Welcome to Oahu 4-H’s online newsletter!

March 2013

Upcoming Events

MAY
5  Council Meeting @ UGC, 2pm
7  OMK State Meeting @ UGC, 9am
31  Ahaolelo Applications and Payments due

JUNE
16-21  Operation: Military Kids Middle School Youth Camp @ Camp Erdman
29  Achievement Banquet

President’s Message

Hello everyone! This 4-H year will soon come to an end soon, but I am happy to say it has been a good one! Thank you for your continued support and participation in the 4-H program. There are a few more activities lined up that I hope you are participating in or intend to participate in.

We are all looking forward to the Fashion Revue on April 28, 2013. The theme is masquerade and the Spartans have planned a fun show. Whether you are participating or not, please make a fun masquerade mask. There will be a parade of masks with small prizes for the best. I can’t wait to see you all modeling or coming to view the photography entries on display.

Some important dates to remember: The deadline for applying for 4-H Congress is May 15. 4-Hers must complete a portfolio of all of their work. If you need help, please contact Aunty Rose to schedule a meeting. The winners will fly to Atlanta, Georgia this November and participate in fun workshops. Record books are due around June 7. If you intend on attending Ahaolelo this year, please contact Aunty Rose as well. It is July 16-18, but she needs a head count by May 1.

DON’T FORGET ABOUT ELECTIONS! Oahu County 4-H executive board elections are May 5 at 1:00 pm at the Pearl City Urban Garden Center. Please attend if you are a candidate, and so you can vote for next year’s board.

Sincerely,
Erin Voss

Oahu Events

Oahu 4-H Organization 2013-14 Elections

It’s that time of the year again! The year is almost over, which means that the Oahu County 4-H is looking for new members for the Executive Board. We cordially invite all of you to attend our elections on May 5, 2013 from 1 pm to 3 pm at the Urban Garden Center. Meet the candidates for each position and vote for them to be part of the Executive Board. If you are eligible to run, you can still nominate yourself on the day of the elections. We hope to see all of you at this exciting event. Choose wisely!
Here are some of the candidates describing their 4-H Goals for next year:

Kathleen Corpuz for President

“Leadership is the capacity to translate vision into reality.” Aloha 4-Hers! I am Kathleen Corpuz, and I am running for the office of 4-H Executive Board President. After serving as the Vice-president of the Executive Board this year, I have learned to become resilient to the challenges that I faced and built relationships among my fellow 4-Hers. My goals for the Oahu County 4-H organization is to encourage 4-Hers to continue to become active members of the County as well as to reach out to them based on their interests - from livestock to leadership activities. I hope to strengthen our communication within each other to build a stronger foundation for our County. This will be my last year to serve on the Board, and I hope to make this year a memorable one for all of you.

Farin Fukunaga for Treasurer

Aloha 4-Hers! I’m Farin Fukunaga, and I am running for the office of 4-H Executive Board Treasurer. In a nutshell, my goal for the Oahu County 4-H is to expand on the many great things we are already doing. All of your favorite events, such as Rally Day, Communications Fair, Food Show, and Fashion Show, will be continued and made better. I have previously served as your Exec Board Vice President, Sergeant at Arms, President, and this year’s Treasurer. To clear up any confusion, there is rule in the Bylaws that allows a Treasurer to serve for two consecutive years. I’ve been on the board for so long, I even know the Bylaws! Anyway, I feel that I can bring all of my experiences to be an effective Treasurer. Next year will be my senior year, and I want to make it a blast for all of you. Mahalo!

Leichelle Rabago for Sergeant-at-Arms

A Sergeant-at-Arms should know when to be silly and when to be serious. Hello, my name is Leichelle Rabago and I am a candidate for the Sergeant-at-Arms office for the Executive Board. This is my third year of being a 4-Her and will be my second year serving in the executive board if I am elected. I am aware of the parliamentary procedures to conduct meetings; therefore if I'm elected, I will make sure that our meetings will run smoothly. I will use my communication skills as a leader to make sure we stay on track and don't go off topic. During our Oahu County 4-H Council and Executive Board meetings, I will ensure that everyone respects the 4-H Bylaws. I will also do my best to be a good member of our executive board and am always happy to take any further responsibilities. So vote for me, Leichelle Rabago, as your next Sergeant-at-Arms. Thank you!

