thursday, Sept 6; 1:00 – 2:00 p.m. EST**: [https://www1.gotomeeting.com/register/440791544](https://www1.gotomeeting.com/register/440791544)
For more information on “Above the Influence” and to download the ATI Activities Toolkit and other FREE resources, visit www.ATIPartnerships.com. ATI is a national campaign created and implemented by the National Youth Anti-Drug Media Campaign, a program of ONDCP.

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/

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