Oahu 4-H Newsletter Online
February Issue

Feb 14

12/13  Kwajalein/Japan/Singapore Military 4-H Calls
16    Executive Board Meeting, Moanalua High School, 1 pm
19/20  Korea Military 4-H Calls
27    Food Safety and Food Prep Skills webinar, 2 pm

Mar 14

5      Army/OMK Babysitting Class, Aliamanu Youth Center
5      Operation: Military Kids team meeting, 9 am Urban Garden Center
4-7    4-H Military Partnership meeting, Crystal City, Virginia
9      Council Meeting & Nominations, 2 pm Urban Garden Center
26    OMK STEM-Fantastic Day Camp II

President’s Message

Aloha 4-Hers! I hope you are all having a good year. The Executive Board has decided to have our nominations early in order to train new officers as many of us current will be heading to college soon. Our next council meeting will be on March 9 at the Urban Garden Center from 2 pm to 3 pm where we will accept nominations on the floor and will also conduct our elections. Please attend our council meeting to meet the candidates and vote for our new officers. Refreshments will be available. We hope to see you there!

We are also currently seeking for a 4-H club to chair our Year End Banquet. Feel free to contact me at katcorpuz95@yahoo.com if you are interested. Thank you!

Kathleen Corpuz

Oahu 4-H Food Show Results

It was definitely a successful Oahu County 4-H Food Show “Santa’s Favorite Delicacies!” Thank you very much to everyone who helped: Just Us, Shooting Stars, Clover Kids, Farrington FCCLA, Hawai’i 4-H Alumni Association, Kristi Ayers, Walter Horikawa, Palisades PCE ladies, and the Wahiawa Extension Office. Also, congratulations to the following participants:

Eighteen first-time participants
Kraft Scholarship Award: Evan Hashizume, Staci Kohashi, and Marc Reyes
Kraft Club Incentive Award: FCCLA and Shooting Stars
Club Participation Award: Just Us, Clover Kids, Warriors, and Spartans
Perpetual Trophy and Purple Rosette Award: Cami Hashimoto, Sanoe Lee, and Erin Voss
President’s Choice Award: Jarred Kaneshiro, Stephanie Sakamoto, Pacey Hatanaka, and Maddison Hatanaka
Ardis Tanaka Scholarship: Jared Dowkin and Maddison Hatanaka
Once again, thank you very much for all the support and congratulations to all club participants. The Oahu 4-H Food Show is held annually. Do not forget to participate next year!

Amy Peria

Nominations Needed for 2014-15 Oahu 4-H Officers

The term of the current executive board members is almost over and the election is coming soon. Five of the officers are high school seniors graduating this May and will be going to college. Due to the unusual transitional period of the executive board members, we have amended the ByLaws regarding the qualifications of the future officers to fit the current situation suitable for the following year.

For this year’s nominations, 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, and Historian) must have completed seventh grade and have at least two years of membership in 4-H Club work.

Here are some of the duties of:

**President**
To preside over all meetings of the Oahu County 4-H Council and the Executive Board.
To call special meetings of the Council as required.
To perform all other duties those is incidental to the office of president and are properly required of the position

**Vice-President**
To learn the duties of the President and perform those duties in his/her absence.
To be responsible for all public relations matters of this organization
To share the responsibility of monitoring the progress of all special committees

**Secretary**
To keep accurate records of all Council meetings and Executive Board meetings
To keep a file of all committee reports
To submit articles of interest to the membership for publication in the monthly Oahu County 4-H newsletter and the State 4-H magazine

**Treasurer**
To collect and disburse all monies in the name of the Council
To keep all financial records of the Council
To report all receipts and disbursements at Council meetings

**Sergeant-At-Arms**
To maintain order at all Council Meetings
To ensure that all Council meetings are conducted by following parliamentary procedure in accordance with Roberts Rules of Order, revised edition
Historian
To capture and document photos from 4-H events
To submit photos interest to the membership for publication in the monthly Oahu County 4-H newsletter and the State 4-H magazine

Interested future officers must submit a statement to Vice President Erin Voss (erinvoss516@gmail.com) by February 27. The statement must have: introduction (name, age, 4-H club, position you are running for), 4-H leadership experiences, one talent (example: very organized), and why you chose to run for the position of your choice.

