### President’s Message

Aloha 4-H’ers! Thank you for attending the Rally Day and I hope that many of you enjoyed our activities. We would like to all thank all of you who provided refreshments for our guests. It was a successful event! We hope that more of you will participate in our future activities, so we can get together and build a stronger relationship with one another.

I would also like to recognize Farrington FCCLA for their hard work in conducting the Food Show Workshop. For those who attended our workshop, we hope that the workshop experience encouraged you to participate in this year's Food Show at Farrington High School on December 14, 2013 from 4 pm to 7 pm. Our second council meeting will also be conducted during the Food Show, so make sure to attend our meeting to get more information on our 4-H activities. Feel free to contact Amy Peria at amyperia25@gmail.com if you have any questions about the Food Show. I am looking forward to seeing you there! Let's go 4-H’ers!

_Kathleen Corpuz_

### Mahalo to the 4-H Clubs Who Submitted Their Curriculum Use Surveys

Hats off to the clubs who turned in their surveys indicating what project activities their club members took part in during the 2012-14 4-H year. This information helps us determine which curriculum materials are being used as well as how they are being used.

- Clover J’s (Oahu) – Verna Eguires
- Just Us (Oahu) – Sakaye Nomura
- Seekers (Oahu) – Jayne Tokumi
- Garden Island 4-H Ranchers (Kauai) – Karen Mori-Kawamura
- Super Stars 4-H Club (East Hawaii) – Jill Atwal, Anne Chung, Sandy Ozeki
- Sasebo Photography (Japan) – Yoko Takigawa
- Fort Shafter Sewing (Oahu) – Shyla Grubb
- Fort Shafter Health and Fitness (Oahu) – John Losch
As the 4-H program moves towards implementing 4-H common measure nationwide, it will become even more important for us to collect this type of data. Program plans were due (along with enrollment forms) on October 1st. A club completion survey will again be due at the end of this 4-H year.

**Hawaii 4-H Policies and Procedures**

Our 4-H policies and procedures have been updated and can be found online at [http://www.ctahr.hawaii.edu/4H/forms.asp](http://www.ctahr.hawaii.edu/4H/forms.asp). Please note that these policies are based on University of Hawaii System wide Administrative Procedures as well as policies set by USDA/National Institute of Food and Agriculture.

Webinars on the policies and procedures will be offered statewide. Please watch for notices on webinar announcements.

**The CTAHR Philosophy On Agricultural Technologies**

Please note that as a program of the UH College of Tropical Agriculture and Human Resources (CTAHR), all 4-H volunteers are considered agents of the University and are expected to follow UH policies.

The following is CTAHR’s view on agricultural technologies. CTAHR encourages broad minded thinking and balance exploration of all issues.

*Hawai‘i has a centuries-old tradition of food production, and CTAHR is continuing this agricultural tradition into the 21st century. Hawai‘i’s farmers, from small-scale and beginning farmers to well-established operations, face many challenges and opportunities. The role of CTAHR as a land-grant institution is to assist all members and sectors of Hawai‘i’s food and agricultural system to reach their full potential in an environmentally and socially compatible way.*
Using tools developed over millennia, societies worldwide have developed resilient agricultural systems, well adapted to social and environmental conditions unique to their locations. Today, agricultural scientists continue to partner with the community in the effort to meet the food needs of a growing world population. This is achieved by addressing contemporary agricultural problems with the most advanced scientific capabilities, while respecting earlier contributions of agriculturalists and traditional approaches to agriculture.

New technologies, integrated with time-tested production methods, have been developed to increase the net productivity of agricultural systems in order to provide food for society. CTAHR promotes the improved efficiency of traditional food production programs through increased knowledge. We conduct research that develops and tests new biological, ecological, chemical, and genetic technologies, through near-market and strategic research. We uphold the values of academic freedom and respect the rights of farmers and consumers to decide which technologies are most appropriate.

**Food Show Workshop**

**Food Show Workshop**

October 22, 2013  ❖  Farrington High School

Thank you FCCLA 4-H for chairing this Food Show Workshop. We look forward to having a great Food Show this year.
4-H members learned various skills to help them do well for the Food Show Workshop. We hope that this encouraged you to participate and compete.

