President’s Message

Aloha 4-H’ers! I want to thank each and everyone who took the time from their busy schedule to participate in the National Science Youth Day event which was held last Friday, October 10. Our next event will be the annual Food Show. It will be held on Saturday, December 13 in the Farrington High School cafeteria.

I ask everyone to please participate at this event for it will give us the chance to meet and get to know our fellow 4-H’ers. I hope to see you then!

Shaina Acosta

Food Show 2014

Theme: My Culture in a Bowl
Categories:
- Cultural Feast/Fiesta
- Local Foods
- Kraft Food Products
When: December 13, 2014
Where: Farrington High School Cafeteria
1464 North King Street
Time: 4:00-9:00 pm

PROJECT OBJECTIVES

- To realize the importance of nutrition in one’s daily diet
- To emphasize the need to conserve nutrients through proper food preparation
- To develop skills in meal management practices
- To create consumer awareness in purchasing food products and food safety
- To encourage the use of locally grown, produced, or made in Hawaii food products
- To provide an opportunity for 4-H members to demonstrate their knowledge and skills
A. **THIS YEAR’S THEME** - We will be celebrating the 43rd annual Oahu County 4-H Food Show with the following theme: *“My Culture in a Bowl”*

1. **“Cultural Feast”** – What would be on the table in a culture’s feast, party, special event? For example, at Thanksgiving, Americans would usually have a roasted turkey on their table.

2. **“Local Foods”** - Use at least one half (1/2) cup of a locally grown, or raised in Hawaii produce and products such as guava, passion fruit, taro, daikon, choi sum, won bok, tofu, beef and home-raised eggs. Foods such as sour cream or milk, although produced locally, will not be considered a local food product. Fruits may include: pineapple, citrus, bananas, papaya, guava, passion fruit, avocado, cherry tomatoes, star fruit, etc. Vegetables may include: sweet potato, taro, mushrooms, green onions, okra, ginger root, breadfruit, eggplant, etc. Miscellaneous: various herbs, beef, pork, coffee, macadamia nuts, eggs, honey, etc.

3. **“Kraft Food Products”** - Include at least one-fourth (1/4) cup or 3 ounces of a Kraft Foods product. Check the Kraft website at [http://www.kraftfoods.com](http://www.kraftfoods.com) for ideas.

B. **RECIPE CATEGORIES** - The recipe categories are “Main Dish,” “Dessert,” and “Other” (appetizers, soups, beverages, breads, salads, etc.). All participants may enter up to two entries, but only one entry per category. For example, participants may not enter two dessert recipes, one for “Local Foods” and one for “Kraft Foods Product.”

C. **DIVISIONS**

   Senior Division (14 – 19 year olds)
   Intermediate Division (12 – 13 year olds)
   Junior Division (9 – 11 year olds)
   Cloverbud Division (5 – 8 year olds)

**Age as of January 1, 2015**

D. **WHO CAN PARTICIPATE?** - All participants must be registered as a 4-H member with the Oahu 4-H Youth Development Program. Youth need to fill out the 4-H youth enrollment form. Volunteer leaders must fill out the group enrollment form and volunteer form. All 4-H enrollment forms are past due for all current clubs. New clubs/club members have until 4:00 p.m. on Friday, November 14, 2014, the same day the food show forms are due to submit their 4-H enrollment forms. The 4-H enrollment forms are available at [http://www.ctahr.hawaii.edu/4h/Oahu/forms.htm](http://www.ctahr.hawaii.edu/4h/Oahu/forms.htm).

Contest information and Foodshow forms are posted at:
[http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Index.html](http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Index.html)

_Shaina Acosta_
Rockets To the Rescue

If you saw rockets flying through the air around the Ag Science building at the University of Hawaii campus on Friday, October 10, 2014, you were seeing young aerospace engineers building and testing their rockets to land on a target. The 4-H’ers were given a task of building a rocket that they could launch and hit a target so many miles away to deliver food to a remote area in case of a disaster. Sixty-five 4-H’ers from Hawaii were joining the million other 4-H’ers from across the nation and participating in the 4-H National Youth Science Day. This was the first statewide polycom conference for 4-H’ers 9 and older from across the state to become scientists for the day. Each office set up their polycom system so 4-H’ers could gather around the TV.

