Welcome to Oahu 4-H's online newsletter!

January 2013

President's Message

Aloha Everyone!

First off, I wanted to say congratulations to all the participants in this year’s Communications Fair! For those who did not go, you really missed out on the wonderful demonstrations, speeches, PowerPoints, and more. I was so happy to see how hard everyone worked and those practice hours sure paid off! Now, all the winners need to do to win the Top in Show trophy is to enter the photography event incorporated into this year’s Fashion Show. Hopefully participation will continue to grow next year!

As mentioned before, the Western Regional Leaders Forum is coming up in March 2013. We will be helping to organize the 500 goodie bags needed to be given to the participants. Hopefully, each island will provide one item for the bags, showing how all us 4Hers can work together despite the distance. A big Mahalo to Aunty Renee who made personalized notepads for every bag! For Oahu County’s contribution, we decided that we would fold origami Aloha Shirts. However, 500 is a lot of shirts. That is why we decided to hold a little “shirt folding social” after our January Council Meeting. You can come for the meeting and after learn to fold the shirts with us. We hope as many clubs participate as possible so we can fold it fast and have a large representation of our county. So, remember to mark that date!

I hope everyone had a wonderful holiday season! Thank you for your continued participation and I cannot wait to see you all at the January council meeting!

Aloha,

Erin Voss

Upcoming Events

JANUARY

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<td>Hawaii Operation: Military Kids Team Meeting @ UGC, 9am</td>
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<td>Japan &amp; Kwajalein 4-H site calls</td>
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<td>15</td>
<td>4-H Leader Training: Robotics @ Schofield School Age Center, 9am</td>
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<td>(17) 18</td>
<td>Korea 4-H site calls</td>
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<td>20</td>
<td>Oahu County Mixer/Service Project Day @ UGC, 2pm</td>
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<td>First Session of H for Healthy Living Webinar Series @ 7pm</td>
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<td>4-H Leaders Training @ Farrington High School, 6pm</td>
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FEBRUARY

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<tr>
<td>16</td>
<td>Executive Board Meeting @ Farrington High, 9am</td>
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<tr>
<td>20</td>
<td>H for Healthy Living webinar series ends (last of 6 sessions)</td>
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**Oahu Events**

**Oahu 4-H Communications Fair**

This Year’s Theme: “Gift of Giving”
December 8, 2012 ♦ Farrington High School

Thank you Farrington FCCLA for chairing another successful event. Also to the Spartans, thank you for helping with the beautiful decorations. Thank you to everyone that helped to make this communications fair possible.

Congratulations to all the participants in this competition. All received either a blue or purple ribbon!

We were proud to have such wonderful judges that attended and gave great feedback to all.

Leichelle Rabago

**4-H Robotics Curriculum Training**

January 15, 2013
9am-11:30am
Schofield School Age Center

Introduction to 4-H Robotics Curriculum
Learn about Virtual Robotics portion of curriculum
Do hands on activity from Book One
RSVP by January 9th by emailing military4-h@ctahr.hawaii.edu

Carmen Golay

**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.

The council was hoping that the clubs would help contribute to the goodies bags by folding these origami Aloha Shirts. Here are two templates, but there are more designs in the works. These can just be for practice, or your club can begin to fold your quota. (To accommodate the 500 shirts that would be needed, we were thinking about 10 shirts per person will easily make up this total.) When folding the shirts, we are using normal 8.5” x 11” sized paper and folding it in half, forming two 4.25” x 11” sized pieces of paper. There are many tutorials online where you could begin practicing. However, we encourage you to come to the council meeting in January so all the clubs can fold them together!

Farin Fukunaga
Webinar Series - H for Healthy Living for 4-H Club Leaders

The Hawaii Nutrition Education for Wellness team will be presenting a webinar series geared to help 4-H club leaders utilize a new curriculum designed for youth groups. The curriculum features fun and easy interactive activities suited for 4-6 graders that stem from eXtension’s resource area: Families, Food and Fitness that is 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

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).

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.

RSVP by January 16 by emailing nakatsuk@hawaii.edu or call 956-7196.

Claire Nakatsuka

4-H Leaders Training

Linda Uyehara and I spent 14 wonderful days on the Connoisseur’s Cruise with Chef Alan Wong to the following ports of calls: Venice, Sicily, Naples, Rome & Florence Italy; Dubrovnik, Croatia; Rhodes & Athens, Greece; Ephesus, Turkey; Valletta, Malta; Provence, France and Barcelona, Spain. We experienced a variety of culinary cuisine and gourmet meals presented by a highly-acclaimed, award-winning chef and restaurateur at each port. The private shore excursions showed us how the cities evolved during the civilization of Southern Europe. Each tour guide made the ruins come alive with the stories they told.

