Oahu 4-H Newsletter
September Issue

<table>
<thead>
<tr>
<th>September</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>Hawaii 4-H Alumni Association annual meeting</td>
</tr>
<tr>
<td>23</td>
<td>NYSD Rockets to the Rescue training, 9 am Catlin Clubhouse</td>
</tr>
<tr>
<td>30</td>
<td>Staff meeting</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>October</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>State Livestock Meeting</td>
</tr>
<tr>
<td>10</td>
<td>Hawaii 4-H Science Day Event - various locations statewide</td>
</tr>
<tr>
<td>11</td>
<td>State 4-H Leaders Meeting</td>
</tr>
<tr>
<td>18</td>
<td>4-H Foundation Meeting</td>
</tr>
<tr>
<td>26</td>
<td>4-H Staff Meeting</td>
</tr>
</tbody>
</table>

President’s Message

Aloha 4-Hers! Your new executive council and I recently met to talk about our plans and the future events that we will be hosting throughout this year. We’ve also all agreed that the theme for this year is “Recycling”. To start off this year, the executive board and I have decided to host a Recycling Contest. The mechanics of this contest is easy. Each clubs collect any recyclable materials preferably bottles and cans that we will collect at every council meeting. At every council meeting, we will keep track of how many recyclable materials each club generated. The recyclable materials such as bottles and cans will be sold. We decided to host this contest to ease the expenses of the (outer island) camping we’re planning for all Oahu County 4-H members and to generate income for this organization as well. We kindly ask all clubs to participate. This contest will run until May 2015. The club that submits the most recyclable materials will win a prize!

Our very first council meeting is going to be on Friday, October 10. Hope to see everyone there with their recyclable materials!

Shaina Acosta

Welcome to the New 4-H Year

I would like to welcome all of you to a new 4-H year. We are having a late start. I have been meeting with the Executive Board to plan this year’s calendar of events. We have not firmed up the activities for the year. As we welcome the new 4-H year, there are some changes that have taken place. 4-H lost their tax exempt status nationally. What this means is if an individual or business would like to donate money or goods to our organization, they can’t write it off as a donation on their taxes. Our college administration is working with the UH lawyers to help us remedy this situation. In order to make this possible we need to know the financial situation of each existing club. I have talked with some of you on this matter and will eventually meet with everyone involved.
Also, it has become evident that being registered as a 4-H leader or a 4-H member is very important. In order to be a registered member of the Oahu County 4-H Council it will be mandatory that all leaders and members fill out the following forms and turn them in to my office by September 30, 2014.

4-H members

http://www.ctahr.hawaii.edu/4h/forms/FormY-1.pdf

4-H leaders

http://www.ctahr.hawaii.edu/4h/forms/Form2.pdf

http://www.ctahr.hawaii.edu/4h/forms/VolunteerBehaviorExpectations.pdf

Leader to fill out this form for the club which lists all the leaders’ and members’ information.

http://www.ctahr.hawaii.edu/4h/forms/FormY4.pdf

First year leaders

http://www.ctahr.hawaii.edu/4h/forms/Form1.pdf

All new leaders becoming a 4-H leader for the first time will be required to fill out form 1 and set up an interview with me.

All clubs will need to do a plan for the year which shows the project the club is doing.

http://www.ctahr.hawaii.edu/4h/forms/ClubProjectWorksheet.xls

Rose Saito

Rockets To the Rescue

Get Ready, Set Go! Let’s see how far these rockets will shoot into the air and where will they land? To “kick off” National 4-H Week and join the millions of young people across the nation who will become scientists for the day during the 4-H National Youth Science Day. Hawaii will be celebrating this day on Friday, October 10, 2014 when youth across Hawaii, 9 years old and older will have a chance to become young scientists and explore how aerospace engineering can be used to solve real world problems. We will connect with all the islands through polycom. Oahu’s program will take place at the University of Hawaii Ag Science Building room 219 (1955 East-West Road). Please plan on participating the whole day. Here is the tentative agenda for the day.

8:30 to 9:00 am Registration
9:00 am
Welcome- Rose Saito
Overview on Science Initiatives- Becky Settlage
Presentation of Rockets
“Rockets to the Rescue” activity

11:30 am
Rap up and report back to group

12 noon
A healthy lunch will be served

1:00 pm
End the day with a tree planting activity on the UH campus.

2:00 pm
Have a safe trip home.

We are asking each person to bring one healthy nonperishable food item (canned goods). The participants will determine which agency will receive the food donation. Please call me at 622-4185 by October 10th if you want your 4-Hers or child to participate. Adults are welcome to participate.

October is a busy month because in addition to having the Rockets to the Rescue workshop, we are looking for 4-Hers to help at the State Youth Day at the Capitol on October 5th. We will be doing planting and butterfly activities. Usually we have over 500 youth come through our tent. Then on October 26th it is Kidsfest at the Bishop Museum. We will be doing Germ City. If you want to come out and have some fun that will be two exciting days to join us. Call me if you are interested in participating.