The day started with an overview of this National project that youth across the nation were gathering in different states. They were given instructions on building the launcher and how to make their rockets. Each group of three 4-H’ers were given a kit to build a launcher and materials to build a rocket. The fun part was testing their skills to fly their rocket so it would hit their target. The 4-H’ers were given a chance to debrief and share their experiences. The Oahu group ended with a council meeting and subway sandwiches for lunch. Everyone who attended had a great learning experience.
4-H’ers building launching pads and rockets.

Here they are testing if rockets would land on their target.
A team of 4-H’ers with their rockets and launcher. The group of Oahu 4-H’ers after completing their rocketry skills.

Oahu 4-H Livestock Officer Elections

Oct. 7. Oahu County 4-H Livestock Committee had its annual officer elections. Last year’s officers were re-elected for another term. Pres. Joshua Eguires, Vice Pres. Greg Smith, Sec. Verna Eguires, Treasurer Makaleka Barros, and our two state reps are Paul Eguires and Joshua Eguires. Planning for the 2014-15 year will be done at the November 10th meeting.

Steve Nagano

Oahu Youth Participate in Disney’s 4-H Exploring Your Environment Program

The Oahu 4-H program, through National 4-H Council was awarded grant funds from Disney to implement a 4-H environment project utilizing the 4-H Exploring Your Environment curriculum. As a result, 122 youth took part in 12 hours of 4-H project activities this past summer and fall.

The project was implemented through the Science Tech Academy, a 4 week program offered in June by Kidz Kare at Pearl City Elementary School and then in the afterschool program offered by Kidz Kare in July. From August to September, 15 youth participated in a group at Puuwai Momi in Halawa led by Lee Kunimitsu. 4-H Common Measures was used as the evaluation tool to assess the impact of the project.

Steve Nagano

STEM-tastic Fun with Chemistry

Registration is open for the November 8th STEM Day Camp for National Guard and Army Reserve youth ages 6-14. This day camp will provide a strong emphasis on hands-on and inquiry-based learning activities through informal education. Participants will better understand the daily uses of Science, Technology, Engineering and Math both in the community and in the
military. This FREE camp will be held at Fort Shafter Flats from 8am-3pm. For general inquiries, call 808-956-4125 or email OMK@ctahr.hawaii.edu. Registration forms are available on the Hawaii OMK website: www.ctahr.hawaii.edu/4H/OMK/education.htm.

Kiki Yoshimoto

Babysitting & CPR/First Aid Workshops

Register today for the Army CYS and Operation: Military Kids Babysitting and CPR/First Aid course and earn a trained babysitter certificate. These workshops are for all DoD-connected YOUTH ages 12-18. The babysitting classes include instruction on the Army/4-H developed curriculum which teaches participants the important skills necessary to provide excellent babysitting services to family, friends and neighbors. All workshops are free! The next Babysitting certification workshop is scheduled for November 5 & 12, and the next Red Cross CPR/First Aid certification workshop is scheduled for November 19 & 26. Students must attend both days for babysitting and both days for CPR/First aid to receive their respective certificates of completion. All classes are from 4-7pm at the Schofield Barracks Bennett Youth Center. To register your child, call the SB Parent Central Services office at 808-655-5314 or the Aliamanu (AMR) Registration Office at 808-833-5393.

Kiki Yoshimoto

Hawaii Delegation to Attend National 4-H Congress

Hawaii will be represented by 16 young people, 4-H volunteer chaperone Joy Davis (Maui) and 4-H Agent chaperone Joan Chong at the National 4-H Congress, November 28-December 2, in Atlanta, Georgia. The 16 4-H delegates include:

Maui
Kiarra Burkitt
Kylie Davis
Kulia Fernandez
Emma Kaimiola
Dayna McGinnis
Tara Nobriga
Kami Shimabuku
Jena Suzuki
Kayla Takakura
Olivia Takakura
Keely Takayama
Kaitlyn Yamada
Layce Yamauchi
Katie Yoshioka

West Hawaii
Tianna Morimoto
Leah Teramoto
The 2014 delegation is anxiously awaiting the "Congress experience." They will participate in a program that includes a visit to Olympic Park, the Coca-Cola Museum and the Atlanta History Center and tour other sites of interest. Delegates will have the opportunity to hear outstanding speakers and complete service projects benefitting the Atlanta community.