Nominations will be open until the Election Council Meeting on March 9 at 2PM in the Urban Garden Center.

If you have any questions or concerns, please contact Erin Voss through email at erinvoss516@gmail.com.

Mahalo!
Amy Peria,
Secretary

Food Safety and Food Prep Skills Webinar

Laura Kawamura, Extension Educator will be presenting a food safety and food prep skills webinar for 4-H club leaders who are working on nutrition or food related projects with their 4-H members. The webinar will take place on Thursday, Feb. 27 at 2 pm. We have a few spots left. Please email nakatsuk@hawaii.edu before Feb. 18 if you would like to participate. We will send out the link to the participants prior to the webinar.

Claire Nakatsuka

STEM-tastic Fun!

On February 22nd over two dozen military-connected children and youth participated in the STEM-tastic Fun day camp held at the Fort Shafter Flats Army Reserve Center. The event, which was the first camp in a series of 3 day camps, was created to provide a variety of Science, Technology, Engineering and Math-related learning experiences in a non-formal environment to children and youth ages 6-14. This particular day camp aimed to teach the participants how to be economically and environmentally responsible through hands-on 4-H science experiments on renewable energy, sustainability and technology. The STEM-tastic day camps are hosted through a joint partnership between Hawaii Operation: Military Kids (OMK), Army Reserve Child, Youth and
School Services, Hawaii National Guard Child & Youth Programs, and Project Youth Extension
Service. The next STEM-tastic day camp is scheduled for Wednesday, March 26th and open to
National Guard, Reserve and geographically dispersed Active Duty youth. For more
information, please visit the Hawaii OMK website:
www.ctahr.hawaii.edu/4h/OMK/education.htm or call Army Reserve CYSS at 808-438-1600
ext. 3549.

Kiki Yoshimoto

4-H Project Spotlight

Here are multiple opportunities for 4-H club leaders, teen leaders and 4-H volunteers to learn
more about 4-H curricula and resources:

Health Rocks! Carnival / Eat & Move-O-Matic Applications

Join the overview Webinar on Thursday 2/13.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/apps/
Conference Line: 1-800-591-2259; Participant Code: 582765
We are proud to announce two new interactive learning games--
Health Rocks! Carnival and Eat & Move-O-Matic apps. Health
Rocks! Carnival is the first app developed for a national 4-H
curriculum. With the Eat & Move-O-Matic app, youth will learn about the foods they eat and
how to help fuel their bodies for their favorite activities.

Ready to Go: Mentor Training Guide

Join the overview Webinar on Thursday 2/20.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/mento/
Conference Line: 1-800-591-2259; Participant Code: 582765
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.

The Ready to Go units are available individually or as a complete set through the MSU
Extension Bookstore. Soon it will be available through the 4-H Mall.

Curriculum Materials Kits! Electricity, Wind, and Robotics!
Join the overview Webinar on Thursday 2/27.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/kits/
Conference Line: 1-800-591-2259; Participant Code: 582765

These comprehensive materials kits 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 accompanying curricula. During this webinar, we will show you how to order your kits!

Money Management Curriculum

Join the overview Webinar on Thursday 3/6.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/money/
Conference Line: 1-800-591-2259; Participant Code: 582765

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, banking, borrowing, and consumer bread crumbs.

The Money Management curriculum will be available this Spring on the 4-H Mall.

The Power of the Wind Curriculum (2014 revision) and Training Guide

Join the overview Webinar on Thursday 3/13.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/wind/
Conference Line: 1-800-591-2259; Participant Code: 582765

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.

Purchase at 4-H Mall.

*What’s On Your Plate? Food Science Curriculum*

Join the overview Webinar on Wednesday 3/19.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/foodscience/
Conference Line: 1-800-591-2259; Participant Code: 582765
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.
The Food Science curriculum will be available this Spring on the 4-H Mall.