**Basic Knife Skills Workshop**

We, the Just Us girls (Shyla, Sanoe and Sasha) invited the Cloverbuds Club members and their parents to our first project meeting, a Basic Knife Skills Workshop on Monday, October 14th (Teacher Institute Day). Before the meeting, we enjoyed getting to know the Cloverbuds. Then Shyla welcomed everyone to the meeting, Sanoe led everyone to recite the 4-H Pledge and Sasha introduced our workshop presenters Aunty Cindy, Uncle Daryl and Farin Fukunaga. It was a most interesting, informative and enjoyable meeting.

We learned a lot and did the following things:
- how to pick out the right knife for you, sharpen your knife before using it, handling the knife safely and properly, learned different ways to cut vegetables and fruits, and taught to choose healthy snacks and how to prepare them.

The fun part of the workshop was the hands on experiences:
- dicing the carrots and potatoes, cutting the onions and then cut the corn off the cob so Uncle Darryl could use them to cook the soups for us, cutting the fruits and vegetables to make our own salads and putting them attractively in a bowl.
Finally, the best part was to eat the ono-licious healthy lunch of salmon corn chowder, tossed greens using the vinaigrette dressing that Farin demonstrated how to make it, fruit salad and also the dessert that Aunty Shawna and Aunty Carol had prepared for us. We all enjoyed the workshop, food and also the fellowshipping.

Thank you to Aunty Cindy, Uncle Darryl, Farin and all those who came to the meeting.

Written and submitted by the Just Us members

Kids Fest

October 27, 2013  ♦ Bishop Museum

4-H members had the opportunity to participate in a fair to teach children about health.
Our 4-H booth consisted of eye health information, calcium awareness, how to wash hands well, and healthy drinks information.

Lock-In Party for National Guard and Reserve Youth

Hawaii Operation: Military Kids (OMK), National Guard Child & Youth Programs, and Army Reserve CYSS will be hosting a first ever Youth Lock-In overnighter at the Hawaii National Guard Diamond Head Gym. This event is open to all National Guard and Reserve dependents ages 11-18 and is a great opportunity for military-connected youth to make new friends, participate in fun indoor activities, and to celebrate themselves for the very important roles they play in their families and in the community. The all-night slumber party will be held on November 16-17, 2013. Check-in on Saturday at 4:00pm, Check-out on Sunday at 10:00am. Activities to include music and dancing, games, coconut tree climber, sumo suits, movies, inflatable boxing ring, arts & crafts, and teambuilding fun. The Lock-in party is free for all youth, and includes a light dinner, breakfast and snacks. To register, please visit the Hawaii OMK website to access the registration
2014 Western Region Leaders Forum

Join Montana 4-H as they welcome the Western Region Leaders' Forum to Billings in March 2014! Agents, staff and volunteers are hard at work planning a conference that will help you to “Discover the Past . Present . Possibilities of 4-H”. Participants will enjoy a first class conference facility and hotel accommodations, national speakers, local entertainment and over 60 informational workshops.

WRLF is an exciting time to network with peers from across the region sharing ideas and building relationships to carry 4-H into the future.

**LODGING**
The conference hotel for the 2014 WRLF event will be the Crowne Plaza located in downtown Billings, MT. 27 North 27th Street . Billings, MT 59101. Rooms will be available for booking May 1, 2013 $83.00 Conference Rate for double room. Call 1-877-270-1393. Reference Code YCE. www.crowneplaza.com/Billings

**EARLY REGISTRATION $255**
November 1—December 31, 2013

**REGULAR REGISTRATION $305**
January 1— February 15, 2014

**LATE REGISTRATION $355**
February 16—February 28, 2014

Registration will be online at www.wrlf2014.com.

**REGISTRATION OPENS NOVEMBER 1!**
Come experience all of the treasures Montana has to offer.

**Learning About the Impact of Deployment**

On October 8th over 60 educators, school administrators, mental health professionals and community members participated in the Operation: Military Kids (OMK) Military Culture and Deployment training at Mililani High School. Participants were given insight into military culture and the deployment cycle, and were supplied with resources and tools to help children and youth better cope with the unique challenges of being in a military family. OMK is the U.S. Army’s collaborative effort with America’s communities to support children impacted by deployment. These trainings are
presented through Hawaii OMK’s partnership with the Department of Education, Army School Liaison Office, Army Reserve Child Youth and School Services, and the Hawaii National Guard. For more information about Hawaii OMK, please visit http://www.ctahr.hawaii.edu/4h/OMK/

