President’s Message

Aloha 4-H’ers! We would like to thank all the club leaders and members for attending our last council meeting at the Urban Garden Center. Nominations were held that day and the candidates for next year’s Executive Board are:
Shaina Acosta -President
Janiele Luab – Vice President
Katrina Fernando – Secretary
Sanoe Lee – Sergeant at Arms

Elections will be hold via email. Please email me at katcorpuz95@yahoo.com to confirm the candidates’ nomination by 3pm, Saturday, April 5, 2014.

During the spring break, the candidates and the current Executive members held meetings to discuss their responsibilities and created goals for the upcoming year. Our speaker from Leeward Community College, Mrs. Cindy Martin, taught us about the different aspects of leadership and played games to strengthen our relationship. It was an amazing experience and we are thankful to have the opportunity to get to know one another.

The Executive Board has volunteered to chair the Fashion Show, which will be held on May 4, 2014 at the UH Art Auditorium. The End of the Year Achievement Banquet will be chaired by the Just Us club. Club leaders please check your emails for any updates and feel free to ask me questions. I hope that all of you are excited for the upcoming events and enjoy the rest of them!

Kathleen Corpuz

2014 OAHU CTY 4-H FASHION REVUE SHOW and PHOTOGRAPHY CONTEST
Sunday, May 4, 2014
8:00 am to 3:00 pm
University of Hawaii Art Auditorium (Parking is free on Sundays)
Theme: “Party at Gatsby’s”
Please note that the information and registration forms for the Fashion Revue/Photography Contest has been sent to all clubs and can also now be found on:

Commentaries and registration information for the Fashion Revue are due by Friday, April 25th. They can be emailed to roses@hawaii.edu or mailed or hand delivered to the Wahiawa CES office.

Photo entries will be due on Thursday, April 24, 2014. Judging will be held on Sunday, April 27th. All photographs will be on display at the Fashion Show with their ribbons.

This year’s Fashion Show and Photography contest are chaired by the Executive Board and Farin Fukunaga. The Fashion Show is a one-day event with the judging in the morning, lunch and the show to follow. A light lunch will be served. We would like each club to bring two (2) different homemade desserts that are already cut into serving pieces (enough for 40 people).

Rose Saito

Best Wishes Carmen and Family!

Military 4-H Project Coordinator Carmen Golay and her family welcomed Kara Jean to their household on December 13. Kara and mom are doing well. Unfortunately for us, Carmen has decided to take an extended maternity leave and will not be returning to her position. I will continue to be the ‘substitute’ coordinator for the military 4-H clubs until further notice. I can be reached at either nakatsuk@hawaii.edu or military4-H@ctahr.hawaii.edu, ph. 956-7196.

Claire Nakatsuka

Purple Up! For Military Kids – April 15th

April marks the Nation’s “Month of the Military Child,” a time to honor and celebrate military-connected children and youth. Hawaii Operation: Military Kids (OMK), the Hawaii State Department of Education, and the University of Hawaii 4-H Youth Development program want to encourage everyone to wear something PURPLE on April 15th as a visible way to show support and recognize military kids for their strength, sacrifices and continued resilience. Purple Up! For Military Kids day was initiated by New Hampshire OMK in 2010. This year will be Hawaii’s third year participating in Purple Up! which has grown to be a National effort coordinated by land grant universities and partners across the U.S. and its territories.

For general information or for ideas on how you can get involved, visit the Hawaii OMK website at www.ctahr.hawaii.edu/4h/OMK or call 808-956-4125.
**Food Preparation and Food Safety Skills webinar recording**

Laura Kawamura, our Extension Educator on Kauai and Healthy Living project coordinator presented an informative webinar on Food Preparation and Food Safety skills for 4-H club leaders working with youth on foods and nutrition projects. The recording of the webinar can be accessed from: [http://www.ctahr.hawaii.edu/4h/MilitaryPartnerships/webinars.htm](http://www.ctahr.hawaii.edu/4h/MilitaryPartnerships/webinars.htm) for those who may have not been able to participate in the actual webinar.