*The 4-H Essential Elements Guide and Course*

Join the overview Webinar on Wednesday 3/26.
2pm Eastern / 1pm Central / 12pm Mountain / 11am Pacific
To access the webinar at the scheduled time:
http://nationalfourhcouncil.adobeconnect.com/essential/
Conference Line: 1-800-591-2259; Participant Code: 582765
This peer-reviewed training curriculum helps youth workers and leaders understand each of the eight elements and how to incorporate them in on-going 4-H programs.
The training curriculum consists of 10 modules. Each module can be taught as a stand-alone session of one hour or combined together for a 10-12 hour course.

*Other Opportunities*

*Got the Travel Bug?? Check out the American Youth Leadership Program to Samoa*

“I've been across the world and back these past three weeks! It's been a wild ride and I'm so grateful for it. I know my memories of the people I've met and places I've been will stay with me forever!” Signe, AYLP Youth Participant from Washington, 2013/14.
Talofa! The American Youth Leadership Program (AYLP) provides an opportunity for youth and adult participants to travel to Samoa, learn about Samoan history, culture, traditions, and ways of life by staying with a host family during the three week program mid-December, 2014 to early January 2015. American and Samoan host siblings will also study cultural issues in the U.S. and Samoa around obesity and diabetes, marketing, and access to food.

Youth (15-17 years of age) and adult citizens that reside in one of the 13 Western states are eligible to participate in AYLP with Samoa: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming. Willing to try different foods, sleep in a fale and live Fa’a Samoa (the Samoan way)? Check out AYLP- Samoa! Detailed information and applications are available on the University of Wyoming 4-H web site: www.uwyo.edu/4-h/ Applications are due April 1, 2014.

The American Youth Leadership Program is sponsored by the U.S. Department of State, Bureau of Cultural and Educational Affairs and administered by the University of Wyoming 4-H Youth Development Program. The AYLP grant covers the following costs for participants: passport, roundtrip airfare for pre-trip orientation in Wyoming, roundtrip airfare to Samoa, meals, lodging, site visits, cultural activities and transportation in Samoa, accident and sickness protection. AYLP is designed to advance mutual understanding, prepare youth leaders to become responsible citizens, spark an interest in learning about foreign cultures, and develop a cadre of Americans with cultural understanding who are able to advance international dialogue and compete effectively in the global economy. Contact Warren Crawford, crawford@uwyo.edu, or Kim Reaman, kreaman@uwyo.edu, for more information.

Kim Reaman
4-H Volunteer Development Specialist
University of Wyoming Extension

Five Years Old and Growing Strong!

This month marks the fifth anniversary of the National 4-H History Preservation Program, and what an invigorating period it’s been! We look back at some of the program’s accomplishments during that time and marvel at the outstanding cooperation we’ve received from all organizations we’ve worked with, and the collaborative efforts of the nearly 100 volunteers whose dedication continues to inspire us.

History Flashbacks: 1919 and 1938 news articles document career moves of important 4-H pioneers, O. H. Benson and A. B. Graham. Another article in the Farm Boys’ and Girls’ Leader recognized a Montana club, as the first in the state to meet national requirements for a “Standard Club.” Did you know there was such a thing?

And a look to the future: since history is made every day, the future of the 4-H History Preservation Program is never-ending. What do we see ahead? What do you see ahead?

“Hands on History” raises the importance of 4-H record-keeping, and “Voices of 4-H History” brings us up-to-date on various state activities, as well as plans for the 2014 National 4-H FilmFest.
2014, a year of notable anniversaries, is off to a rousing start for the History Team; we hope it’s the same for you!
You can read the January newsletter at http://4historypreservation.com/Newsletter/PDF/4HHPP_Newsletter_v05_n01_2014-01.pdf

2014 National Arts and Humanities Youth Program Awards Applications Deadline Approaching!

The President’s Committee on the Arts and the Humanities, in partnership with the National Endowment for the Arts, the National Endowment for the Humanities, and the Institute of Museum and Library Services, is accepting applications for the 2014 National Arts and Humanities Youth Program Awards.

The twelve award-winning programs this year will each receive $10,000 and an invitation to accept their award from the President’s Committee’s Honorary Chairman, First Lady Michelle Obama, at a ceremony at the White House.

