Oahu 4-H Newsletter
December 2014 Issue

December
6 Hawaii 4-H Foundation board meeting, 9 am
13 OMK Make Your Own Music Day Camp
   Oahu 4-H Food Show & Council meeting, 4 pm
   Farrington High School

January
6 OMK state team meeting, 9-Ueban Garden Center
9 OMK Sports Day-UH Manoa
12 Oahu 4-H Leaders meeting, 7:00 pm-Urban Garden Center
22 4-H nutrition project training for club leaders via webinar
27 2015 WRLF – Session #1, 3:30 pm-Urban Garden Center

President’s Message

Aloha 4-Hers! I hope everyone had a great Thanksgiving!

Our next event will be our annual Oahu County Food Show held on Saturday, December 13, 2014. I hope to see everyone at the Farrington High School cafeteria! We will be opened from 4 pm to 8:30 pm. Please be there to support us and to sample delicious menu items, all of which will be featured in the cookbook. This cookbook will make great Christmas gifts or a nice item for the 'grab-bag' game. I am sure that each and everyone of you will learn about different dishes from other countries. I hope to see you there!

Shaina Acosta

Food Show 2014

Please come out to support your fellow 4-H members!

Theme: My Culture in a Bowl
Categories:
- Cultural Feast/Fiesta
- Local Foods
- Kraft Food Products

When: December 13, 2014
Where: Farrington High School Cafeteria
   1464 North King Street
Time: 4:00-9:00 pm

4-H Food Show Workshop
Kody Leiu and Henry Navasca working hard to prepare Almost done and ready with the preparations Ivy Pamat, Janiele Luab, and Jacqueline chicken salad sandwiches for the Food Show workshop. for the workshop!

Peralta running the register. Keep up those lovely smile girls!

A delicious and cheesy snack for the attendees to enjoy!

Henry Navasca, Jacqueline Peralta and Astrid Verdon
Set up tables for the workshop.

Astrid Ann Verdon

Children and Youth Day at the State Capitol
Oahu 4-H members helped youngsters create a butterfly bracelet or hair piece or do a planting at the 4-H booth at the State Child and Youth Day event at the State Capital.

Oahu 4-H Leaders Meeting

All Oahu 4-H volunteers are invited to take part in a leaders meeting on Monday, January 12, 2015 at 7 pm at the Urban Garden Center. Hope to see you there.

2015 WRLF

4-H volunteers get ready to participate, network and learn in a new way. The 2015 Western Region Leaders Forum is coming to us via an E-forum.

Volunteers of all ages are invited. No matter where you live, or how busy your schedule is, these volunteer e-sessions are accessible to you. And it is absolutely FREE!

WE are... CONNECTING FOR YOUTH

Tuesday, Jan 27, 2015 (3:30 – 6:30 pm Hawaii Time)
Youth Connect: At Great Meetings

Thursday, Feb 12, 2015 (3:30 - 6:30 pm Hawaii Time)
Widening the Circle: Special Connections

Monday, Mar 2, 2015 (3:30 - 6:30 pm Hawaii Time)
Youth Connecting in Your Community

Oahu County 4-H will be hosting a session at the Urban Garden Center classroom. We ask that all those that will be participating in these sessions with us, register with Claire Nakatsuka at nakatsuk@hawaii.edu. Please indicate which sessions you will be attending. We will be providing refreshments.

If you are not able to participate in the hosted session, you can also participate on your own but must register with Oregon 4-H:
http://oregon.4h.oregonstate.edu/2015%20WRLF%20Registration%20Form

DIY Music Workshop

The Operation: Military Kids (OMK) joint military partner’s Do-It-Yourself Music Workshop will be held on Saturday, December 13th at the National Guard Armory in Pearl City. The all-day camp (9am-4pm) is designed to help military children and youth develop a lifelong love and
appreciation for music and it’s historical roots. Participants will be exposed to singing, playing instruments, movement to music, music composition and the basics of reading and writing music notation. There is no cost to attend! Participants must be between the ages of 6-14 and a dependent of an Army National Guard or Army Reserve soldier. For more information or to register, visit the Hawaii OMK website at www.ctahr.hawaii.edu/4H/OMK/education.htm. This event is made possible through a partnership between OMK, Army Reserve CYSS and the National Guard Child & Youth Program.

