Welcome to Oahu 4-H's online newsletter!

March 2013

Upcoming Events

March

5  Hawaii Operation: Military Kids state team meeting @ UGC, 9 am
7/8  4-H Leader Citizenship Training Webinar
9  Oahu 4-H Food Show @ Moanalua High School, 4-9 pm
18  OMK “Up For The Challenge” Day Camp @ Catlin Community Center
21-24  Western Region Leaders Forum
22  OMK “To Infinity and Beyond” Day Camp @ UH Manoa
26  Gene-ius Day for Military 4-H Clubs @ UH Manoa, 9am - 2pm

April

6-11  National 4-H Conference @ National 4-H Center
12-14  Operation: Military Kids Wounded Warriors Camp @ Camp Erdman
15  Purple UP Day! (Military Youth Recognition Day)
20  Executive Board Meeting @ Moanalua High, 9am
28  Oahu 4-H Fashion Show

President's Message

We are just a few weeks away from two big events for Oahu 4-Hers: The annual Food Show on March 9 and the Western Regional Leaders’ Forum March 21-24 in Waikiki. This year’s Food Show, which will feature Hawaiian, local, and Kraft foods, will be held at Moanalua High School’s cafeteria from 4:00 p.m. to 9:00 p.m. Please bring some coins so you can sample some of the delicious products our 4-Hers have prepared during the “share fair.” Thank you to Just Us for coordinating this event. We will also be having our Council Meeting that evening, so even if your club members are not entering the food show, please attend to both show your support for those who did enter and hear the latest information about Oahu 4-H activities.

Thank you to all who continue to support our 4-H activities.

Mahalo,
Erin Voss

Oahu Events

REMINDER TO ALL FOOD SHOW PARTICIPANTS

The big day is coming up real soon!! Saturday, March 9th is the day to “show off” your culinary skills at Moanalua High School. You may pick up your instructions and judging sheets from your leader and get started setting up your entry from 4:00 - 5:00 p.m. Remember you are to set up your displays alone. Be sure to lay your three judges' samples and your judging sheets next to your display. Then you may go to
the dining area to enjoy your dinner with your fellow club members or go around to the different club tables to buy samples of their food.

Enjoy the fellowship with the other club members and the program that's being planned for you. Be sure to invite your parents and friends to the Food Show. In the meantime, please practice, practice, practice preparing your dish and setting up your display.

See you at the Food Show!

Just Us Members,
Chair club of Food Show

Oahu 4-H Fashion Show

Please save April 28, 2013 for the "MASQUERADE BALL FASHION SHOW" at the Art Auditorium on the University of Hawaii campus. Prejudging will begin at 8:30 am followed by lunch and the Fashion Show starting at 12 noon. Please volunteer to chair the following committees:

1. Registration
   - Help set up prejudging.
   - Have participants rehearse modeling.
   - Direct participants to dressing room.
   - Line up participants for show.

2. Score/Awards
   - Tally scores the day of show and rank the top winners (include prejudging scores).
   - Write out the ribbons.
   - Write out the rosettes for top winners.
   - There should be three score sheets per participant.
   - Late entry cannot receive rosettes (Inform Agent).

3. Hospitality
   - Potluck or high tea (sandwiches or pupu items for luncheon).
   - Get paper goods, beverage, and trash bags (check with Rose).
   - Set up tables and chairs for food.
   - Set up table for judges.
   - Make sure dressing room are clean at the end of event.

4. Judges
   - Call and secure about 6 judges for show.
   - Judges will need to commit for the whole day (prejudging and judging will be one day).
   - Have back up judges in case of illness, etc.
   - Secure cook book, gifts and leis for judges.
   - Have leis on day of show and have 4-Hers to present leis.
   - Write up bio for judges for introduction.

5. Chair the photography contest.
   - Set up prejudging of photographs.
   - Get judges for judging the photographs.
   - Get some type of food for judging.
   - Get board from Aunty Claire to set up the photographs at both the judging and also at the Fashion Show.
   - Write out the ribbons for the winners and set up display.

Stay tuned for more information.

The Spartans 4-H Club
Are YOU Up For The Challenge?

Calling all Military Youth ages 7-12: Spend the day with OMK and YMCA Camp Erdman staff and learn some skills to get you into healthy habits! Participants will engage in interactive activities that will focus on teaching them to eat healthy and be active. This day camp is FREE and promises to be an exciting opportunity to create positive change in youth fitness and nutrition. Some activities to include Food safety, Enjoying more fruits & vegetables, Right size your portions, Move more every day, and more.

For registration and general inquiries please visit www.ctahr.hawaii.edu/4h/OMK/education.htm or call 956-4125.

Date: March 18, 2013  
Location: Catlin Park Community Center (3349 Catlin Drive, Honolulu 96818)  
Time: 9:00am-2:00pm (doors will be open from 7:30am-4:00pm)  
Cost: Free  
Eligibility: Active Duty, Guard and Reserve youth ages 7-12.  
*limited spaces available: priority will be given to Guard/Reserve youth or youth experiencing deployment

To Infinity and Beyond...Your Journey After High School

Do you know what you are going to do after high school? Join us on March 22nd for the OMK educational and workforce day camp on the grounds of the University of Hawaii at Manoa campus. This event is FREE and for high school students whose parents are in the National Guard or Reserve. Participants will learn about various workforce options and the education that can help pave their way to success. Youth will also explore the connection between careers and degrees and gain insight into campus life. The scheduled activities include a general campus tour, freshman dormitory tour, Q & A forum with collegiate panel, general admissions information, exploring careers and degrees, post-secondary goals and career-themed activities. This Day Camp is made possible through a collaboration with Hawaii OMK, Army Reserve CYSS, University of Hawaii Office of Admissions and Manoa Career Center.