If you have any questions or concerns feel free to contact me through email at katcorpuz95@yahoo.com.

Kathleen Corpuz

2013 Oahu County 4-H Achievement and Volunteer Recognition Banquet

Please save Saturday, June 29, 2013 for our annual Oahu County 4-H Achievement and Volunteer Recognition Banquet (Brunch/Lunch), which will be held at the Fort Shafter Hale Ikena Dining Facility.

The theme will be: "4-H Raises You Up!"

More information, menu, prices, and the registration form will be sent out directly to our 4-H club leaders and volunteers via e-mail.

Warriors 4-H Club, Wanda W. Kohashi
Health Kids Club Training Webinars

4-H Club Leaders for clubs with 3-6 grade members...please note – this is for you! The CES Nutrition Education for Wellness team’s Health Kids Club (HKC) curriculum webinar training series has been recorded and is available 24/7 for volunteers and/or staff from collaborating agencies to participate. The HKC stems from the eXtension’s Families, Food and Fitness resource area and is based on the belief that teaching children healthy behaviors can help to lay a foundation for healthy habits that can last a lifetime.

4-H club and youth leaders who complete both the pre and post survey and view all 6 webinars (which are 10-15 minutes long) will be eligible to borrow a HKC kit which includes the project manual and supplies necessary to implement the curriculum.

Steps for Completing Training Series:

1. Complete Pre Survey.
2. Click on each of the boxes below and listen to the taped training session.
3. Complete Post Survey - on survey, indicate if you would like to use a Health Kids Club Kit (which includes Manual and Training Props)
4. Complete Tally Sheets for each Lesson and Submit to:

   Nutrition Education for Wellness  
   c/o Julia Zee  
   875 Komohana St.  
   Hilo, HI 96720, email to: zee@hawaii.edu

http://www.ctahr.hawaii.edu/NEW/Webinars.htm

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.

Becky Settlage,  
East Hawaii 4-H Agent
**Summer Camp Opportunities for Military Youth**

**Heroes at Home Youth Camp**

Register your child now to participate in the Heroes At Home Youth camp, hosted by Operation: Military Kids, the Office of the Secretary of Defense and YMCA Camp Erdman. This youth camp is specifically for military-connected youth between the ages of 11-14 who have experienced a deployment of a parent. Camp will be held on June 16-21, 2013 and will cost only $10 per camper! Campers will get to meet other military-connected middle school youth from around the island, participate in adventure and recreational activities, gain leadership and life skills while building friendships throughout the week. This experience promises a week full of "challenges" and growth. Campers can challenge themselves on activities such as the odyssey ropes course, alpine tower and archery range, and they will gain the tools to help them grow to become resilient military youth. This opportunity will be a learning and life changing experience, but most of all it will be a lot of FUN! For more information or to register, please visit the Hawaii OMK website at [www.ctahr.hawaii.edu/4h/OMK/education.htm](http://www.ctahr.hawaii.edu/4h/OMK/education.htm) or call 956-4125. Limited spaces available so register soon!

**Hawaii Adventure Camp**

Calling all Military Teens from around the Pacific Rim...Register now for the second annual Hawaii Adventure Camp! This 6-day camp will be held on the grounds of the scenic YMCA Camp Erdman, located on the North Shore of Oahu with the Pacific Ocean just yards away and the Wai'anae mountains serving as the backdrop. HAC 2013 will focus on 3 major themes: Physical Fitness, Mental Fitness and Personal Leadership. Some of the activities the campers will have the opportunity to participate in are surfing, archery, snorkeling, horseback riding, stand-up paddle boarding, odyssey ropes course and much more. Camp will be held from July 21-26, 2013 and promises to be full of fun, new friends and high ADVENTURE activities! Eligible campers must be between the ages of 14-18, a dependent of an Active Duty, Guard, Reserve or Retired service member, and must live in one of the Pacific Rim Regions of Hawaii, Japan, Okinawa, Korea, Kwajalein, Guam, Saipan, Singapore or American Samoa. For more information or to register, visit the HAC website at [www.hawaiiadventurecamp.webs.com](http://www.hawaiiadventurecamp.webs.com) or call 956-4125.

