July
7-9 EYSC training – UH Manoa
11-12 Hawaii State Farm Fair – Kualoa Ranch
12-17 Heroes at Home Camp – Camp Erdman
26 Oahu 4-H Achievement
…..31 4-H 101 training – 6:30 – 8:30 pm

August
2 Oahu 4-H Leader’s Meeting – 1 pm
7 Oahu 4-H Photography Contest entries due
13 4-H 201 training – Fort Shafter Youth Center, 9 am
17, 18, 20 4-H 101 training – Catlin Clubhouse, 9 am
27 Cloverbud training – Schofield Youth Center, 8:45 am

President’s Message

Aloha 4-H’ers! Mahalo to those who took time out of their busy schedule to attend the 2015 Photography Fair Workshop held last June 24, 2015. I hope many of you have been inspired to enter and have learned various techniques that will help you win a blue or even a purple ribbon from our 2015 4-H Photography Contest. Please keep in mind that the pictures are due on August 7. The Executive Council will be posting the pictures online and will be putting the pictures on display on our next Island event.

Our annual 4-H banquet will be on July 26, Sunday, at Mandalay Chinese Restaurant. I am looking forward to seeing everyone there!

Shaina Acosta

2014-15 Oahu County 4-H Achievement & Volunteer Recognition Banquet
“4-H MAKES ME SMILE”

Mandalay Restaurant
1055 Alakea Street
Sunday, July 26, 2015
11:30am – 1:30pm

The Shooting Stars 4-H club has been busy planning this event for us. We look forward to seeing all of you who have registered.
Oahu 4-H Leaders’ Meeting
Sunday, August 2, 2015

Please do not forget that our next meeting is planned for **Sunday, August 2, 1 pm** at Moanalua High School, room F201. Agenda items include: proposed budget, setting dates for program activities and a report from the Food Show committee.

Oahu 4-H Photography Contest
“Summer Fun”

Photos and photo files will be due by 4:30 pm on August 7, 2015 to either the Honolulu Extension office (UH Manoa) or the Pearl City Urban Garden Center. Judging will be held on August 18, 2015.

**GUIDELINES for Photography Contest:**
- Participants will enter color photographs that focus on a subject matter and the theme “Summer Fun”. (No black and white entries accepted this year).
- Photographs need to be taken from May – July 2015.
- The image(s) should highlight the 4-H member’s summer.
- Labeling information. There will be no titles on the front. You will print on the back: your name, group affiliation, title of photo, category and division and location where the image was taken.
- Image must be 5x7 inches. Prints should be mounted with about a one-inch border on a mat board or equivalent.
- Participants can enter up to 3 photos in 3 different categories.
- Categories:  
  a) Nature  
  b) Food  
  c) Animals  
  d) People  
  e) Culture  
- Labeling information. There will be no titles on the front. You will print on the back: your name, group affiliation, title of photo, category and division.  
- Judging will be on storytelling ability, composition, photographic quality, originality, mounting and title or caption.
- Contest participants do not have to belong to a 4-H club but must submit a 4-H youth enrollment form Y-1 ([http://www.ctahr.hawaii.edu/4h/forms/FormY-1.pdf](http://www.ctahr.hawaii.edu/4h/forms/FormY-1.pdf)) with their entry.

The photography contest information is available at:
http://www.ctahr.hawaii.edu/4h/Oahu/index.htm
WRLF Service Project

Please don’t forget to turn in your filled 4-H bags by July 26th so that they can be distributed before the new school year starts!

Thank you to all who are participating in these efforts.

Thank you!
Christine Hanakawa
Green Whales & Friendship Magic

4-H 101 Training – July 31, 2015

Club leaders, parents and others interested in learning more about 4-H, please don’t forget to RSVP by July 17th for the condensed 4-H 101 training which will be held on July 31st.

The session will be held in Moanalua Gardens (a specific address will be shared after RSVP submitted) from 6:30 – 8:30 pm. Please send in number of individuals attending and club associated with to nakatsuk@hawaii.edu. You may also call 956-7196 if you have any questions.

Farm Fair 2015-A Success!

