Oahu 4-H Newsletter
January 2015 Issue

January
6  OMK state team meeting, 9 am
12  Oahu 4-H Leaders meeting, 7:00 pm-Urban Garden Center
25  GPS Scavenger Hunt, 9 am – 12 noon-Urban Garden Center
27  2015 WRLF – Session #1, 3:30 pm-Urban Garden Center

February
4 & 11  Babysitting Workshop for Military Youth
Schofield Barracks Bennett Youth Center, 4-7 pm
16  STEM-tastic Fun! Day Camp (site TBD)
21  Army Guard TLC (Teen Leadership Camp)-YMCA Camp Erdman
Oahu 4-H Executive Board Meeting

President’s Message

"HAPPY NEW YEAR my fellow 4-H’ers! May good luck, good fortune, and good health be with each and every one of you! 2014 was filled with fun and excitement and so will 2015! We have numerous events planned for this fun-filled year!

We will start off 2015 with a Scavenger Hunt! Each 4-H’er will be part of an energetic team with a list of items to seek and find at the Urban Garden Center. This activity will give the members an opportunity to explore the beauty of their surroundings, learn how to use maps, meet their fellow 4-H’ers and learn about the beauty of plants. Please mark your calendars for January 25, 2015 at the Urban Garden Center from 9 am to 12 noon. A pot luck lunch is being planned along with a council meeting. Please RSVP by January 18, 2015 whether your club will be able to attend this event via email (shainajenacosta@gmail.com). Mahalo!

Shaina Acosta

Highlights from Food Show 2014

Congrats to Henry Navasca & Renew Simor for winning the Kraft Scholarship!
Top of Show winners.
Aunty Rose sharing her plans with us. Thank you and happy retirement, Aunty Rose!

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.

Steve and Claire

Oahu 4-H Fashion Revue

On February 15, 2015 (Sunday), Oahu 4-H will hold its annual fashion show at Farrington’s cafeteria from 1PM till 4PM. The theme this year is going to be “Garment-Recycled Runway,” and every member can join the fun. We will start with a workshop where members will learn many ideas on how they can reuse old and used garments as trendy attire. After that, fashion show participants will be given time to recreate their own garments. Their products will be judged as they take their strut on our mini catwalk. For more information check bellow.

Objective: To inspire members how they can give new life to old garments.
Where: Farrington High School Cafeteria
When: February 15, 2015
Time: 1PM-4PM
Agenda:
  Registration- 1-1:30PM
  Presentation Workshop- 1:30-2PM
  Build to Save Garments - 2-3:10PM
  Mini Fashion Show- 3:10-3:40PM
  Awarding & Closing- 3:40-4PM

Register for the Event (All required forms are due by January 30, 2015)
Registration forms are attached.
Email this to: shainajenacosta@gmail.com

- More Information:

For the fashion show: participants will have the opportunity to design and create their own outfit during the workshop event called Build to Save Garments AND/OR members are allowed to bring already-made outfit (created/altered at home, etc., see specifications), however the outfit will be considered as finished product so alterations will not be allowed during the workshop.

Specifications (also attached to registration forms):

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<th>Specifications</th>
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<td><strong>For members who will create their outfit before the day of the event:</strong></td>
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<td>1. An outfit (A dress OR A top &amp; a bottom) created from 3+ old and used garments*.</td>
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<td>2. A picture of the member(s) creating the attire (We want to know if you had fun!). Have the photo with you when you submit the attire.</td>
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<td>3. Use your imagination. You can sew, cut garments apart, use tape or glue gun, tie the fabrics together, add lace, add colorful buttons or any crazy things to the fabrics as long as the garments doesn’t look similar to their original form. Creative recycling gets the top score. Parents can help out too!</td>
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<td>*Garments are any clothing articles (t-shirts, pants, jeans, etc.) Old fabrics such as old curtains, old towels or waste fabrics are also allowed.</td>
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<th>Specifications</th>
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<tr>
<td><strong>For members who will create their outfit during the event:</strong></td>
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<tr>
<td>1. Bring 3+ old or used garments* that you want to alter/redesign to showcase for the fashion show. You will be given 70 minutes for Build to Save Garments.</td>
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<td>2. (Optional) Bring anything that you want to put on your garments. Other materials like glue, tape, fabrics, etc. will be provided.</td>
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<td>*Garments are any clothing articles (t-shirts, pants, jeans, dress, etc.).</td>
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Any questions/comments, email: shainajenacosta@gmail.com

Shaina Acosta

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. RSVP by Jan. 20th.