Hickam Historical Day Camp

Guard and Reserve youth on Oahu got the opportunity to spend the day at Hickam Air Force Base on October 10th as participants of the Hickam Historical Day Camp. This free day camp welcomed Guard and Reserve dependents ages 7-11, and was coordinated through a partnership between Hawaii Operation: Military Kids, National Guard Family Programs, Army Reserve Child Youth and School Services, and the Hickam ITT Office. The day camp participants took a narrated trolley tour through the base to learn about the history of Hickam AFB, the attack on Pearl Harbor-Hickam and about Hawaiian history and the monarchy’s ties to the base and surrounding lands. Youth also gained a better understanding of the importance of the military, particularly the roles of their service member parents.

CKI Providing Service to Hawaii’s Military Families

Members of the University of Hawaii at Manoa Circle K International (CKI) took time out of their schedules to give back to the military community. CKI (the older sibling of Key Club), is a Kiwanis International-sponsored organization that is made up of university students committed to community and worldwide service. On October 11th UHM Circle K members gathered to work on the Hawaii OMK FIT Kit Project. FIT Kits, which stands for Family Interaction Tools, are kits given to families whose service member just returned home from a deployment. The contents of each kit are designed to help families reconnect with one another, and importantly each kit includes a handwritten letter from a community member thanking the kit recipients for their service to our country. For more information or to get involved with the FIT Kit project, email omk@ctahr.hawaii.edu or call 956-4125.

Kiki Yoshimoto

4-H Project Spotlight

These are three opportunities to learn more about 4-H project materials! National 4-H is offering overview webinars to introduce these curriculum materials. (If you cannot participate in the actual webinar, recordings of the webinars will be posted at 4-H.org).
**Beef Health and Husbandry** and **Swine Health and Husbandry**
Join the overview Webinar on Thursday 11/7.
2 pm Eastern / 1 pm Central / 12 pm Mountain / 11 am Pacific
To access the webinar at the scheduled time click here.

These two curricula are designed as the guide for a project facilitator. The activities and background information in this curriculum will help youth develop the requisite knowledge and skills associated with raising and showing beef cattle and swine. Activities are youth-centered and include opportunities for the application of knowledge and skills at three different levels of experience.

Purchase Beef Curriculum at 4-H Mall.
Purchase Swine Curriculum at 4-H Mall.

**Theatre Arts: Imagination in Action**
Join the Webinar on Thursday 11/14
2 pm Eastern / 1 pm Central / 12 pm Mountain / 11 am Pacific
To access the webinar at the scheduled time click here.

This curriculum opens the world of theatre to youth in grades 5-8 (can be adapted for younger and older youth). Revised and new, these materials offer extended activities in communication, improvisation, pantomime, script writing, cultural and historical influences, stage design, and costume design. Life skills and workforce development concepts are woven throughout the curriculum, as youth master more sophisticated theatre techniques and ideas.

Purchase at 4-H Mall.

**Health Rocks!** (revised)
Join the overview Webinar on Thursday 11/21.
2 pm Eastern / 1 pm Central / 12 pm Mountain / 11 am Pacific
To access the webinar at the scheduled time click here.

The Health Rocks! curriculum activities use hands-on experience to facilitate youth learning, including concepts review and learning assessment at each chapter’s end. A retrospective impact evaluation is included in the appendices along with additional resources, glossary, training outline and teaching tips. An accompanying cd-rom provides resources for teen/adult leaders and youth participants. (142 pages)

Purchase at 4-H Mall.
Other Opportunities

How do programs like Citizenship Washington Focus affect 4-H'ers?

Earlier this summer, we followed around delegations from Nebraska, North Dakota, Standing Rock Sioux Reservation, and Tennessee to see how 4-H'ers, coordinators and U.S. Senators could help tell the story of CWF. **Watch this video** and see how youth are impacted by their experience at CWF...

![Citizenship Washington Focus](image)

What else did youth experience during CWF? **Visit the official blog** for Citizenship Washington Focus which launched earlier this summer.

**Need planning and fundraising advice?** We're hosting two webinars in October. Learn how to successfully coordinate a CWF delegation, **register for a free webinar** today!