Hawaii’s delegates to National 4-H Congress were selected based on their 4-H Senior Portfolios. Check out the National 4-H Congress Web site at http://www.national4-Hcongress.com for additional information on the event.

Claire Nakatsuka

Trees of Aloha

Please don’t forget! There are only two more months to plant trees in honor the Centennial of Cooperative Extension. Hawaii 4-H clubs are being asked to plant 100 trees or shrubs to commemorate this event.

Arbor Day is a good day to plant these trees. The Urban Garden Center, along with Hawaiian Electric Ward and Ko'olau base yards, Kahe Power Plant, Wahiawa Botanical Garden and Waimea Valley (formerly Waimea Audubon Nature Center) will be giving away trees on Saturday, November 1, 2014 so clubs may want to take advantage of this opportunity. (The UGC will be open from 7 am and trees will be distributed on a first-come, first-serve basis).

For more information about the Trees of Aloha project, please contact Steve Nagano at 453-6054 or email snagano@hawaii.edu or check out the website: http://www.ctahr.hawaii.edu/4h/treesofaloha.htm Clubs can also ‘sign up’ for the project via the webpage.

Project Spotlight

Hot Off the Press !!!

WeConnect, is a brand new Global Citizenship Curriculum that prepares youth to thrive in our culturally diverse world! WeConnect is a program model and curriculum designed to show youth that they are participants in a global society, inspiring a sense of understanding and confidence in relating and connecting to other people.

The curriculum is for middle school youth (grades 6-8 and ages 11-14), but can be adapted to suit both younger and older age groups. Perfect for afterschool programs, clubs, or camps, and cultural exchanges, the curriculum includes 20 lessons in four sections: exploring, stretching, challenging, and connecting.

This curriculum is available for purchase from 4-Hmall.org.
Other Opportunities

Prudential Spirit of Community Awards Program

The Prudential Spirit of Community Awards program, sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals, recognizes individuals in grades 5-12 solely on the basis of their volunteer activities. Here’s how it works:

- Now through November 4, 2014, 4-H’ers can apply online at [http://spirit.prudential.com](http://spirit.prudential.com) or [www.nassp.org/spirit](http://www.nassp.org/spirit)
- Applications must be submitted by November 4.

Certified applications are then reviewed by a state-level judging committee, which will pick the top youth volunteers in each state and the District of Columbia. All state-Level Honorees receive special recognition, while the top high school and middle level volunteer in each state and the District of Columbia receive silver medallions, $1,000 awards, and an all-expense-paid trip to the nation’s capital for national recognition events.

ReThink Your Drink Video Contest

Community Impact Grants Program

Grants, up to $5,000, are available to registered 501(c)(3) nonprofit organizations and tax-exempt public service agencies in the U.S. that are using the power of volunteers to improve the
physical health of their community. Grants are given in the form of The Home Depot gift cards for the purchase of tools, materials, or services.

Priority will be placed on volunteer projects that fit the following criteria.

- Projects that serve veterans and their families, whether that’s repairing homes or improving facilities
- Projects that involve veterans volunteering to help other veterans in the communities where they live

Check out http://homedepotfoundation.org/page/applying-for-a-grant for more information.

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

“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.

The American Youth Leadership Program (AYLP) provides an opportunity for youth and adult participants to travel to Ghana, learn about Ghanaian history, culture, traditions, and ways of life by staying with a host family during the four week program mid-June to mid-July 2015. American and Ghanaian host siblings will also study cultural issues in the U.S. and Ghana around nutrition and food security. Education topics on structures to provide healthy school lunches, 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. Check out AYLP-Ghana! Detailed information and applications are available on the University of Wyoming 4-H web site: www.wyoming4h.org Applications are due December 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 and visa fees, roundtrip airfare for pre-trip orientation in Wyoming, roundtrip airfare to Ghana, meals, lodging, site visits, cultural activities and transportation in Ghana, 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.
Smithsonian and 4-H

National 4-H Council is proud to collaborate with the Smithsonian Science Education Center to offer additional science learning materials that support 4-H National Youth Science Day's experiment, "Rockets to the Rescue!" Smithsonian Science Education Center’s mission is to improve the K–12 teaching and learning of science for all students in the United States and throughout the world. Additional free resources are available at www.ssec.si.edu

Be A CWF Program Assistant

National 4-H Council is looking for qualified youth, at least 18 years old, to apply to be program assistants at the upcoming Citizenship Washington Focus session next summer. Program assistants get paid and live on the campus of the National 4-H Youth Conference Center while spending some quality time in our nation's capital. They become licensed Washington, D.C., tour guides and facilitate the program's educational workshops. If you have or have had youth in your program who might be interested and would make good program assistants, I encourage you to forward them the following link… http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/tour-guide-jobs-internships/. The deadline is January 16, 2015.

