Welcome to Oahu 4-H's online newsletter!

December 2012

President's Message

Hello Everyone!

As we reach the end of 2012, there are many exciting things just around the corner! Thank you to all who have entered the Communications Fair. We will be looking forward to a great show at Farrington High School on December 8. Hopefully everyone has their speeches and demonstrations memorized and ready to earn those ribbons. Remember, there is a special $100 prize for the Top of show. Best of luck to everyone participating!

Next March, our state will be hosting the Western Regional Leader’s Forum. There will be a teen component at this conference on Friday-Saturday, March 22-23. The Oahu clubs have been given a two-hour slot from 10-12 am on Friday the 22nd to provide workshops for the teens. We plan to have different activity stations that the teens can rotate through, so these mainland teens can experience what being in 4-H in Hawaii is like and see all the amazing things we do! As of now, the Warriors club has signed up to lead a flower craft activity and Farrington High School’s FCCLA will organize a drama workshop with their schools T-Shirt Theatre Company. We still need clubs to fill in the other stations. Your club’s activity could be a short presentation of the things your club has been doing (gardening, service projects, etc) or even a demonstration with a local food. I’m sure the teens would love to learn a simple hula or how to throw a fishing net! Please contact me at erinvoss516@gmail.com to sign your club up for an activity. We also need teens to volunteer to help with conference tasks. The state leaders are trying to find a way to provide scholarships for the Hawaii 4-Hers, so they can attend the conference and participate in the other teen activities scheduled. You could also contact Meko Thompson, the teen coordinator at the state 4-H office, at mjjt2@hawaii.edu for further information about the conference, schedules, and more. At our November 25 council meeting, it was decided that the Oahu clubs will help provide items for the gift bags for the Western Regional Leaders Forum in March. We have decided to fold origami aloha shirts to put in each of 500 (!) goodie bags. We will be making these paper shirts at our Oahu County Mixer/Service Project Day, Sunday, January 20, 2013 (flyer coming soon). Please encourage your club members to come out and learn how to fold origami aloha shirts! We will also be contacting the outer island clubs to ask if they can provide items for the goodie bags.

One other important county event coming up is the Food Show. It is tentatively set for early March. The date is pending, as we are trying to secure a location.

Aloha,
Erin Voss

Upcoming Events

DECEMBER

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>7</td>
<td>BGCA Resiliency Training @ Fort Shafter Flats, 9am-12 noon</td>
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<tr>
<td>13-14</td>
<td>4-H Science Webinar for OCONUS sites</td>
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<tr>
<td>8</td>
<td>Oahu 4-H Communications Fair @ Farrington High School, 8:00am</td>
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<tr>
<td>15</td>
<td>Executive Board Meeting @ Moanalua High School, 9am</td>
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**JANUARY**

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<tr>
<td>11</td>
<td>Japan &amp; Kwajalein 4-H site calls</td>
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<td>4-H Leader Training: Robotics</td>
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<tr>
<td>18</td>
<td>Korea 4-H site calls</td>
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<td>20</td>
<td>Oahu County Mixer/Service Project Day</td>
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<tr>
<td>23</td>
<td>First Session of H for Healthy Living Webinar Series @ 7pm</td>
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**Oahu Events**

**December 8, 2012**

Don’t forget that the Oahu 4-H Communications Fair is scheduled to be held at Farrington High School on December 8, 2012. Registration will start at 7:30 am and the event will begin at 8 am. Even if you are not signed up to share a presentation, do show up to support your fellow 4-H’ers!

Farrington FCCLA 4-H Club

**4-H Service Project - Sign Up Now**

Do you want to have fun and meet your fellow 4-Hers? On Sunday, January 20th, 2013 Oahu County 4-H will be having a service project and social at the Pearl City Urban Garden Center. We will be making mini Origami Aloha Shirts as goody bag stuffers for guests at the Western Leader’s Forum. It will start at 2pm and is expected to end around 5:30 pm, depending on the quickness of our volunteers. We ask that everyone bring a dish so we can have a potluck after finishing the service project.

If you are available to attend, please RSVP to Erin Voss by December 15, 2012. She can be contacted at 393-5191, or email at erinvoss516@gmail.com. If you have any questions, please contact Erin.

More information on this service project will be coming out soon, so please keep your eyes peeled.