**Claire Nakatsuka**

**Proposed Oahu 4-H By Law Changes**

The Oahu County Executive Board met this past week and are proposing the following change to the By Laws in order to improve the process of the nominations and elections for the following years. Here is the proposed change and addition to the By Laws:

**Article IV – Officers**

Section 2. **Qualifications:** The President must have completed ninth grade, be a two-year 4-H member, and must have had leadership roles in his/her 4-H club. All other officers (Vice-President, Secretary, Treasurer, Sergeant-At-Arms/Parliamentarian, Historian) must have completed seventh grade and have at least two years of membership in 4-H Club work.

Section 4. e. *In the event that a quorum is not reached at the election meeting, the election may be conducted by email or other means at the digression of the Executive Board.*

These changes will be discussed on the next council meeting, May 17 2PM at the Pearl City Urban Garden Center.

**Amy Peria**

**Secretary**
The 2013-2014 4-H Executive Board dedicated two days of their spring break to teach the upcoming 2014-2015 Executive Board about their responsibilities.

Together they learned about leadership skills, listed how to improve 4-H, and planned this year’s Fashion Show.

We still have no members running for the positions of treasurer and historian so we would appreciate it if there are more 4-H members willing to be officers.

Leichelle Rabago
Project Spotlight

If you were not able to take advantage of the 11 project curriculum webinars that took place during February and March 2014, we have great news for you. Below are links to the webinar recordings which you can connect to at your leisure:

**STEPS to a Healthy Teen**
Recording of Webcast: [http://nationalfourhcouncil.adobeconnect.com/p3z93c5muzd/](http://nationalfourhcouncil.adobeconnect.com/p3z93c5muzd/)

*STEPS to a Healthy Teen: Segments To Emphasize Physical activity and nutrition Steps*, consists of 10 activities for youth ages 14 to 19. The purpose of the curriculum is to help youth develop skills and knowledge in physical education and nutrition. Participants experience a variety of learning methods and tools such as games, case scenarios, computer software programs, cooking demonstrations, and fitness challenges. Most activities range from 45 to 60 minutes and include accompanying handouts. Each activity includes a Teen Research (TR) Challenge take-home task. The TR Challenge encourages healthier lifestyles through thought-provoking activities for teens to solve themselves or with their families.

**Build Your Future: Choices... Connections... Careers**

From exploring potential jobs to starting their own business, the *Build Your Future* curriculum helps teens develop skills and knowledge in career exploration. Targeted for high school youth (and adaptable for middle school), participants experience a variety of learning methods such as developing a business plan, competing in a quiz bowl, creating a portfolio, analyzing case studies, and discussing questions that reflect on their experiences. Nine engaging activities provide a fun structure to help teens learn about their choices, make important connections and plan successful/meaningful careers.
**Beef Health and Husbandry** and **Swine Health and Husbandry**

Recording of Webcast: 

http://nationalfourhcouncil.adobeconnect.com/p2yqq72bkfp/

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, inquiry-based, and include opportunities for the application of knowledge and skills at three different levels of experience.

**Health Rocks!** (revised)

Recording of Webcast: 

http://nationalfourhcouncil.adobeconnect.com/p39qbnk98yb/

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.

**Backyards & Beyond**

Recording of Webcast:

http://nationalfourhcouncil.adobeconnect.com/p3h6c7pr4sp/

The Backyards & Beyond Club Leader Curriculum is designed as a network of neighborhood “nature trails” with outdoor activities that are led by the Neighborhood Nature Club Leader. It includes four units with eight trails that progressively advance the connections youth make with the outdoors.

**Health Rocks App / Eat-and-Move o’Matic Applications**

Recording of Webcast:

http://nationalfourhcouncil.adobeconnect.com/p97h7ftjt3b/

We are proud to announce two new interactive learning games, Health Rocks! Carnival and Eat and Move o’Matic apps. Health Rocks! Carnival is the first app developed for a national 4-H curriculum. The app is now available for free download through iTunes for the iPad and as a desktop version on 4-H.org to enhance youth learning in the Health Rocks! curricula.

