March Issue

Mar 14
5 Army/OMK Babysitting Class, Aliamanu Youth Center
5 Operation: Military Kids team meeting, 9 am Urban Garden Center
4-6 4-H Military Partnership meeting, Crystal City, Virginia
9 Council Meeting & Nominations, 2 pm Urban Garden Center
23 Hawaii 4-H Alumni/Weinberg HS Senior scholarship applications due to County agent (applications due to Alumni Assn on March 27)
26 OMK STEM-Fantastic Day Camp II

Apr 14
12 Executive Board meeting at Farrington HS (10 am)
13/27 Fashion Show
15 PURPLE UP! Day

President’s Message

Are you ready 4-Hers? Our 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 have the opportunity 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

Fashion Show/Photography Contest

Here is a heads up on two upcoming events which 4-H members can start planning for. Please save Sunday, May 4th for the Fashion Revue and Photography Display, chaired by the Oahu 4-H Executive Board and will be held at the Art Auditorium at the University of Hawaii. The photographs will be due on April 24th for early judging so you can begin to take your pictures to enter. 4-H’ers may sew their own garment, embellish a garment to give it a different look or purchase readymade garments to model. Stay tuned for more information on this exciting event.

Rose Saito

STEM-tastic Fun Day Camp: Part 2

Calling all National Guard and Reserve youth…
Join us for our 2nd installment of STEM fun! The STEM-tastic workshop will be held on Wednesday, March 26th (Prince Kuhio Day) at Fort Shafter Flats. This event is free and open to Guard and Reserve youth ages 6-14. If you are interested in science, technology, and learning
more about sustainability, visit the Hawaii Operation: Military Kids (OMK) website for registration details.

Space is limited so register soon! www.ctahr.hawaii.edu/4h/OMK/education.htm

Kiki Yoshimoto

Hawaii 4-H Alumni/Weinberg High School Senior Scholarship

Scholarships of up to $1,500 ($750 for community or junior college) will be awarded to current 4-H members who have completed at least one year of 4-H work prior to March 1 of the year the application is received. The applicant will need to be enrolled full-time in their freshman year at an accredited college, university, technical, or trade school in the fall of the year the applications are due.

Candidates should submit the following materials to their County 4-H Extension Agent before March 23, 2014:

1. Scholarship Application Form, including signatures of the 4-Her, parent/guardian, and club leader.
2. Individual’s photograph (headshot for publicity).
3. Copy of official high school transcript (can be sent directly to the alumni association post office box from the school; must be received by March 27, 2014).
4. Two letters of recommendation, one from a teacher, academic advisor, or counselor and the other at large.
5. Copy of first page of family’s most current 1040 tax form for verification of annual income. Place in a sealed envelope or mail directly to Hawaii 4-H Alumni Association, P.O. Box 61565, Honolulu, HI 96839.

Late applications will not be accepted.

A committee will review the applications submitted and determine the scholarship winner(s) on the basis of
a. Financial information
b. Experiences in 4-H
c. 4-H citizenship/leadership experiences
d. Academic information

Applications can be obtained online from:

Susan Saka
Hawaii 4-H Alumni Association

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.

These are ways 4-H clubs can get involved in Purple Up!:

* Create Purple Up appreciation posters and post them at your local school
* Write appreciation letters and ask a school to can distribute them to military youth at the school
* Create a short military youth appreciation video and share it with schools that might have a recognition ceremony
* Wear Purple on April 15th!

For general information or for ideas on how you can get involved, visit the Hawaii OMK website at [www.ctahr.hawaii.edu/4h/OMK](http://www.ctahr.hawaii.edu/4h/OMK) or call 808-956-4125.

_Kiki Yoshimoto_

**National 4-H Congress Newsletter**

Three Oahu 4-H members (Leichelle Rabago, Amy Peria and Kathleen Corpuz) were part of Hawaii’s delegation to the 2013 National 4-H Congress held in Atlanta Georgia this past Nov.  **Read all about the exciting experiences of Hawaii’s delegation in their awesome newsletter.**
National Western Stock Show

This year, I was able to represent Hawaii in the 4-H National Judging Competition. This meant that I did well enough at the state competition to get a spot on the Hawaii State 4-H Livestock Judging team, and with that I got the chance to visit Colorado for the national judging competition and the Denver Stock Show.

The judging competition was fun and learning experience for all of us. None of us had seen, say, Hereford Bulls, Boer Does and Wether Dams at state before- much less gave reasons on them! Being able to broaden my judging horizons and seeing animals not usually seen at Hawaii county shows was something new for me. For example, the first time I saw the cattle there, I was struck on how short they seemed compared to some of Hawaii’s exotic breeds. It was interesting just seeing how the mainland raised animals.

The time the competitors spend preparing for the judging competition itself was really cool, too. Exchanging pins and socializing with 4-Hers from other states (and Canada!) was a great way to start it all off. There was a formal dinner, motivational speakers, and even dances. All the 4-H judgers had the opportunity to visit the Denver Stock Show free of charge. I’d never seen so many animals in a single building multiplex in my life. Everyone had a blast.

It wasn’t all focused on livestock, either. There were four teammates from two different islands this year: Alex and Tati (Alexandria Medeiros and Tatjana Calimpong-Burke) are from Oahu, and Andy (Andy Connors) and I am from the Big Island. All of us being island kids, we were all pretty excited to visit the mainland during wintertime- and we wanted to play in the snow while we were there. My personal favorite part of the trip was being able to go snowboarding at Winter Park. Snowboarding was a new experience for me, and I’d like to try out what I’ve learned again sometime.

The National Judging Competition was a truly amazing experience, overall. I’m grateful that I got the opportunity to go, and I’m looking forward to sharing what I’ve learned with the 4-H kids back home.

Malia Andrade-Stout

Attitudes on Diet and Physical Activity in Early Adolescents Study Seeks Participants

Do you have a daughter? Is she between 9 and 13 years old? If the answer to these questions is YES…Dr. Jinan Banna of the University of Hawaii, Human Nutrition, Food and Animal Sciences Department (part of CTAHR) would like to invite you and your child to participate in a
research study. The purpose of this research study is to determine how the variety of cultures in Hawai`i impacts eating and physical activity behaviors of adolescent girls. This study is being funded by the United States Department of Agriculture. Dr. Banna and her research staff will be performing the study.

**Study details:**

- Two 1- to 1.5-hour group interviews (you attend one and your daughter attends one)
- Interviews held at a location convenient to you
- Study volunteers will be compensated for their time

To learn more about the study, please contact Dr. Jinan Banna via e-mail at jcbanna@hawaii.edu. If you are interested in participating, please e-mail bannalab.uhm@gmail.com or call Dr. Jinan Banna at (808) 956-7857 expressing your interest.

**4-H Project Spotlight**

Do take advantage of these great volunteer trainings!

**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/
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:
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:
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

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.
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.
Time to Plan Your GYSD Projects

Making a difference - that's what it's all about. Around the world, young people are getting ready to make a BIG difference on Global Youth Service Day. But how to plan community service that's high-quality, high-impact, and lets young people take the lead?

GYSD toolkits and worksheets help youth and adult champions identify, plan, and carry out world-changing community service projects. Some of our most popular GYSD resources are at: www.GYSD.org/project_toolkits