**Register a delegation** for CWF. Early bird pricing ends on 11/25. Please share this with others who are interested in coordinating a delegation. **Call or email me today with your questions!**

Maria A. McNeely  
Manager, Youth Opportunities  
National 4-H Council  
mmcneely@4hcenter.org | (301) 961-2812

4-H Youth In Action Award

We are pleased to announce National 4-H Council is now accepting applications for the annual **Youth in Action** award, to be presented at the 4-H Legacy Awards Gala in Washington, DC on April 2, 2014! This award recognizes an outstanding young person from your 4-H program who is realizing 4-H's vision for youth driving positive change in their communities.
We are looking to recognize and honor a confident, accomplished 4-H’er who has made a significant positive impact on their community.

The 4-H *Youth in Action* award is open to 4-H youth and alumni ages 16-21, and applicants should have lead a project, service or event that:

- Identified a problem in their community,
- included 4-H as part of the solution, and
- made an impact in resolving the issue.

If you know of an outstanding 4-H member that fits this criteria, we are accepting your nominations beginning today! Once you have nominated a 4-H youth, please encourage them to apply for this distinguished award.

Application Requirements

In a 3 minute or less video, the nominee should address the following questions/statements:

(Note: File size should not exceed 50MB or 3 minutes.)

- What problem did you or your community face?
- What was the solution to the problem, and how was 4-H involved?
- What impact did the resolution have on your community?
- How has 4-H impacted your life?
- Name any adversities or challenges that your 4-H experience has helped you overcome?

Application deadline is November 29, 2013. Please visit the 4-H Legacy Awards Gala Website for information on our past winners.

The complete award information can be accessed and nominations received through the National 4-H Council WebGrants portal at [http://grants.4-h.org/index.do](http://grants.4-h.org/index.do). Questions? We're happy to help! Please email Jennifer Bellamy at jbellamy@4-h.org

**Prudential Spirit of Community Awards**

4-H’ers will again have the opportunity to participate in The Prudential Spirit of Community Awards and its annual search for our nation’s top youth volunteers. Last year, 167 county 4-H programs selected honorees in this prestigious youth recognition program, and 20 4-H’ers were among the 102 State Honorees for 2013. This recognition is extremely beneficial to 4-H’ers who have performed exemplary acts of service in their communities and to 4-H as a whole.

The Prudential Spirit of Community Awards program, sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals, recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. 4-H’ers can apply online at [http://spirit.prudential.com](http://spirit.prudential.com) or [http://www.nassp.org/spirit](http://www.nassp.org/spirit). Applications must be submitted to a county 4-H agent by November 5, 2013. Then, each county 4-H program can select one middle
level Local Honoree for every 1,000 members (or portion thereof) in grades 5-8 and one high school Local Honoree for every 1,000 members in grades 9-12.

All state-level honorees receive special recognition, while the top high school and middle level volunteer in each state and the District of Columbia receive silver medallions, $1,000 awards, and a fabulous trip to the nation’s capital for national recognition events. In Washington, a national selection committee will name America’s top 10 youth volunteers for 2014. Each will win an additional $5,000, a gold medallion, a crystal trophy and a $5,000 grant from The Prudential Foundation for a charitable nonprofit organization of his or her choice.

**The Kennedy Center/Stephen Sondheim Inspirational Teacher Awards**

Brief Description: Each year, The Kennedy Center/Stephen Sondheim Inspirational Teacher Awards will solicit nominations from the general public and notable public figures, providing the opportunity to submit stories about teachers and professors who made a significant difference in their lives. Did you have a teacher who inspired you? One who changed your life? Is there a teacher you credit with helping you become the person you are today? Do you remember a specific interaction with your teacher that proved to be a moment of inspiration and transformation? Share your story. Selected awardees will receive $10,000 in appreciation for their contributions to the field of teaching.

Due Date: December 15, 2013
http://www.kennedy-center.org/programs/awards/sondheim/

**Program Assistants Needed at the National 4-H Youth Conference Center**

Do you know a 4-H’er who has a passion for government, history, political science, working with youth, public speaking, or leadership? If so, encourage them to apply for the position of Program Assistant (PA) at the National 4-H Youth Conference Center!

Application deadlines are approaching soon and we want to give 4-H alumni and collegiate 4-Hers an opportunity to make a difference during their spring or summer semester. Our PAs will be touching the lives of thousands of middle and high school-aged students from all over the United States while working for our Wonders of Washington (WOW) or Citizenship Washington Focus (CWF) program in Washington, D.C.