Stop Hunger Scholarships

#GET5GIVE5 and Impact Millions! Sodexo Foundation’s Stephen J. Brady Stop Hunger Scholarships reward students that are working to end hunger in their communities. To support their innovative efforts, winners get a $5,000 scholarship for school and a $5,000 matching grant to give to the hunger-related charity of their choice.

Apply today and you could #GET5GIVE5 in your hometown.
Annual Application Period: October 5–December 5
To apply, for more information and official rules, visit SodexoFoundation.org

Service Opportunity: Media-Smart Youth Teen Leaders Program

We are excited to tell you about a new opportunity from the National Institutes of Health (NIH)! NIH is now accepting applications from young adults ages 15 to 20 for the Media-Smart Youth (MSY) Teen Leaders Program.

MSY is a 10-lesson curriculum for youth ages 11 to 13 that explores media, nutrition, and physical activity. Throughout the program, youth analyze advertisements and make media messages of their own, try healthy snack recipes, and discover fun ways to be physically active.

MSY teen leaders commit to carrying out the program from start to finish. In return, they receive leadership experience, community service hours, and recognition from the NIH, plus training and $1,000 for program expenses.

This is a great service project for 4-H’ers!
Applications are due October 24, 2014. For more details and to apply, visit the Teen Leaders page.

Sodexo Foundation Youth Grants

Deadline: January 15
YSA (Youth Service America) and Sodexo Foundation are looking for 100 of the best ideas from young people about how they can help end childhood hunger in their communities. $400 grants are available for youth leaders ages 5-25 across the U.S. to turn their ideas into action and make an impact on the issue of childhood hunger during Global Youth Service Day - April 17-19, 2015 - and beyond. www.YSA.org/sodexoyouth

Join us for a free webinar on Thursday, October 30 at 2:00pm Eastern to learn more about the Sodexo Foundation Youth Grant. YSA staff will go over the application and answer any questions you might have. Register here.

2014 H&M Drug Free Slogan Contest

Deadline: November 14
High school students, grades 9-12, can visit www.MentorFoundationUSA.org and enter the message that keeps them motivated for success and away from drugs. Mentor Foundation USA will choose a winning slogan and H&M will design a T-Shirt featuring that slogan to be sold nationwide! The winning student will receive a $150 H&M gift card, 200 of the winning T-Shirts to share with their peers and the student will be honored at our Shattering the Myths youth rally in Washington D.C. in January 2015...

Karma for Cara Foundation Micro-grants

Deadline: Rolling
The Karma for Cara Foundation is encouraging kids 18 and under to apply for funds between $250 and $1,000 to complete service projects in their communities. Whether it is turning a vacant lot into a community garden, rebuilding a school playground or helping senior citizens get their homes ready for winter, they want to hear what project you're passionate about...

Katie's Krops Grants

Deadline: December 31
Katie's Krops is excited to offer grants to youth between the ages of 9 and 16 in the United States to start vegetable gardens with the harvest donated to feed people in need. The winners will be awarded a gift card to a garden center in their area (up to $500), support from Katie's Krops, and a digital camera to document the garden and the harvest....

Give Us Feedback on 4-H NYSD for a chance to win an Aerospace Curriculum Set

With the wonderful memories of 4-H National Youth Science Day still buzzing in our heads, we want to hear what you thought of the experiment so we can make next year even better. Give us
your feedback to be entered in a drawing for a free set of Aerospace Curriculum. Take survey: https://www.surveymonkey.com/r/NYSDFeedbackriculum.

2015 National 4-H Beekeeping Essay Contest

“Planting for Bees from Backyards and Up” is the theme for this year’s essay contest. The essay should be 750-1000 words and will be judged based on scope of research, accuracy, creativity and conciseness and the logical development of the topic. This contest is open to all active 4-H club members only. The First place winner will be awarded $750, Second place winner $500 and Third place winner is $250. Each state may submit only one entry. Essays should be submitted by Feb. 15 to the county 4-H office.