Kiki Yoshimoto,
Operation: Military Kids

**4-H Club Post Surveys Due**

As a result of the 4-H review team efforts, the Hawaii 4-H staff has begun the process to collect project data of 4-H members from each registered 4-H club. Besides noting which curricula each 4-H club is using, we are also seeking to collect which project activities from the project materials that the clubs are implementing and the number of youth participating in the learning activity. Each club is being asked to completed a 4-H Club Post Survey ([http://www.ctahr.hawaii.edu/4h/forms/4Hclub_PostSurvey.pdf](http://www.ctahr.hawaii.edu/4h/forms/4Hclub_PostSurvey.pdf)) by September 15, 2013. 4-H clubs (such as the military 4-H clubs on bases/installations) that will not be meeting during the summer are being asked to complete this form by the end of May. Military 4-H clubs should submit their completed forms to military4-H@ctahr.hawaii.edu. All other clubs can submit completed forms to their respective 4-H agents.

Please note this information will help us in the first step of documenting how 4-H projects help those enrolled in the Hawaii 4-H youth development program. Thank you for working with us on this important process!

Claire Nakatsuka
WRLF Teen Track - Smile with Aloha

Rebecca was thrilled to be transformed into a sea turtle. It was the first morning of the teen track and 4-Hers were captivated at the Photography Workshop. Mr. John Fielding, along with his sons, Zach and Ryan of the Warriors 4-H club, presented an entertaining and informative session on how to use photography and digital media both as a hobby and potential business.

Mr. Fielding took photos of teens in front of a green screen. This allowed his sons to use photo software to place the 4-Hers in front of various backgrounds, such as Diamond Head and swimming in the ocean with sea animals. Text was then added to the image to make a memorable souvenir.

Later, the group had a blast swimming in the ocean, hiking up Diamond Head, and feasting at a luau. In addition to these memories, they will always remember the fun 4-H workshops and swimming with the turtles.

Submitted by Cindy Fukunaga

Idaho Ambassador Conference

Becky Settlage, 4-H agent in East Hawaii has again received an invitation from Idaho 4-H for 4-H teens to participate in their Idaho 4-H Ambassador conference on November 22-24, 2013. Expected costs are about $700 for airfare and $90 for conference registration fees. Teens interested need to submit an application by May 15. (Please obtain the application from your 4-H agent). Last year, two 4-H members from Hawaii attended this conference.

2013 National 4-H Conference Reflections

Amy Pería of the Farrington FCCLA 4-H Club, Tatjana Burke of the Kunia Farmers, Dori Debrum of the Kwajalein 4-H Citizenship club and Zachary Matthews of the Hilo Rainmakers 4-H club attended the 2013 National 4-H Conference at the National 4-H Center from April 6-11, 2013. The Hawaii delegation was chaperoned by Dr. Gary Heusel.

Following are reflections and photos from three of the delegates on their experiences...

Who knew that a seventeen year-old girl would be able to step foot in Washington, D.C. I didn’t. I am one of four fortunate delegates that represented Hawai’i at the National 4-H Conference. Within a week, friendships were built; new experiences strengthened my career interest; and my knowledge about 4-H broadened. Many of the 4-Hers from all over the nation deal with livestock and agriculture, and it was fascinating to have been surrounded by teenagers with several of country accents. The conference allowed youth voice to be heard by government officials. Being a part of the roundtable topic, Feeding the Growing World, allowed me to work with sixteen other 4-Hers from the other states and present to National Institute of Food and Agriculture. Visiting our state legislature also allowed me to share my 4-H experiences and be able to learn more about how our nation’s government works. It strengthened my career interest and goal, and hope that someday I will hold office in politics. How often would a teenager from Hawai’i say, “I have been to Washington, D.C. for a National Conference”? Rare. The National 4-H Conference was an unforgettable experience.

