Oahu 4-H Newsletter  
October 2015 Issue

October 4  Oahu 4-H Leaders’ Meeting, 1 pm Moanalua High School  
4-10  National 4-H Week  
7  National 4-H Youth Science Day  
8  Food Show forms due  
13/14  Army OCONUS calls  
20/21  Navy OCONUS calls  
24  Oahu 4-H Food Show, 4 pm Farrington High School

November 1  Oahu 4-H Executive Board Meeting, 10 am

President’s Message

Aloha 4-H’ers! Mahalo to those who took time off their busy schedule to attend the food show workshop last September 24, 2015. I hope you had a good time! Our annual Food Show will be held on October 24, 2015 at Farrington High School from 5-8 pm. This year’s theme is "Spooktacular Recipe". Be ready to share your spooktacular designs and recipes. I hope to see everyone there!

Shaina Acosta

2015 Oahu County 4-H Food Show

Please don’t forget that Food Show forms are due on October 8, 2015 to Ag Sci 217 (Honolulu Extension office). If you are planning to drop off your forms, please make sure that you do so by 4 pm and that you avoid coming by between 12 and 1 pm. (We will be at a youth event at the Urban Garden Center that day).

The actual event will be held on Saturday, October 24 at the Farrington High School Rooms 121, 122 and 125.

THEME - The 44th annual Oahu County 4-H Food Show: “My Spooktacular Recipes”

1.  “Halloween” - Turn your favorite recipe into a ‘Spooktacular’ Halloween dish. For example, turn your noodle dish to resemble “brains,” tint foods orange/black, turn your cheese cake into a pumpkin cheese cake, etc.

2.  “Farm to Table” - Use a locally grown, or raised in Hawaii product. Purchase your ingredient/s from the Farmers’ Markets within your community, or any ingredient made in Hawaii.

**RECIPE CATEGORIES** – The recipe categories are “Main Dish,” “Dessert,” and “Others” (appetizers, soups, beverages, breads, salads etc.) All participants may enter up to two entries but only one entry per category. For example, participants may not enter two dessert recipes, one for ‘Halloween’ and one from “Farm to Table.”

**DIVISIONS**

- Senior Division (14 – 19 year olds)
- Intermediate Division (12 – 13 year olds)
- Junior Division (9 – 11 year olds)
- Cloverbud Division (5 – 8 year olds)

**Age as of January 1, 2016**

**FOOD SHOW FORMS** - Forms are available at:

http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Forms.htm

Farrington FCCLA 4-H Club

**National 4-H Week**
October 4-10, 2015

National 4-H Week is here! This is a good time to tell someone new about 4-H. Or recruit a new member for your club.

**2015 NYSD Motion Commotion**

National Youth Science Day will be held on October 7, 2015. 4-H Youth around the world will be participating in a physics science experiment called Motion Commotion. This event will allow youth to learn about Newton’s Law and how that plays into our daily life. To learn more about leading this event at your club please check out our NYSD webinar at our military partnership website under webinars.

http://www.ctahr.hawaii.edu/4h/MilitaryPartnerships/videos/4-H%20NYSD%20Motion%20Commotion%20Webinar.mp4

A special thanks goes out to Bob Greenburg with the US Army for conducting a fun and educational training and webinar.

Please share your NYSD pictures with military4-H@ctahr.edu or at our Facebook Page Military4hPacific!

**Kate Eickstead**

**Oahu Food Show Workshop**
Hats off to 4-H members Skyelar Brown and Amaia Gaea for planning an informative and well-designed Food Show workshop! The six food preparation activities were well received and the teams did a great job creating their dishes in the time allotted. Thank you also to Farrington High School for allowing us to use their facilities.

4-HOnline Enrollment (please note: this does not apply to our military 4-H clubs)

Hawaii 4-H is taking the plunge and will be enrolling (and re-enrolling) members and leaders online. 44 states are using this same 4-HOnline system. Those who submitted their enrollment forms last year should have a profile created in the Hawaii 4-H Online system and will simplify have to re-enroll on this site:

http://www.ctahr.hawaii.edu/4H/4honline.html

Since our Oct. 4th Leaders’ meeting, we have found out that we are not able to send out email messages with everyone’s passwords. Instead, please follow these instructions to retrieve your temporary password to get into your account:

1. Go to http://hi.4honline.com
2. Enter the email you gave when you enrolled for the previous 4-H Year and select “I forgot my password.”*
3. Select Family as your role
4. Click “Send My Password”
5. Once you log in, you will be prompted to create a new password. Enter a new password.