**Ready to Go: Mentor Training Guide**

Recording of Webcast:

http://nationalfourhcouncil.adobeconnect.com/p6cbs03w3kf/

The *Ready to Go:* Mentor Training Toolkit is designed to assist youth mentoring programs in the training of new and existing mentors and other volunteers working with youth. This research-based and extensively piloted curriculum contains a highly customizable menu of training activities that can be used to tailor trainings to specific program needs.
**Curriculum Materials Kits! Electricity, Wind, and Robotics!**
Recording of Webcast:

These comprehensive materials kit contain all necessary materials to implement the 4-H curricula on Electricity (Level 1), Wind, and Robotics (Junk Drawer, Level 1). Buy all your materials in one place instead of spending hours shopping for obscure items! Get straight to work with your youth as they practice electricity, engineering, and robotics skills during hands-on activities in the curricula.

**Money Management Curriculum**
Recording of Webcast:

http://nationalfourhcouncil.adobeconnect.com/p8hyfk32smi/
The new Money Management Curriculum is designed for middle school and high school youth. It includes topics of earning income, career planning, financial record keeping, setting and managing a budget, banks, borrowing, and consumer bread crumbs.

**The Power of Wind Curriculum (2014 revision) and Training Guide**
Recording of Webcast:

http://nationalfourhcouncil.adobeconnect.com/p4ncwsbn5vz/
Throughout the revised and updated Power of the Wind curriculum, you will guide youth to use the engineering design process to find solutions to problems related to wind power. Youth work on teams to analyze problems and find solutions that balance options and constraints. They test what they've made to see how it works, then make adjustments and test further, as necessary. The challenges are designed to assist youth to learn by doing and apply findings to local community needs.

**What’s On Your Plate? Food Science Curriculum**
Recording of Webcast:

http://nationalfourhcouncil.adobeconnect.com/p6tp2v7dx8s/
The Food Science curriculum explores major principles of food science using guided-inquiry and structured-inquiry approaches. The 12 activities are designed for youth in grades 6-9, using hands-on experiences applied in a kitchen “laboratory” setting. Each activity includes points about good nutrition, healthy food choices, food safety procedures, and careers in science.

**Other Opportunities**

**The Great American No Bull Challenge**

4-H'ers are once again encouraged to promote the importance of being an upstander and creating a positive school culture to end cyber and all other forms of bullying on a global basis by entering the Great American No Bull Challenge. Take the Challenge and just say - No Bull!
The Great American NO BULL Challenge is the first, student-led national video contest and teen video awards show dedicated to bullying prevention and promoting empathy, respect and inclusive communities using the power of music and the magic of filmmaking. This year, the competition includes full-length videos of 2-5 minutes as well as PSA's of 30-60 seconds.

The goal of the NO BULL Challenge is to join America’s students, educators, counselors, organizations, communities and corporate America together in an effort to enable real change at the student level.

Middle and high school students between the ages of 13-18 will have more than months to create a 2-5 minute video or 30-60 second PSA with a digital responsibility or a bullying prevention theme. Students will submit their video to the NO BULL Challenge no later than April 30, 2014, at 11:59 PM (PST). Check out the Digital Responsibility 411 toolkits available at http://www.nobullchallenge.org to learn everything you need to know in order to create your video. Beginning May 5th, 2014, each student will rally their friends, family, educators and community to vote for their video.

As a result of the public voting period, nominees will be selected from the top 50 favorite videos by a panel of expert judges. The formal announcement of the NO BULL Nominees will occur on June 6, 2014. All nominees will receive a golden ticket to attend the star-studded NO BULL Teen Video Awards show. At the NO BULL Teen Video Awards show, you’ll get to see amazing artists perform live and meet and greet with your favorite athletes and celebrities on the red carpet. The NO BULL winning videos will be announced “live” where your video will be introduced to the world. Inspiring America’s teens to speak up and be an upstander against bullying is what The Great American NO BULL Challenge is all about, and we need you to make it happen!