Amy Pería

I had the greatest privilege to attend the 2013 National 4-H Conference in Washington, D.C. I shared my experience with three other outstanding teens from the state of Hawaii, alongside our chaperone, Gary Heusal. Together we all gained much knowledge and skills to take back to our state and to “make the best better”.
We soon started making friends with other youth delegates once we arrived. Since we are from Hawaii, it was amusing how other delegates would ask, “Do you guys surf?” Unfortunately, I was not graced with the talent of surfing. That first night kicked off the Conference. There was an opening ceremony where each state had a shout out and leaders and Roundtable Facilitators were introduced. Ice-breaker games soon followed where it allowed everyone to get to know each other and their experience as a 4-Her. We exchanged state pins and soon everyone was overflowed with souvenirs from different states. That night ended in laughter and new friendships.

The next few days were filled with fun and hard work. We had guest speakers: Tom Vilsack, Secretary of Agriculture, Carolyn Parker, Director of the Office of Advocacy and Outreach, and Dr. Sonny Ramaswamy, Director of NIFA. They were very inspirational and helped motivated us to pursue our goals as 4-H’ers. We also worked on our Roundtables and participated in workshops for most of the day. A roundtable is where your groups discusses a top-leading issue and create a presentation on your findings to the Federal Agents connected to that issue. Roundtables give youth the opportunity to voice their ideas and opinions and be leaders. My roundtable was Nutrition and Healthy Living-Let’s Move (physical focus). With the guidance of our roundtable facilitator we created a speech, a proposal, and a presentation all under two days. We then took our findings and presented it to Health and Human Services at the USDA building. It was a great experience for us to be confident and be a leader. I also actively participated in workshops which provided hands-on activity. I enjoyed being in the Advocating Theater Workshop where we learned how to use your voice, body, and space to connect with your audience. I also was participated in the Quality Matters Advocating After School Programs Workshop. In this workshop, I learned how important afterschool programs are for the youth community. It gives them the opportunity to pursue their passions. Furthermore, each state delegation had to visit with their state government officials. My state delegation was very honored to meet with Hawaii’s legislators Maize Hirono, Brian Schatz and Tulsi Gabbard. We also got to visit the office Colleen Hanabusa. We shared with them our experiences as 4-Her’s back at our state and in return they shared their stories.

All the hard work everyone did was soon rewarded. We had a dose of the rich African Culture through the performances of African drummers. We learned the history of our patriotic country through monument tours. We visited the Lincoln, Martin Luther King, Vietnam, and the WWII Memorial. We were lucky to see the cherry blossoms that only bloom during that time. They were beautiful. On the last night we took a cruise down the Potomac River. That night was filled with singing and dancing the night away. We were sad to see the night end knowing that we soon will separate.

I learned so many things during this trip. I grew as a leader and as a 4-H’er. I also learned that 4-H plays a big role in our nation. It takes teens all around the world and develops them to be strong leaders for the future. It “makes the best better“. 4-H gives youth a voice and provides them with resources to enhance their knowledge and skills to impact their own community. Knowing that attending this conference will help impact my community, it makes me feel proud to be a 4-H’er. I made many close friends during this trip and obtained many skills. I thank those who helped me make this trip possible. And remember: “Make The Best Better”.

Dori Debrum

I personally think that National 4-H Conference is a must go for every 4Her! This was the best experience of my life because I met kids from all over the US and even Puerto Rico and Canada that had the same interests as me. I learned about real life problems in a way that was actually fun and it opened my eyes to what is out there. I thought I had college planned out, but after this conference I’ve been thinking about what I really want to do when I grow up and its showed me that there are more than countless possibilities. I'd like to encourage other kids like me to go because this is truly something you can't miss, plus its a huge 4H honor to represent your state at a NATIONAL conference. Thanks!

P.S. This is my STEM Group for life!!

Tatjana Calimpong-Burke
Purple Up! Day

Thank you to all who helped recognize military youth by participating in various Purple Up Day festivities!