6. Click “Continue” to go to your Family Member List.

There are instructions and a taped webinar on how to go through the re-enrollment process on our website. Re-enrollments need to be done by November 15, 2015. Each 4-H member needs to have a 4-H project to enroll. Those that have questions about the re-enrollment process through 4-HOnline can email HI4HOnline@gmail.com

The 4-HOnline system has program management (record book, animal project data, 4-H contest entries, camp participation, etc) and communication features which we hope to gradually employ.

As part of the enrollment process, each club needs to submit a program plan for the year (as stated in our Hawaii 4-H policies and procedures). The program plan can be found on our website at: http://www.ctahr.hawaii.edu/4H/forms/PreSurvey.pdf Completed plans should be submitted by November 15, 2015 as well. Kate Eickstead, our new program coordinator has recorded a webinar on 4-H program planning which can be found at http://www.ctahr.hawaii.edu/4H/programplanning.mp4 This is a useful tool which explains the importance of having a program plan as well as what information a program plan should include.

Claire Nakatsuka

Military 4-H Pacific on Social Media

Looking to stay connected with our Military 4-H partnership? Stay up to date on social media! A new 4-H Military Facebook page has been created. Like us at www.facebook.com/military4hpacific to checkout photos, important information, updates about 4-H opportunities and future social media opportunities.

Kate Eickstead

New Junior Master Gardener Program Kit and Training Available

Learn, Grow, Eat & GO! (LGEG) is the new research-based, evidence-based curriculum project of the International Junior Master Gardener® Program.

LGEG grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.
LGEG is a 10-week unit of study that is hands-on, multifaceted and academically rich. This project marks the culmination of 5 years of research into the impact of the JMG program on children, schools, and families. It incorporates the best practices identified by the research and combines the interdisciplinary elements of nutrition, garden science, physical activity, food preparation, and fresh vegetable tasting to improve the health and wellness of children, families and the school community.

The content of the curriculum was written by teachers and content experts and then intensely evaluated and creatively presented to maximize academic gain and positive behavioral change for better health. The integration of science, math, social studies, health and language arts make LGEG an excellent academic enrichment program for schools.

LGEG is made up of a 20-lesson base curriculum with optional “Growing further” lesson extensions. It also features food exposures through fresh sampling and evaluation, Garden Kitchen recipes, and brief Go Strong classroom exercises to maximize benefits to students.

The curriculum is designed for use with 3rd-5th grade youth, however it can be adapted for younger or older youth. Hawaii 4-H has funding to provide training and a resource kit to an adult facilitator that works with 25 at risk youth. We are looking for one youth group per island to take part in this special pilot program. (Adults working with other youth groups who may not meet the at risk criteria, can request training and to borrow the curriculum. The kits will be issued to groups who meet the at risk criteria).

The kits would contain the following:

- set 25 LGEG journals
- set 5 LGEG books (A Place to Grow, I Will Never Not Ever Eat A Tomato, Tops & Bottoms, Two Old Potatoes & Me, The Ugly Vegetables)
- LGEG Curriculum
- Set 25 Kitchen Recipes
- 25 T-shirts (which we would order once we know the sizes of the participants)
- Training will be provided to familiarize sites with program.

The pilot program will be implemented between Nov. 2015-Feb. 2016…with wrap up in March….final completion documents due mid-April.

Interested groups can contact Becky Settlage at settlage@hawaii.edu.

4-H & Text, Talk, Act

On Tuesday, November 10th, 4-H is teaming up to bring Text, Talk, Act to your program. Text, Talk, Act uses text messaging to facilitate a face-to-face conversation on mental health. To learn more, visit: http://bit.ly/texttalkact and register for the informational webinar.
**Project Spotlight**

**Take A Stand**

Developed by Texas A&M University  
Grades 3-5, Grades 6-8, Grades 9-12  
Available from: [http://texas4-h.tamu.edu/take_stand/](http://texas4-h.tamu.edu/take_stand/)  
Cost: $20.00 or downloadable

This program is designed to stimulate discussion and engage young people in learning about conflict management, bullying, and more. The curriculum has five lessons, each divided into two parts for a total of 10 lessons. Each session takes roughly 45 minutes to complete. Some lessons provide additional activities that can be incorporated as time permits or used in additional class periods. The five topics addressed in the curriculum are bullying/conflict management, communication, etiquette, teamwork and cultural awareness.