We are looking for individuals with a high school diploma (preferably some college experience) and a passion for one of the following areas: youth development, hospitality, teaching, history, politics, or leadership.

View the job descriptions for more information and application materials. If you have any questions, please contact JaQuan Bryant, Youth Program Specialist at JBryant@4HCenter.org.

Maria McNeely
Manager, Youth Opportunities
National 4-H Council
The Kennedy-Lugar Youth Exchange and Study (YES) Abroad Program offers scholarships to American high school students to spend the 2014-15 academic year in countries that may include Bosnia & Herzegovina, Egypt, Ghana, India, Indonesia, Malaysia, Mali (semester), Morocco, Oman, South Africa, Thailand, Tunisia, and Turkey. This post 9/11 program focuses on increasing understanding between people in the U.S. and countries with significant Muslim populations. Visit www.yes-abroad.org for more information.

The Congress-Bundestag Youth Exchange Program (CBYX) was established in 1983 to celebrate German-American friendship based on common values of democracy. Secondary school students, ages 15-18, live with host families, attend local schools, and participate in community life in Germany. Young professionals (undergraduates) and high school graduates of vocational studies, ages 18-24, study and participate in practical training. Scholarships are now available for academic year 2014-15. For more information and application deadlines, visit the organization in charge of recruitment for your state at http://www.usagermanyscholarship.org/

The American Youth Leadership Program offers opportunities for American high students and educators to travel abroad on a three- to four-week-long exchange program to gain first-hand knowledge of foreign cultures and to collaborate on solving global issues. Several different organizations implement this program, and each has organized an academic and experiential educational exchange focused on dialogue and debate, leadership development, and community service. Recruitment areas and application deadlines vary, so please check the http://exchanges.state.gov/us/program/youth-leadership-programs website for more information. For more information on exchanges sponsored by the Bureau of Educational and Cultural Affairs, please visit www.exchanges.state.gov

Stephen J. Brady STOP Hunger Scholarship
Deadline: December 5

Sodexo Foundation is excepting applications for its Stephen J. Brady STOP Hunger Scholarship program October 5 - December 5, 2013. Through scholarship awards, Sodexo Foundation recognizes and rewards students, ages 5-25, who are driving awareness and mobilizing youth to be catalysts for innovative models and solutions to eliminate hunger across the country. The scholarship recipients each receive $5,000 for their education as well as a $5,000 grant for the hunger-related charity of their choice. Learn more and apply at www.SodexoFoundation.org

Sodexo Foundation Youth Grants
Deadline: January 31

Do you know where your next meal is coming from? One in five children in America don't. But this is a problem that can be solved, and kids are a part of the solution. That's why YSA (Youth Service America) and Sodexo Foundation are offering Sodexo Foundation Youth Grants, funding of up to $500 for youth that live in the U.S. to lead projects focused on ending childhood
hunger in their communities. Find out how you can help end childhood hunger: www.ysa.org/grants/sodexoyouth

**National 4-H Youth Summit Series**

National 4-H Council is offering a set of sessions to bring together high school students from across the country to focus on specific issues. Two STEM and one healthy living conferences are being planned for students in grades 9 through 12:

- **Healthy Living** January 9-14, 2014
- **Agri-Science** January 16-20, 2014
- **Robotics** February 13-17, 2014

Find out specific details and objects about the summits at www.nationalyouthsummit.org.

Communities around the world in November will observe Military Family Month. It is a time to celebrate the contributions of the military families and convey to them the respect and appreciation for the sacrifices they make in support of service members around the world. In conjunction with this celebratory month, the National Guard Bureau would like to involve as many as of military members and their families to be a part of this special event. We are graciously asking for your photographs, of you, your families, units and teams. Weather it be at a homecoming event from deployment, a Service member serving abroad, a Service member and their family showing off the newest edition to their family - whatever! We want to recognize you - the military family. We will take all submissions and turn them into a video! This video will be highlighted on JSS, in addition, to sharing it on the National Guard's Facebook pages. The requirements are simple:

1. Request at least one person in uniform (PT, Formal, ACUs, Blues - whatever). If they cannot be in uniform, be at a military type event.

2. Must be family oriented. Which means in plain English, keep it clean :)

3. Email them to myself Jennifer.r.armstrong2.civ@mail.mil.