Hawaii-California 4-H Exchange Opportunity

I am a leader from Lake County 4-H in Northern California. I lead a project called domestic exchange. Last year we traveled to Lancaster PA and this year the 4-Hers we visited will spend about a week with us in Lake County. I have a group of 10 High School age 4-Hers that are very interested in doing a county exchange to HI. Do you have anybody that would be interested? Please feel free to share my email address. Thank you, Katy Evans, Lake County, CA 4H leader.

Katy Evans
iapt@jps.net

Oregon 4-H Exchange Opportunity

Oregon 4-H is looking for Hawaii 4-H’ers interested in participating in an exchange program. The program is a two year commitment of a 4-H’er in the 7-11 grade. The youth that are involved hosts each other in their homes, other 4-H homes are found for the chaperones.

The visit is about a week during which time the host family/county plan educational and fun things to do. They share what 4-H is like in their state. For example, 4-H members that visit us usually visit our National Park (Crater Lake), visit a sawmill (our county’s main employer), go rafting down the Rouge River - this is done with the entire group. We also set some time aside for each host family to do something individually with their kids, picnic, camp, etc.

All host families have the adults in the household complete a background check.

Some other states that we have partnered with in the past are Pennsylvania, Minnesota, Virginia, New York and Florida.

Clubs interested in setting up an exchange program with Oregon can contact the Teresa Middleton directly.

Teresa Middleton
4-H Program Coordinator
Oregon State University Extension Service
Douglas County
1134 SE Douglas, Roseburg, OR 97470
Tel.: 541-672-4461, Fax: 541-672-4453
Teresa.middleton@oregonstate.edu
http://extension.oregonstate.edu/douglas/

4-H Project Spotlight

The 4-H communications project materials features stimulating activities which provide opportunities for youth to practice and gain confidence in communicating in a variety of situations. Watch them unfold
as strong communicators while they present oral reasons, plan and present speeches. Youth develop skilthons, play communication games, trace the history of communication technology, plan demonstrations, and create advertisements while youth interact, broaden their understanding of communication. This series is available for purchase from the National 4-H Supply Service or to borrow from the Urban Garden Center.

**Other Opportunities**

**Teens Take on Health Video Challenge**

If you're a 4-H'er or a teen ready to take on local health challenges, it's your turn to Join the Revolution of Responsibility:

1. Submit your video by May 3 (max 90 seconds). Be sure to identify a health challenge in your family, school or community, and then explain how you would tackle it.
2. Vote for your favorite five finalists starting May 3 at 5pm EST.
3. The winner will be announced on May 17!

**Dates & Eligibility**

- **Start:** March 18, 2013 @ 04:00 pm (US/Eastern)
- **End:** May 17, 2013 @ 12:00 pm (US/Eastern)
- **Eligibility:** You must be at least 13 years old to enter.
- **Prizes**
  - $1,000 Grand Prize & Star in a National Video
  - National Recognition
  - $2,500 for your classroom or an organization of your choice
  
  PLUS, THE TOP 5 FINALISTS WIN
  - $500 CASH

To view the Official Rules visit Facebook.com/4H and click on “Rules” or click here.

**National Child Awareness Month Youth Ambassador Program**

**Deadline:** June 16

Do you have a passion for community service? Have you worked hard to solve a local problem and want to do more? Apply for the National Child Awareness Month Youth Ambassador Program (NCAM). This year-long Ambassadorship will train youth (ages 16-22) to address critical issues facing youth. Fifty-one Youth Ambassadors will be selected - one per state - creating a powerful national network of young people who raise their collective voice in service to other youth. Each Ambassador will receive $1,000 grant, travel to a leadership training in Washington, D.C., and ongoing support and guidance as they implement their service projects. www.YSA.org/grants/NCAM

**Amway's Who Cares Challenge: Youth Leadership Contest**

**Deadline:** June 5

Amway will honor 10 youth changemakers in the United States and Canada. The contest is open to youth ages 13 - 22. Applicants will be narrowed down through public voting to a group of 100 entries. Charity partner Free The Children will then select 10 winners to receive $10,000 each to give to the nonprofit organization of their choice. Five grand prize winners from among those 10 will also receive a

**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