**Other Opportunities**

**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....»

**Maker Summit Registration Now Open!**

The National Youth Summit Series is proud to present our second annual Maker Summit. The Maker Summit will take place on **November 6-9, 2015** at the National 4-H Conference Center.

The Maker Summit is designed for high school aged students who are curious and industrious. To be a Maker is to build, experiment and tinker within a variety of different mediums. If this sounds like you or a student you know, [register today!](http://texas4-h.tamu.edu/take_stand/)

Our student makers will spend three days learning about engineering, invention and creativity through innovative workshops. More information and registration information can be found on our [website](http://texas4-h.tamu.edu/take_stand/).

Space is limited so get your delegation registered today.

We look forward to seeing you and your students at the Maker Summit!
Whole Kids Foundation School Garden Grant Program  
**Deadline: October 31**

Created in partnership with FoodCorps, the School Garden Grant program provides a $2,000 monetary grant to K-12 schools, or non-profits working in partnership with a K-12 school, to support a new or existing edible garden on school grounds....»

Prudential Spirit of Community Awards  
**Deadline: November 3**

Students in grades 5-12 in the U.S. who have volunteered in the past 12 months are invited to apply for a Prudential Spirit of Community Award. 102 State Honorees (2 per state) will receive $1,000 awards, engraved silver medallions, and an all-expense-paid trip to Washington, D.C., with a parent for four days of recognition events April 30 - May 3, 2015. The Top 10 youth will receive a $5,000 award, and a $5,000 grant from The Prudential Foundation for the nonprofit charitable organization of their choice....»

Disney Friends for Change Action Kit

The Disney Friends for Change Action Kit features five sections - Sparking an Idea, Finding Friends for Change, Making It Happen, Getting the Word Out, and Planning for What Comes Next - to help you organize a service project and make a difference in your world!

Celebrate National Child Awareness Month

It's National Child Awareness Month! Let's take action for children every day! Festival of Children Foundation is pleased to announce that United States Senate Resolution 223 passed with unanimous consent, officially designating September 2015 as National Child Awareness Month. Help raise awareness of issues affecting children in your community all this month. Learn more at www.nationalchildawarenessmonth.org
Spread Peace and Kindness through Service!

Martin Richard was an 8-year-old boy who believed in togetherness, teamwork and inclusion. Martin was tragically killed when the second of two bombs exploded near the finish line of the Boston Marathon on April 15, 2013. We can honor his wish for a more peaceful world by being kind and compassionate. This fall, from September 14th - October 16th, generationOn, Hasbro and the Martin Richard Foundation invite you to join us in spreading peace and kindness. Whether it's planting a peace garden, making a get-well card for a sick friend, or simply inviting someone new to sit at your school lunch table, there are many free and easy ways to help us create a more peaceful world. Visit www.generationOn.org/peace to learn about ideas on how to create peace in your community....

Make a Difference Day Awards

**Deadline: Complete Project on October 24 and Report by November 30**

On October 24, millions of Americans will take part in Make A Difference Day. Newman's Own supports the day by awarding $10,000 to the charities of each of the 10 national honorees, three community Make a Difference Day awardees, and one All Star honoree. For a chance to win a $10,000 grant from Newman's Own, register your project here....

National 4-H Council is now accepting applications for the annual *Youth in Action Awards* to be presented at the seventh annual Legacy Awards in Washington, D.C. on April 12, 2016. As one of the highest honors achieved, the 2016 awards have expanded to honor one remarkable 4-H’er within each pillar area: **Agriculture and Animal Sciences; Citizenship; Healthy Living; and STEM.**

As part of this great honor, each of the four *Youth in Action Award* pillar winners will receive:

- **Scholarship**: A $5,000 scholarship for higher education.
- **Public Recognition**: An all-expenses paid trip to Washington, D.C. to be recognized at Council's Legacy Awards on April 12, 2016.
- **Spokesperson Opportunities**: Serve as the National Youth Spokesperson for their recognized pillar area.
- **County Recognition**: An additional $5,000 grant will be made to each of the awardees’ 4-H County.

In addition, one overall national Youth in Action Award 2016 honoree will be selected from the four pillar winners and will receive an additional $5,000 scholarship.

**All applications must be submitted by 12:00 PM ET on Monday, November 30, 2015.**

For qualifications, application rules, and information on past honorees, please visit the *Youth in Action Award* website.

About.com: 10 Teen Volunteer Ideas
Community service projects can teach valuable skills that will be helpful to a teen in college or during future employment. In partnership with About.com, here are some resources that are specifically geared toward helping students and teens locate volunteer opportunities.