Kiki Yoshimoto

Babysitting Certification for Military Youth

Department of Defense (DoD) dependents ages 12-18 are invited to attend the Army CYS and OMK Babysitting & CPR/First Aid workshop to earn a trained babysitter certificate! Instructors will teach the important skills necessary to provide excellent babysitting services to family, friends and neighbors. Participants will receive hands-on training in a fun learning environment using the Army/4-H babysitting curriculum and basic CPR/First Aid. Babysitting and CPR/First Aid workshops are scheduled monthly at either Schofield Barracks or Aliamanu. For more information on the FREE workshop for military youth, visit the Hawaii OMK website for the listing of class dates at www.ctahr.hawaii.edu/4H/OMK/babysitting.htm.

Kiki Yoshimoto

Trees of Aloha

Please don’t forget! There is only one more month to plant trees in honor the Centennial of Cooperative Extension. Hawaii 4-H clubs are being asked to plant 100 trees or shrubs to commemorate this event.

For more information about the Trees of Aloha project, please contact Steve Nagano at 453-6054 or email snagano@hawaii.edu or check out the website: http://www.ctahr.hawaii.edu/4h/treesofaloha.htm Clubs can also ‘sign up’ for the project via the webpage.

Steve Nagano

Project Spotlight

Is your club still looking for a project to do this year? Utah 4-H has 24 amazing project materials online. Club members and leaders can download step by step instructional packets for the project area of your choice. There are topics on 4-H Beef, 4-H Code, 4-H Crime & Spy and more! And they are all FREE! Check it out at: http://utah4h.org/htm/discover4hclubs

Other Opportunities

Win Technology from Autodesk
Did you complete the fun rocket activities brought to you by Autodesk? Share your experiences and your 4-H NYSD story for a chance to win an iPad Air or 3D printer. The deadline is January 30 so get your story in today.

Get started on Activity 4 and Activity 5 now. Learn how to win an iPad Air™ or 3D printer! Use #Autodesk4H to join the social media buzz.

Make Your Mark on Hunger Grants
Deadline: December 15

This spring, from March 15--April 30, generationOn is challenging you to Make Your Mark on Hunger. Apply for a $500 service project grant to support youth-led hunger relief activities.

Is this right for you? Read more below to decide.

- Maybe you're already fighting hunger and need funds to continue your awesome work.
- Maybe you're a regular volunteer with a desire to join the fight against hunger.
- Maybe you've never volunteered, but are ready to step up to the plate to help end to hunger.

Whoever you are, as long as you are armed with a great idea to Make Your Mark on Hunger and a plan to engage 100 of your friends, we want YOU to apply. If selected, you'll receive a $500 grant to make your service project dreams come true.

http://www.generationon.org/teens/news-events/make-your-mark-on-hunger/grants

Community Impact Grants Program

Grants, up to $5,000, are available to registered 501(c)(3) nonprofit organizations and tax-exempt public service agencies in the U.S. that are using the power of volunteers to improve the physical health of their community. Grants are given in the form of The Home Depot gift cards for the purchase of tools, materials, or services.

Priority will be placed on volunteer projects that fit the following criteria.

- Projects that serve veterans and their families, whether that's repairing homes or improving facilities
- Projects that involve veterans volunteering to help other veterans in the communities where they live

Check out http://homedepotfoundation.org/page/applying-for-a-grant for more information.