Farin Fukunaga

**4-H Project Spotlight - H for Healthy Living**

This month’s project curriculum spotlight is on a curriculum adapted by Hawaii Extension nutrition educators. The curriculum features fun and easy interactive activities suited for 4-6 graders that stem from eXtension’s resource area: Families, Food and Fitness and are based on the belief that teaching children healthy behaviors can help to lay a foundation for healthy habits that can last a lifetime (perfect fit for the fourth H):

- Food Safety
- Enjoying More Fruits and Vegetables
- Right Size Your Portions
- Preparing & Eating More Meals at Home
- Move More Everyday
- Rethink Your Drink

And the BEST part is that our Hawaii nutrition extension educators are offering a 6 week webinar series training on how to utilize these materials with 4-H clubs. The series will run for one hour on Jan. 23, 30, Feb. 6, 13, 21, 28 from 7 pm (HST). Participants will need a computer with internet connection, JAVA, and headphones (preferably).
To check if your computer meets the requirements to connect to Blackboard Elluminate and to find out what you need if you do not meet the requirements, go to http://support.blackboardcollaborate.com/ics/support/default.asp?deptID=8336&task=knowledge&questionID=1473. If you want to check that you have the minimum requirements, go to http://support.blackboardcollaborate.com/ics/support/default.asp?deptID=8336&task=knowledge&questionID=1443.

Participants that take part in all 6 sessions will receive a certificate of participation, the curriculum materials and a tool kit to help implement the lessons.

Sign up today by emailing nakatsuk@hawaii.edu or call 956-7196. We will work with participants individually to test your system set up prior to the first session to make sure that you can connect with us via Blackboard Elluminate.

Claire Nakatsuka

Officer's Training at Schofield

This past election day, 16 4-H club officers from the Schofield School Age program participated in an officers training. They learned about the roles and responsibilities of 4-H club officers as well as basics on conducting productive 4-H club meetings. A special thank you to veteran 4-H officer Farin Fukunaga for assisting with this workshop!

Claire Nakatsuka

Trustworthiness Art and Essay Contest

The National Association for Family and Community Education (FCE) has announced that “Trustworthiness” Character Counts! SM is the theme of this year’s contest. (Trustworthiness is one of Six Pillars of the Character Counts! Coalition, a project of Josephson Institute of Ethics www.charactercounts.org)

The contest is a nationwide annual contest open to all 4th grade students which promotes FCE’s literacy programs and community involvement. The purpose of this year’s contest is to encourage students to understand and practice Trustworthiness.

Entries are to include a short story and a hand drawn picture (use #2 pencil for both). Do not color the picture. Story and picture should reflect the characteristic “Trustworthiness”. For drawings, use unlined, white paper 8.5 x 11 inches. The essay should be a minimum of 50 words, explaining the drawing, handwritten or printed on lined 8.5 xx 11 notebook paper.

Students should write their name, his or her teacher’s name, and the name of the school on the back of the picture and the bottom of the essay.

Entries are due February 1, 2013 to either Marian Matsuda, 94-072 Hulahe St, Waipahu 96797, email marianmatsuda@gmail.com, ph. 671-1014 or Dr. Delfa “Dixie” Dumaran, 46-363 Kumoo Loop, Kaneohe, 96744, email ilovekaneohe@gmail.com, ph 247-5600.

National winners will win $250, $125 and $50 gift cards.

Lancaster County, PA 4-H'ers Looking for a 4-H Exchange Opportunity

Lancaster County is a centralized area to visit to see a variety to things in PA. We are a farming community that is best known for our Pa Dutch Amish community. We are located near Hershey the home of Hershey Park/waterpark and Chocolate World. Depending on where you fly into, past groups have toured: Philadelphia, Washington DC or Baltimore. We try to cater our hosting experiences to the visiting states interests but some of the past activities have included: pool parties, visit to the beach, waterpark, Amish tours, Gettysburg, Harrisburg (state capital), farm visits, and of course Hershey Park and Chocolate World. In the past we have exchanged with CA, Montana, Texas, Oregon and Kentucky. We like to pack your visit with lots of things to see and do and keep
you very busy during your visit with us. We will finish our exchange with CA this summer 2013. We are close enough that groups can do a post trip to New York city before returning home. After your exchange is over with us you can catch the bus to NY and after touring the city fly out of NY. We currently have 10 students.

We would LOVE to do an exchange with Hawaii 4-H’ers in 2014-15. Any 4-H group that might be interested in a 4-H exchange for the 2014, 15 cycle, please contact Sharon Sherick at ssherick@dejazzd.com

Sharon Sherick
(Lancaster, PA)

Other Opportunities

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

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