For registration and general inquiries please visit www.ctahr.hawaii.edu/4h/OMK/education.htm or call 956-4125.

Date: March 22, 2013  
Location: University of Hawaii at Manoa—AgScience Bldg.  
Time: 8:30am-3:30pm  
Cost: Free  
Eligibility: Active Duty, Guard and Reserve youth ages 7-12.  
*limited spaces available so register soon!  
**Transportation available for Army Reserve teens. Contact Mrs. Sandra Rivera at 438-1600 x3549 or sandy.rivera1@us.army.mil

Kiki Yoshimoto

FOCUS 2015 - Ahaolelo 2013

Are you ready to explore the University of Hawaii - Manoa campus, learn life skills to take you beyond high school, meet new friends and get reacquainted with old ones? Then the 4-H Ahaolelo Conference is for you! The 4-H Ahaolelo Conference is offered the third week in July at the University of Hawaii- Manoa campus. For 2013, the FOCUS 2015 conference is scheduled for July 15th -18th. We will check in everyone the first day between 8:30 AM-12:00 PM and will be finished on the last day by 3:00
PM. The four-day program includes educational, recreational, and social events. Participants stay in University dormitories (Frear Hall), eat at the cafeteria, and survive without sleep for much of the week.

Youth aged 13-19 may attend. College age young adults may attend as college staff members, and adults as chaperones. If the youth is not a registered 4-H member in the county, he/she is required to fill out a 4-H Member Enrollment (Form Y-1) before registering. In addition each delegate is required to complete the attached registration form, Media and Informational Release form and Parental Permission & Medical Information Summary.

If you are interested in going we ask that you contact your 4-H Agent to let them know of your interest no later than May 1, 2013. Then submit your completed registration form and payment to your county extension office by May 31, 2013. The cost this year is $275 and includes lodging, meals, registration fee, and ground transportation. Each participating delegate (adult and youth) will need to pay the registration fee. Each county will be responsible for sending the adult chaperone to accompany the group (one adult per eight 4-H'ers). Registration forms can be obtained from [http://www.ctahr.hawaii.edu/4h/ahaolelo.htm](http://www.ctahr.hawaii.edu/4h/ahaolelo.htm).

Becky Settlage,  
East Hawaii 4-H Agent

Welcome Kaitlin Everett!

Maui County has a new 4-H agent as of February 1st. The Hawaii 4-H Youth Development program welcomes Kaitlin Everett to the Hawaii 4-H program. Kaitlin previously worked with the 4-H youth program in New Jersey.

4-H Project Spotlight

Youth put their imagination in action when using this dynamic theater arts series. Revised and new, these materials offer extended activities in acting, puppetry and stagecraft. Designed for youth in grades 3-12, Book 1 focuses on acting. Through creative dramatics activities, youth bring imagination to life. The guide emphasizes movement, voice and speech, characterization, play building and playing a scene. Activities range from warm-ups to improvisation, from pantomime to monologue making, from clowning to theater visits.

In Book 2, activities focus on teaching different types of puppets, how to make them, how to develop puppet character and how to present a puppet skit.

In Book 3, youth learn stagecraft options which tap into their unique skills and talents behind the scenes, including costumes, sound, lighting, props, set design, makeup and stage management.

Project manuals are available for loan from the Urban Garden Center and for purchase from the National 4-H Service Supply [http://www.4-hmall.org/Product/4-hcurriculum-financial/07713.aspx](http://www.4-hmall.org/Product/4-hcurriculum-financial/07713.aspx)

4-H Alumni Association/Weinberg Scholarship

The 4-H Alumni Association is once again soliciting applications for the Alumni Association/Weinberg scholarship for qualifying high school seniors who will be furthering their education full time at an accredited institution.
Application forms can be downloaded from the Hawaii 4-H website or click here. Please note that applications are due March 27th.

Susan Saka
Scholarship Committee Chair
4-H Alumni Association

Other Opportunities

It’s Time to Get Ur Good On™!

Get Ur Good On Grants offer young people around the world an opportunity to help make a lasting positive change.

If you’re ready to make an impact in your community, Miley Cyrus and her friends at YSA want to help! With $500 Get Ur Good On Grants, you’ll have the inspiration, project support, and necessary funding to turn your idea into a reality. Youth, ages 5-25 worldwide are eligible to apply for a $500 Get Ur Good On Grant to support youth-led projects. Projects must address a demonstrated community need or issue. Service projects will be held in conjunction with Global Youth Service Day—the largest service event in the world, on April 26-28, 2013. Bring your creativity and positive thinking—we look forward to hearing from you! **Deadline March 10, 2013.** [Click here to access the online application!](http://www.4-h.org/about/news-press-room/power-of-youth/)

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/](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