Congratulations to all the 4-H members who participated in this year’s 4-H Livestock Show and Auction. And thank you to all those who worked hard to make it possible! More on the show results will be shared in the next newsletter but we thought we would share these photos in the meantime.
A special thank you also to all those who helped man the activities in the Keiki Farm Tent:

Abigail Engler
James Carrillo
Samantha Majors
Natasha Rembert
Jerissa Ching
Beverly Dirige
Nonnie Ornellas Walsh
Shane Tom
Erin Nakatsuka
Tyler Primavera

Cherrysse Ulsa
Shaina Acosta
Rodney Viloria
Dianne McCormick
Jacob McCormick
Leila Anzalone
Mia Anzalone
Julie, David, & Mia Jones
Christine & Kairi Hanakawa
Joan & Rylie Hashizume
Post to Boast Contest Results

Hats off to all those who took the time to share their 4-H projects through our first ever Post to Boast Contest. Check out the entries on our 4-H website: www.ctahr.hawaii.edu/4h/posttoboast

The 13 outstanding entries included:

**Cloverbuds**
- Hickam School Age Cloverbuds
- Catlin Clubhouse Cloverbuds

**Junior Division**
- Catlin Clubhouse Cooking Club
- Atsugi Youth Center
- Catlin Clubhouse Gardening Club
- Catlin Clubhouse Sports Club
- Catlin Clubhouse Art Club

**Intermediate Division**
- Catlin Clubhouse Sewing Club
- Catlin Clubhouse Crochet Club
- Fort Shafter Cooking Club
- Aliamanu Teen Center Cooking Club

**Senior Division**
- Sienna Burch, Aliamanu Teen Center
- Fort Shafter Teen Center Art Club

A big mahalo to our judges: Nelson Acosta, Shane Arquines, Nicole Davis, Cindy Fukunaga and Darrius Hyatte.

Thank you also to our Post to Boast committee members – Farin Fukunaga, Henry Navarro and Jaylin Collins!

Engaging Youth, Serving Communities Project

The Statewide 4-H mentoring conference was held at the UH Manoa campus on July 7-9, 2015. The event was attended by 5 adult leaders, 10 youth members, and 3 4-H agents- Joan Chong, Laura Kawamura and Becky Settlage.

The conference delegates were led in teambuilding activities as well as those designed to promote the concept of mentoring and strengthening youth and adult partnerships. The
delegates also learned to facilitate science and healthy living learning experiences which they will share with other youth in their communities.

EYSC participants also visited and did a service project at the Urban Garden Center by cleaning/picking up rotten fruits in the orchard.

Oahu County 4-H was represented by a team from Aliamanu Teen Center – Sienna Burch, Hunter Zabko and mentor Maria Tobin.
**4-H Trainings at Military Youth Program Sites**

Military youth program sites will start to prepare for the new 4-H year with these trainings:

4-H 201 (for those who have participated in 4-H 101 and/or have led a 4-H club)
- Thursday, August 13
- 9 am – noon
- Fort Shafter Youth Center

4-H 101 (for those brand new to 4-H)
- Monday, Tuesday and Thursday, August 17, 18 and 20
- 9 am – noon
- Catlin Clubhouse

Tips for Working With A Cloverbud Club
- Thursday, August 27
- 9 am – noon
- Schofield Youth Center

The trainings are geared for military youth program site staff but others are very welcome to participate. Please RSVP by August 3rd to nakatsuk@hawaii.edu or call 956-7196.

**Rabbit Cage Available**

A family is willing to share this rabbit cage (20w 39L 18h) with a 4-H member. Anyone interested in having it, please contact nakatsuk@hawaii.edu so that we can put you in touch with the family giving it away.

**Kellogg’s and Foodland Healthy Lunchtime Challenge**

Young chefs from across the island are being sought to submit their very own original recipe for a delicious and creative lunchtime meal that’s healthy, simple to prepare, and features at least one fresh locally-sourced product (produce or protein) as a main ingredient.

Contestants submitting the top three recipes from two age categories (8-12 year old & 13-17 year old) will be invited to prepare their dish LIVE in front of event-goers and present their dishes on the main stage for tasting and scoring by celebrity chef judges at the Hawai‘i Food & Wine Festival’s HMAA Presents Keiki in the Kitchen on Saturday, September 12, 2015 at the Honolulu Zoo.
WHO CAN PARTICIPATE?

Open to youth 8-17 years of age. Contestants will compete in one of two categories.

**Category 1:** 8-12 Year Olds  
**Category 2:** 13-17 Year Olds

CRITERIA

We’re looking for an original recipe or a creative, healthy twist on an old recipe. Your recipe should:

- Feature at least one fresh locally-grown ingredient (produce or protein)
- Be Healthy - Veggies, fruits, low-fat dairy, whole grains, and/or lean proteins must make up at least half of the recipe
- Be Delicious - Keep it fresh, simple, and yummy
- Be Original - We want your own creative dish, not one from a published source; however, it can be a healthy take on an old recipe.
- Be Affordable - No fancy ingredients needed
- Meaningful - Tell us the story of how you came to make this dish
- Have a maximum of 10 ingredients
- Have a maximum of 10 steps to prepare

JUDGING

Judges will review and score submissions on the following criteria: 50% healthy nutritional value of the recipe; 25% taste; 15% creativity and originality; 5% affordability; and 5% the story behind your recipe.