We know the way to stop bullying is to create awareness about it, which is what The Great American NO BULL Challenge is all about.

Who’s Eligible: U.S. students in middle or high school aged 13-18.
Video Upload Begins: NOW!
Video Upload Deadline: April 30, 2014
Public Voting Period: May 5-16, 2014
Nominees Announced: June 6, 2014
August 8 - 9, 2014 - NO BULL Conference and Teen Video Awards


Also visit the campaign homepage and view the winning videos from last year at http://nobullchallenge.org/ winning-films-2013.
National 4-H Council and HughesNet Are Counting on 4-H Alumni

Once a 4-H'er, always a 4-H'er. We count on alumni to spread the word of 4-H and to support the clubs that played a huge part in their lives. Today, we are counting on 4-H alum to raise their hands in support of bringing STEM education to their state 4-H, and we are doing this with the help of HughesNet.

National 4-H Council and HughesNet, the nation’s largest satellite internet provider, are joining together to inspire young people in communities across the country to pursue careers in science, technology, engineering and mathematics (STEM). Together, our organizations serve small, local, rural and exurban communities across the country and we are passionate about STEM education, building future leaders, and powering our country's competitiveness in the global economy.

HughesNet wants to help build STEM programming in one 4-H proud state. All it takes is for the alumni to raise their hand for their state. The state with the highest participation will receive a $10,000 science sponsorship from HughesNet to go towards enhancing science education for the state program and camp.

So, how do you raise your hand for your state? Simply visit the HughesNet partner page to provide your name, email address, state, and affiliation to 4-H.

What are you waiting for? Raise your hand and be counted. Help bring bigger, better STEM learning to your state 4-H!

National 4-H Council Launches New Healthy Living App

National 4-H Council in partnership with the National Institute on Drug Abuse (NIDA) hosted the first Health Rocks! Youth Ambassador Summit on January 30. The event, which was part of NIDA’s 4th annual National Drug Facts Week, brought together youth and adult leaders from several states and industry leaders to discuss solutions to fight substance use and abuse in their communities.

The launch of the new Health Rocks! Carnival app was also announced at the summit. The app, which is available free through iTunes and as a desktop game, is the first app created for a national 4-H curriculum. The interactive game allows youth to test their knowledge of drug and alcohol facts and health through carnival-themed games. Developed by the University of Nebraska-Lincoln, the Health Rocks! Carnival app is an extension of the current Health Rocks! curriculum and program initiative.
First Lady Michelle Obama Serves as Honorary Chair of GYSD

"So now, more than ever before, we need you guys to step up as leaders. We need you to be engaged in the pressing challenges of our time -- truly. Because the fact is that our journeys have always been led by young people just like you."

- First Lady Michelle Obama

YSA, on behalf of our partner organizations, and the millions of young people preparing for Global Youth Service Day, is thrilled to announce that First Lady Michelle Obama is serving as the honorary chair of Global Youth Service Day for the fourth year in a row. Mrs. Obama is a role model to so many young people in the United States and around the world, and because of her leadership, more children and teens will step up to begin a lifetime of service on Global Youth Service Day. Join in the fun... serve and celebrate on April 11-13. www.GYSD.org

What is 4-H Mall2Go?

4-H Mall2Go is a service offered by the 4-H Mall to leaders, volunteers, and agents to provide 4-H products at your local 4-H events around the country. 4-H Mall will help you select products from our assortment that fit your demographic, will suggest prices, and will accept products back that you do not sell. The process for getting involved in this program is listed below.

Pre-Event
1. Contact Jane Angelich with your event date and how many attendees you are expecting.

2. 4-H Mall will provide you with a recommended product list that you can sell. Each item will be purchased at retail price.

During Event
3. You and your staff sell the 4-H merchandise at prices you determine. Taking cash, credit card, or check is up to your discretion.

Post Event
4. Take an inventory of the items that you did not sell (if any left). Ship those items back to the 4-H Mall warehouse for a full refund.