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

Claire Nakatsuka

**Empowering Military Youth Through Music**

The Operation: Military Kids (OMK) joint military partner’s Do-It-Yourself Music Workshop was held on December 13th at the National Guard Armory in Pearl City. School-aged youth from Armed Services families participated in this all-day camp which was hosted by Army Reserve Child, Youth and School Services and the National Guard Child and Youth Program. This workshop aimed to promote self-expression and music appreciation by helping youth foster connections with music in their own lives. Participants were exposed to music and instruments from around the world, and had the opportunity to create their own take home pieces. For more information about upcoming opportunities for military youth, please visit the Hawaii OMK website periodically at www.ctahr.hawaii.edu/4H/OMK/education.htm.

Kiki Yoshimoto

**Hickam School-Age 4-H Clubs Family Presentation**

Congratulations to the Hickam School Age program for their successful 4-H club presentation day on Dec. 17. The 4-H members in each of their 6 clubs shared their project work (cloverbuds,
outdoor adventure, arts & crafts, drama, health & fitness, and pizza garden) with their families and friends. Job well done!

Claire Nakatsuka

Helemano School Age Cloverbuds Family Event

4-H members from Helemano School Age program held their Family Event on Friday, Jan. 9, 2015. Together with their parents, they made ice cream in a bag. A fun time was had by all!
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

Project Spotlight

Did you know that 4-H has an amphibian project?

Encourage youth in your community to discover native amphibians and their value to the ecosystem. Through this project, youth will learn how to identify native amphibians and conduct field research. Youth will feel a sense of accomplishment and pride knowing that they are contributing data to local herpetologists that will aid in the conservation of these magnificent creatures.

Age Level: 10 and up. Can be adapted for younger and older youth

The 4-H youth journal and leaders guide are available to purchase from 4-H mall: http://www.4-hmall.org/Product/4-hcurriculum-amphibians/amphibian-set-of-2/4H5160.aspx

Other Opportunities

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

Join us for a free webinar on Thursday, October 30 at 2:00pm Eastern to learn more about the Sodexo Foundation Youth Grant. YSA staff will go over the application and answer any questions you might have. Register here.

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.
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 for complete details 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.
2015 Disney Friends for Change Grants

Disney Friends for Change Grants offer young change-makers $500 to gather their friends and turn their creative ideas to help their communities into projects taking place on or around Global Youth Service Day - April 17-19, 2015.

Whether protecting the planet, providing food to hungry people, helping other kids learn, or promoting healthy behaviors, Friends for Change help make their communities greener, safer, smarter, healthier, cleaner, and fairer.

Youth ages 5-18 located in all 50 states and DC are eligible. Apply by February 18, 2015 to turn your idea from a dream into reality!  http://www.ysa.org/disney_friends_for_change_us_grants

White House Student Film Festival
Deadline: January 20
Submissions are open for the second White House Student Film Festival. The theme of this year's festival is The Impact of Giving Back, and it's open to U.S. students, grades K-12. So tell a story about paying it forward, about community service, or what making a difference looks like in your eyes and through your lens. Films can be short - in fact, they must be 3 minutes tops....

Captain Planet Foundation Grants
Deadline: January 31

Captain Planet Foundation will accept small grant requests for amounts between $500 - $2,500. All proposed activities must be project-based, projects must be performed by youth; and projects must have real environmental outcomes....

Campus Kitchen Launch Grant
Deadline: February 1

The Campus Kitchens project has numerous funding options and grant opportunities available to schools across the country to help with the planning and implementation of a Campus Kitchen. The Campus Kitchens Project is a national non-profit that empowers student leaders to create innovative and sustainable solutions to hunger....

2015 National Arts and Humanities Youth Program Awards
Deadline: February 2

The twelve award-winning programs this year will each receive $10,000 and an invitation to accept their award from the President's Committee's Honorary Chairman, First Lady Michelle Obama, at a ceremony at the White House. After-school and out-of-school time arts and humanities programs are encouraged to apply....

The Paradigm Challenge
Deadline: May 1

The Paradigm Challenge is an annual competition developed by Project Paradigm and the American Red Cross to inspire youth aged 7 to 18 to affect positive change in the world. The first annual challenge aims to generate new ideas to prevent injuries and fatalities from home fires - America's #1 disaster threat. They invite youth aged 7 to 18 (as of May 1, 2015) to accept The Challenge, build a team, become problem solvers, learn about home fires, and help save lives. Project Paradigm will award cash prizes of up to $100,000 to the top 100 teams....

VolunTEEN Nation International Service Project Grants
Deadline: Rolling

Students (ages 13-22) from the United States going abroad to volunteer or study in a developing country are encouraged to apply for an international service-learning mini-grant from VolunTEEN Nation. Grants are for up to $300 to create a service project in a developing country while you are visiting that country....

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....