AWARDS

First place winners will be awarded an exciting “Keiki Night Out” party for 10 at Roy's Restaurant OR Alan Wong's with a special appearance by the Chef AND a two-night stay in an oceanfront room at the Outrigger Reef on the Beach or Outrigger Waikiki. A special 3-course menu will be created for the winner and nine of his or her best friends or family members.

HOW TO APPLY

Click [HERE](#) to complete online entry form or to download entry form [HERE](#). The entry form must be accompanied with a photo of completed dish. It can be submitted online, emailed to [keiki@hawaiifoodandwinefestival.com](mailto:keiki@hawaiifoodandwinefestival.com), or mailed to:

Hawai‘i Food & Wine Festival  
Healthy Lunchtime Challenge  
3538 Waialae Ave. #203  
Honolulu, HI 96816
SUBMISSION DEADLINE

Online entries and entries emailed must be received by 8/15/2015 by 11:59 PM Hawaii Standard Time. Mail in entries must be postmarked no later than 8/15/2015 and received no later than four (4) days later.

Click here for Official Rules.

Get Ready for 4-H National Youth Science Day!

National 4-H Council and 4-H National Headquarters are pleased to announce the 2015 4-H National Youth Science Day Experiment, Motion Commotion. Developed by Oregon State University Cooperative Extension, Motion Commotion will enable youth ages 10 and up to explore the physics of motion and distraction.

The 2015 National Youth Science Day Experiment, Motion Commotion, empowers youth to explore the physics of motion and distracted driving. Developed by Oregon State University Cooperative Extension, this exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion.

The two-part experiment will test young people's knowledge of science, speed and safety by:

- Constructing a simulated runway to analyze the speed, momentum and kinetic energy of a car in motion, and will explore the science behind the car’s collisions
- Leading an experiment that uses the same physics principles to demonstrate the consequences of distracted driving

Kit Contains:

- 2 Rulers
- 2 Race Cars
- 4 ft Rubber Base
- 8 oz Green Modeling Clay
- 4-H Clover & Motion Commotion Stickers
- 1 Facilitator Guide
- 5 Youth Guides

The kit is now available for an introductory price of $21.95. Motion Commotion kits will ship to customers in Mid-July, at which point kits will be available at their standard price of $23.95. Go to http://www.4-h.org/4-h-national-youth-science-day/ for more information.
Project Spotlight

In today's world communication is so important-- from interpersonal relationships, to cultural understanding, speech making, safety in online spaces, and job interviews this curriculum covers critical topics for today's young people. Experiential activities in this new and revised Communications curriculum provide opportunities for youth to practice and gain confidence in communicating in a variety of situations. Topics in Level 1 include active listening, identifying aggressive communication, using visual aids, cultural differences in communication, and letter writing. Topics in Level 2 include conflict resolution, online communications, and social media, writing a press release, composing a speech, and careers in communications. Topics in Level 3 include understanding interpersonal electronic communication, evaluating advertisements, resumes and cover letters, safety and online communication, leadership and teamwork, and digital storytelling.

Activities support the Common Core State Standards for English Language Arts and Literacy. This curriculum is written as a facilitator guide. Minimal supplies and materials needed.

The materials can be purchased from the 4-H Mall.

Other Opportunities

The 2015 Engineering Exploration Challenge

The Engineering Exploration Challenge is back! National Geographic wants you to solve up to three big challenges that explorers often face when they are out in the field by using your own robot-like design. Your solution must collect information about its immediate environment and use that information to decide an action to take, the way a robot might. The resulting action can be as big or as small as you can imagine!

Choose one or more of the challenges to work on. When you are satisfied with your solution, submit it to National Geographic by midnight, EST on August 1, 2015. National Geographic staff will review every solution submitted to the Challenge, and we will also look at submissions in consideration of using them in a Google Hangout or for publication in a new National Geographic book, Everything Robotics. Everyone who is qualified and submits a solution to National Geographic will receive a certificate of accomplishment and a free movie ticket to the new National Geographic film, ROBOTS 3D (while supplies last).

The Engineering Exploration (NGX) Challenge is open to children ages 6-18 worldwide. Participants may develop solutions as individuals or in groups. Adults may submit solution forms on behalf of their children or students. Children 12 and under will need a parent, guardian, or educator to submit for them. Students between the ages of 13 and 18 may submit their own solutions but will need to provide a parent or guardian's email address. Solutions are due by midnight, EST on August 1, 2015.
National Youth Summit Series

The National Youth Summit Series brings together some of the best and brightest students to focus on maker, healthy living, and agri-science. Designed for high school students (grades 9 - 12), the Summits provide opportunities to learn technical skills, participate in hands-on activities and workshops, learn from leaders in the field, and visit professional and academic sites. Students attend in teams comprised of two to eight youth and are accompanied by an adult mentor/chaperone.