Linda and I along with Karen Hofstad would like to share our experiences with all 4-H leaders and older teens. We met Karen on our tour and she lives part time in Hawaii, Alaska and New Mexico. She has travelled the world and knows her history very well. We will share with you a little of what we learned from Chef Alan about Mediterranean foods and tasting. We are going to prepare Chef Alan’s seafood soup in the bag. Please come and cruise with us on January 24, 2013, 6:00 pm at Farrington High School, room 122A. Please call me if you will attend so I can get a head count.

Rose Saito

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 x 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.

4-H Project Spotlight

Have you checked this curriculum out? The 4-H photography project books are a series of 3:

Focus on Photography: Youth will focus on equip. basics, taking pictures, concept of lighting & flash. 80 pages. Full color.

Controlling the Image: Youth will explore depth of field, aperture and shutter speeds, hard and soft lighting, silos and flash techniques. 80 pages.

Mastering Photography: Youth will gain insight on the use of wide-angle and telephoto lenses, filters and special film, light meters and shooting photos with different light sources. 80 pages.

These project manuals are available for loan from the Urban Garden Center or clubs/members may purchase their own copies from National 4-H Supply Service at http://www.4-hmall.org/Product/4-hcurriculum-photography/PC-4.aspx

4-H National Youth Science Day Winners

Congratulations to the 2012 National Youth Science Day Innovation Award winners!

- Revolution of Responsibility Award: “4-H Ag Science Day-Illinois.” The 4-H Eco-bot Challenge team consisted of: Dena Woods, program coordinator, Brent Miller, 4-H Volunteer and teacher, and Patti Faughn, Youth Development Educator! This team opened up NYSD to their school system. A teacher/4-H volunteer led 29 students across two schools through the experiment. Youth utilized robots and discussed scientific inquiry discussed real-life applications involving community and environmental problems.

- STEM Pathways Award: “4-H RYP Extreme Science Airbase in Germany.” This group did an excellent job of tying in robotics with STEM career discussions and exploration with hands on STEM career learning activities. In addition, they had various guest speakers who discussed careers related to robotics.

- Promotion & Media Outreach Award: “SET Science Days- Texas.” The Tom Green County 4-H SET group has been conducting 4-H National Youth Science Day in its community since the project began. The group has grown and now consists of students ages 8-14 years old, who are interested in energy, computers, aerospace technology, engineering and robotics. Students made posters &
fliers, contacted media, took part in newspaper and television interviews, designed T-shirts, and prepared a Power Point presentation.

Congratulations to all of the winning groups! Be on the lookout for next year’s Innovation Award! Visit www.4-H.org/NYSD to view our winning entries.

**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.  

**Sow It Forward Grants**

The nonprofit Kitchen Gardeners International (KGI) is pleased to announce that it is accepting applications for its new Sow It Forward program. Sow it Forward is a grants and partnership program offering $600 grants of cash, seeds, supplies, books and online garden planning software to groups wishing to start a new food garden project or sustain an existing one. Applicants will include schools, food pantries, community gardens, retirement homes and other nonprofit groups interested in healthy foods, sustainability and resilient communities. Applications are due by 11 January 2013 and can be submitted online at:  
[SowItForward.org](http://www.sowitforward.org)

**Disney Friends for Change Grants**  
**Deadline:** February 10, 2013

Disney Friends for Change Grants offer young change-makers an opportunity to receive a $1,000 grant to help make a lasting, positive change in the world. Youth ages 5-18 located in all 50 states and the District of Columbia are eligible to apply for a $1,000 grant. Please note: To be eligible to lead a Disney Friends for Change grant, you must be between the ages of 5 – 18. Legally, if you are younger than 13, you must have someone older than 13 prepare and submit the application for you. Apply online at  

**Sodexo Foundation Youth Grants**  
**Deadline:** January 31, 2013

More than 16 million children live in food insecure homes, not always sure where their next meal will come from. That’s why YSA and Sodexo Foundation are calling on young people to “take hunger personally” and join the fight to end childhood hunger. Sodexo Foundation Youth Grants of $500 grants are available for youth-led service projects that bring together young people, families, Sodexo employees and other community members to address childhood hunger. For more information:  
[http://www.ysa.org/grants/sodexoyouth](http://www.ysa.org/grants/sodexoyouth)

**National Child Awareness Month Ambassador Program**

Do you know an exceptional teen or young adult with a passion for creating change? Nominate him or her for the National Child Awareness Month Ambassadors Program, a unique opportunity for service-minded youth, ages 16 to 22, to receive support and leadership training as they develop
large-scale service projects that positively impact the lives of young people. For more information, check out: http://www.ysa.org/grants/NCAM

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