Call for Stories - 4-H Making a Difference for Girls

The 4-H Today blog will be featuring stories of 4-H Professionals making a difference in the lives of 4-H girls throughout the month of March in honor of Women's History Month. If you
have a story of a 4-H program, 4-H Professionals who are doing great things in the field, or 4-H girls who are making an impact in their communities, we'd love to share them on the blog! Please email your stories to digitalmarketing@4-h.org.

2014 Legacy Awards Gala

National 4-H Council’s fifth annual 4-H Legacy Awards will take place on Thursday, April 3, 2014, at the Newseum in Washington D.C. This year’s event features an exciting new location and format, and this year’s theme of “Science Exploration” reflects the enthusiasm and passion for STEM programming that’s evident in 4-H today. Read more.

If you have questions about the event or would like to discuss corporate sponsorships, please contact Megan King (mking@4-H.org) or call 301-961-2834.

Scholarships for College Students

Since 1977, the NAFB Foundation has provided financial support and educational opportunities in the form of college scholarships to assist students in pursuit of careers in agricultural communications. Currently the NAFB Foundation offers three $5,000 college scholarships: the Glenn Kummerow Memorial Scholarship, the George Logan Scholarship and the Orion Samuelson Scholarship. These scholarships are recognized at the National NAFB Convention, and the winners also receive an expense-paid trip to attend the convention as part of the award. Scholarships are paid over two semesters. The first half of the funds will be applied to the fall semester 2014, while the second half will be applied to the spring semester 2015. Funds can be paid directly to the college/university once the recipient provides proper documentation outlined below.

Criteria of the NAFB Foundation Scholarships are:

- Applicants must be a junior, senior, or graduate student prior to the application deadline and must be enrolled in or transferring to an agricultural communications curriculum with concentration and/or application in broadcast media (this may include Internet/online media distribution)

- Successful completion of application and all supplemental materials

- Remain in “good standing” with school for the duration of semesters the scholarship money is to be awarded All support materials below must be received under one cover, at the same time:
  1. Recorded audio statement (in MP3 or audio cd format), not to exceed 2 minutes, to include:
     a. Description of your communications experience to date. Example: writing, editing, radio announcing, public speaking, leadership positions, etc.
     b. Explain your reasons for choosing a career in agricultural communications
     c. Explain your long-term career goals
     d. Describe how you anticipate using electronic communication skills
2. Current Resume
3. Official academic transcript of college coursework completed
4. Three (3) letters of reference (academic, personal and/or leadership references)
5. Professional Photograph

The application and all support materials must be submitted electronically or postmarked to NAFB by June 2, 2014:
NAFB Foundation Scholarship
Attn: Barbara Young
1100 Platte Falls Road
P.O. Box 500
Platte City, MO 64079

If you have any questions about the NAFB Foundation Scholarship, please contact:
Barbara Young
Phone: 816.431.4032
Email: barbara@nafb.com

Calling All Young Chefs!

First Lady Michelle Obama is teaming up with Epicurious, the Department of Education, and the Department of Agriculture to host the third-annual Healthy Lunchtime Challenge recipe contest.

**Kids ages 8-12, with the help of their parents, can take part in the challenge by sending in original lunch recipes that are healthy, affordable, and tasty!**

Participating young chefs can use USDA's MyPlate as a resource to make sure that their recipes meet healthy standards. Each lunch recipe should represent all of the food groups, including fruits, vegetables, whole grains, lean proteins, and low-fat dairy foods, with fruits and veggies making up about half of the plate or recipe.

The creators of the best recipes will be invited to D.C. this summer, where they will have the opportunity to attend a Kids' "State Dinner," hosted by Mrs. Obama at the White House, where a selection of the winning healthy recipes will be served.

Just last week, the First Lady announced that cooking will be a new focus for Let's Move!, so start honing those skills and enter the Healthy Lunchtime Challenge.

**The deadline to submit recipes is April 5 - so if you're looking for something to do with your kids this weekend, get cooking!**