**Maker**  
Nov 6-9, 2015

**Agri-Science**  
Jan 15-18, 2016

**Healthy Living**  
Feb 12-15, 2016

For more information and to register, visit: http://www.nationalyouthsummit.org/home/

When Defeat Is Better Than Winning

When your kids began their 4-H projects this year, did you picture them holding a blue ribbon and smiling for the camera at the county fair?

I may not have been counting on my daughter winning a blue ribbon, but I didn’t envision watching her first time in the show ring end in tears and embarrassment.

Yet the difficulty she encountered her first year at the fair ended up being one of her best experiences in 4-H.

My third-grade daughter, Julia, had been diligently practicing with “Cabernet,” the dairy calf she was allowed to work with through the Wisconsin 4-H Dairy Managerial Program. Julia taught Cabernet to lead with a halter and to pose for the judge. She studied showmanship tips and the parts of a dairy cow. She learned about fitting, cow nutrition, and attended the required 4-H educational events. She was prepared to answer the judge’s usual
questions. I bought her all new “show whites” and invited friends to come watch her on show day.

Julia’s class was first to compete in the dairy showmanship competition that morning. She and Cabernet walked around the ring and Julia posed Cabernet for the judge just the way she had practiced. They received a blue ribbon in the class. I was surprised and proud!

The top exhibitors in the first few classes were called back for the championship round of dairy showmanship. Again Cabernet behaved just as they had practiced, but as they were exiting the showring, a scary thing happened.

The calf behind her spooked, and Cabernet got spooked and began to run toward the opening in the showring that led out to the fairgrounds. Not wanting to let her calf break loose, Julia kept hold of the halter and was dragged to the ground and pulled through the dirt. Cabernet’s feet barely missed running over her. The superintendent quickly grabbed Cabernet’s halter and helped Julia to her feet. Julia only suffered a few scrapes and bruises, but her new show whites were now covered with dirt and her face was red and teary. She was shaken up and embarrassed in front of her fellow exhibitors, family friends, and spectators.

On the way back to the barn, she tried to keep the tears at bay, but it wasn’t easy. Then something wonderful happened. The 4-H teenagers she had been looking up to in admiration gathered around her and began to tell stories about all the times things had gone wrong for them in the showring. One teenage boy told how the halter had come completely unbuckled from his calf during showmanship, and how he had to chase his calf around the ring to catch her in front of the judge and spectators. Other teens told their stories of defeat, minor injuries and embarrassment. Julia began to smile as she listened in astonishment to all their tales of misfortune. Suddenly her experience didn’t seem so bad at all. Actually, she was now more a part of the group, since she had a story of misfortune, too. As they bonded over their defeats and embarrassing stories she felt a deeper sense of belonging with the other kids.

These days, she loves to tell that story, and like any good storyteller, it becomes more dangerous and exciting with the retelling. She’s more confident, since she realizes that she can go through something hard and come out O.K. on the other side. She has used that experience as material for creative writing assignments. Her misfortune ended up building her resilience, confidence, and willingness to persist through obstacles.

I’ll take those qualities over a blue ribbon any day.

4-H Today is written, edited and published by National 4-H
Diana Hutchinson
Wisconsin 4-H Co-Leader

Diana Hutchinson is a 4-H co-leader who writes from Wisconsin, the heart of America's Dairyland. She fully embraces the 4-H mission of positive youth development and empowering tomorrow's leaders.

September 11th National Day of Service and Remembrance

The goal of 9/11 Day is to provide a positive way for all people to forever remember and pay tribute to the 9/11 victims, honor those that rose in service in response to the attacks, and remind people of the importance of working more closely together in peace to improve our world. Learn more at www.911day.org and www.Serve.gov ...

Grandparents Day - September 13

Save the date for Grandparents Day 2015 - September 13, 2015. But why not celebrate Grandparents Day all year long through intergenerational service programs? Generations United encourages youth to start, expand and lead intergenerational programs in their communities. To help, GU provides a Youth-Led Intergenerational Toolkit and the online interactive companion guide. Both of these resources outline the important steps for creating programs - prepare, plan, engage, implement, share and evaluate - designed to promote intergenerational solutions to societal challenges and build stronger communities...

ABC Summer of Creativity Grants
Deadline: August 10

Creativity gives you the power to help shape a better world. YSA, in partnership with ABC and Disney Friends for Change, can help you create the future you imagine. Young changemakers, ages 5-18 in the United States, can now apply for a $500 Summer of Creativity Grant to support a service project that makes your community greener, safer, smarter, healthier, cleaner, or fairer. www.YSA.org/beinspired

Walmart Community Grant Program
Deadline: Rolling through December 31

Grants of up to $2,500 will be awarded to local nonprofit organization serving residents within the service area of individual Walmart stores. Grants will be awarded in the areas of hunger relief and healthy eating, sustainability, women's economic empowerment, and/or career opportunities...