Be A CWF Program Assistant

National 4-H Council is looking for qualified youth, at least 18 years old, to apply to be program assistants at the upcoming Citizenship Washington Focus session next summer. Program assistants get paid and live on the campus of the National 4-H Youth Conference Center while
spending some quality time in our nation's capital. They become licensed Washington, D.C., tour
guides and facilitate the program's educational workshops. If you have or have had youth in your
program who might be interested and would make good program assistants, I encourage you to
forward them the following link… http://www.4hcenter.org/youth-conference-center-
overview/educational-programs/citizenship-washington-focus/tour-guide-jobs-internships/. The
deadline is January 16, 2015.

**Sodexo Foundation Youth Grants**
Deadline: January 15

YSA (Youth Service America) and Sodexo Foundation are looking for 100 of the best ideas from
young people about how they can help end childhood hunger in their communities. $400 grants
are available for youth leaders ages 5-25 across the U.S. to turn their ideas into action and make
an impact on the issue of childhood hunger during Global Youth Service Day - April 17-19,
2015 - and beyond. [www.YSA.org/sodexoyouth](http://www.YSA.org/sodexoyouth)

**Karma for Cara Foundation Micro-grants**
Deadline: Rolling

The Karma for Cara Foundation is encouraging kids 18 and under to apply for funds between
$250 and $1,000 to complete service projects in their communities. Whether it is turning a
vacant lot into a community garden, rebuilding a school playground or helping senior citizens get
their homes ready for winter, they want to hear what project you're passionate about.

**Katie's Krops Grants**
Deadline: December 31

Katie's Krops is excited to offer grants to youth between the ages of 9 and 16 in the United States
to start vegetable gardens with the harvest donated to feed people in need. The winners will be
awarded a gift card to a garden center in their area (up to $500), support from Katie's Krops, and
a digital camera to document the garden and the harvest.

**2015 National 4-H Beekeeping Essay Contest**

“Planting for Bees from Backyards and Up” is the theme for this year’s essay contest. The essay
should be 750-1000 words and will be judged based on scope of research, accuracy, creativity
and conciseness and the logical development of the topic. This contest is open to all active 4-H
club members only. The First place winner will be awarded $750, Second place winner $500
and Third place winner is $250. Each state may submit only one entry. Essays should be
submitted by Feb. 15 to the county 4-H office.

**2015 Youth In Action Award**

National 4-H Council is now accepting applications for the annual Youth in Action award. The
winner of the Youth in Action Award will receive a $10,000 scholarship for higher education
and an all-expense paid trip to the 4-H Legacy Awards Gala at the Newseum in Washington, D.C. on April 23, 2015.

The award will acknowledge and honor a confident, accomplished 4-H’er who has gained critical life skills through the 4-H program and has utilized those skills to overcome a challenge, or challenges, they have faced. The award winner will also demonstrate how they positively impact the community through their 4-H experience.

The 4-H Youth in Action award is open to 4-H youth and alumni ages 16-21. Applicants should be able to demonstrate:

* **Personal Impact:** How 4-H personally impacted their life;
* **Community Impact:** How 4-H has empowered them to positively impact peers and/or community; and
* **Project Excellence:** How they have demonstrated excellence in a 4-H project. The project focus areas are agriculture science, food security, healthy living, citizenship and STEM (Science, Technology, Engineering and Math).

**Application Requirements**
In a 4-minute or less video, the nominee should address the following questions/statements:
(Note: File size should not exceed 50MB or 4 minutes.)

* How has 4-H changed your life? What critical life skills did you grow through 4-H?
* How have you applied those critical life skills to an adversity or challenge you were facing?
* What positive impact have you had on your community or others?
* What is your 4-H project of excellence?

**How to Apply**
Please download 2015 Youth in Action Award Guidelines at https://tiny.utk.edu/YouthInAction. The application deadline is January 12, 2015. General award questions should be directed to Rachel Mentzer at rmentzer@4-H.org or 301-961-2940. For online submission issues, contact webadmin@4-H.org.