After-school and out-of-school time arts and humanities programs are encouraged to apply. Please click the following link to access the online National Arts and Humanities Youth Program Awards Application: http://www.nahyp.org/how-to-apply/

Completed applications will only be accepted via the online process. Monday, February 10, 2014, 5:00 PM PST is the application deadline.

By Kids For Kids

The National 4-H Council is a proud partner of By Kids For Kids (link to http://bkfk.com/education/), a company that creates educational materials and competitions that promote kid-innovation. As their partner, we’re excited to announce the launch of their 3rd annual "Grow Your Own Business Challenge," which asks kids 7-14 to come up with new business ideas. Please help us share information about the contest with the 4-H youth and professionals and volunteers that work with the youth in your state. We know that so many 4-H members are working on entrepreneurship projects and have great business ideas to enter.

Competition facts:

* Youth can win up to $5,000 and a trip to Omaha to pitch their business idea to Warren Buffett!

* Watch a video of Clarissa and Esai (link to http://www.youtube.com/embed/CnoSH7arXh8?rel=0&showinfo=0), finalists in last year's Challenge and 4-H members from Washington!

* Mentors win, too! Mentors can win up to $1,000 and a sought-after seat at the finalist event with Mr. Buffett!
Last year, National 4-H Council's CEO, Jennifer Sirangelo, was a contest judge!

To help you spread the word about this contest, BKFK created a contest resource page for 4-H: http://smckids.com/learnandearn/youth-groups/4-h-resources. The page includes pick-and-choose information about the contest that you can use to easily let facilitators know about the program.

Please encourage your youth to register NOW (link to www.smckids.com/pre-register<http://www.smckids.com/pre-register>) to learn more about the "Grow Your Own Business Challenge." Registrants will receive immediate access to brand new entrepreneurial activities for kids.

The "Grow Your Own Business Challenge" is the cornerstone of the Secret Millionaires Club Learn & Earn program, which is based on an animated series featuring Warren Buffett and a group of fictional kids encountering and solving real-life financial literacy challenges. In addition to TV episodes and short skill-building webisodes, the program features free educational activities for volunteers, parents, and youth groups like 4-H.

4-H programs such as Reading Makes Cents, Entrepreneurship, and the brand new Build Your Future curriculum connect well with the "Grow Your Own Business Challenge." The last day for youth to enter the contest is January 31st, so please encourage them to enter their great business ideas. Thank you-and enjoy the program!

**Michigan Health Sciences Pre-College Exposure Academy**

The Michigan Health Sciences Pre-College Exposure Academy (MHSPEA) is a two-week entry level residential academic enrichment program sponsored by the University of Michigan Medical School (UMMS) Office for Health Equity & Inclusion (OHEI). The MHSPEA brings together highly motivated rising 10th and 11th grade high school students to gain exposure to the University Michigan and UMMS. Participants will take college prep courses taught by experts in the field such as: English, Chemistry, Biology, and Math which are essential courses for a successful track to health professions. Other courses participants will take include: Introduction to College and ACT preparation. The MHSPEA features workshops on health disparities, health equity, introduction to research, and academic wellness. In addition, students will take tours of the UMMS, UM Hospital and UM Central Campus. During the two-week session, student leaders stay in the residence hall with participants and provide one-on-one and small group mentoring, academic coaching, and intellectual and social stimulation. Michigan Health Sciences Pre-College Exposure Academy participants will be exposed to fun-filled evening events highlighting cultural diversity, self-development, and the arts.

Program Dates: Sunday, June 15, 2014 to Saturday, June 28, 2014

Eligibility: Students must be in the 9th or 10th grade at the time of submitting their application. Students must have at least a 3.0 gpa on a 4.0 scale. This program is open to all students with an interest in medicine and health disparities. OHEI particularly encourages applications from students that are from underrepresented minority groups in medicine.
Applicants from rural and socio-economically disadvantaged backgrounds are also encouraged to apply.

For more information contact: Email: oheiprecollegeprograms@umich.edu  
Telephone: (734)764-8185  
Fax: (734)615-4828

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.