Rose Saito

STEM-Tastic Fun! Part 4

The fourth installment of the STEM day camp series for military youth took place on August 16th at the University of Hawaii at Manoa campus. 40 youth from the National Guard, Army Reserve and Active Duty Army, Navy, Air Force and Coast Guard participated in the Biology-themed camp hosted by Operation: Military Kids (OMK), 4-H Youth Development, Army Reserve CYSS and the National Guard Child & Youth Program. Staff members from UH’s Biotechnology Outreach team facilitated interactive sessions, teaching the participants how living systems and organisms are used to develop a variety of useful products. In the afternoon portion of the day
camp, the youth got to test out the correlation between biology and technology by doing an iron extracting experiment with cereal. Each youth also learned how to make their own stethoscope to share with their family. The STEM day camps for military youth are free to attend, and open to National Guard, Army Reserve and geographically dispersed Active Duty youth ages 6-14. The next STEM camp is scheduled for November 8, 2014. Visit the Hawaii OMK website periodically for event details at www.ctahr.hawaii.edu/4h/OMK/.

Kiki Yoshimoto

**4-H 101 and 4-H 201 Trainings**

A great big mahalo to Schofield School-Age program for hosting the 4-H 101 and 201 trainings. Also a special thank you to trainers Polly Strona, Becca Staggs, DeAnn Acosta and Jennifer Hodges for providing valuable information to all of the participants.

Claire Nakatsuka

**Fun in the Kitchen**

On Sunday, August 24th, the Friendship Magic 4-H Club learned the basics of cooking and baking by learning how to use measuring tools with Farin Fukunaga as facilitator. Third grader, Mikaylah says, "I learned to use tablespoons, teaspoons, and measuring cups, and how to make ice cream in a bag." Below is Mikaylah's drawing depicting the fun activity.
Project Spotlight

**Hot Off the Press !!!**

*What’s on Your Plate? Exploring Food Science* is a comprehensive curriculum set with hands-on experiments—some of which learners can eat as they discover the science behind food preparation. Youth learn the building blocks of food science using chemistry, biology, and physics in a “kitchen laboratory” setting. Learn why and how things happen in breads, muffins, eggs, fruit, vegetables, cheese, candy, and beverages. Conduct food experiments, collect and analyze data, practice sensory science (tasting), and investigate career opportunities. Each unit contains three activities for beginner through advanced learners. The Youth Science Journal leads learners through the experiments and provides them with use-at-home information.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The Secrets of Baking</td>
</tr>
<tr>
<td>2</td>
<td>The Power of Protein Chemistry</td>
</tr>
<tr>
<td>3</td>
<td>The Inner Mysteries of Fruits and Vegetables</td>
</tr>
<tr>
<td>4</td>
<td>Be A Food Scientist</td>
</tr>
</tbody>
</table>

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

**Other Opportunities**

**2014 Conservation Awareness Program Partnership**

NRCS, the Oahu Soil & Water Conservation Districts, and the University of Hawaii is sponsoring the 2014 Conservation Awareness Program (CAP). The purpose of the CAP is to give interested youths an opportunity to (1) learn about, appreciate, and understand Hawaiian soil and water resources; (2) demonstrate what they have learned about Hawaiian soil and water resources, work together, have a feeling of belonging, and contribute to the team; and (3) receive recognition and awards for their applied learning.

The Oahu County competition is set for October 18, 2014 and the State competition will be held on November 15, 2014 (also on Oahu). 4-H clubs on Oahu (14 years and older) interested in participating in the competition are asked to contact: Makena Mason, Cell: (315) 576-6622.

**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:

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.

Join the 9/11 Observance

The goal of 9/11 Day is to provide a positive way for all people to forever remember and pay tribute to the 9/11 victims, honor those that rose in service in response to the attacks, and remind people of the importance of working more closely together in peace to improve our world. How will you remember 9/11? Share your good deed or heartfelt message at www.911Day.org.

We are increasingly challenged to explain the significance of the events of September 11, 2001 to America's young people - most of whom have no first-hand memory of that time. YSA offers ten reflections about 9/11/01 and related ideas for service projects. Download "We Serve to Remember: 10 Themes for Engaging Youth in Service on 9/11" at www.YSA.org/resources.

Get Ready for the 2014 4-H National Youth Science Day!

This year, the 2014 4-H National Youth Science Day (NYSD) is going to new heights as it focuses on aerospace engineering. Taking place on October 8, the 4-H NYSD 2014 National Science Experiment will be Rockets to the Rescue!, developed by the University of Arizona.

This year's science experiment tasks youth with one mission: feed a community plagued by natural disaster. Youth will be responsible for building an aerodynamic food transportation device that can deliver large amounts of food to disaster victims. While participants will learn STEM concepts like previous NYSD experiments, they will also learn a powerful and valuable lesson in nutrition and helping to solve a current, global issues such as providing relief services in the wake of natural disaster.

Since 2008, 4-H NYSD has engaged millions of youth around the world in exciting and innovative STEM learning and experiences, from wind power to robotics to geospatial technology. Although the official NYSD event takes place at the National 4-H Youth Conference Center Washington, D.C., clubs, groups and schools worldwide take part in the science event every year.

Participating in NYSD is easy:

- **Purchase a 4-H NYSD Experiment Kit.** Each kit includes all the necessary items needed to perform the experiment, including youth and facilitator guide books and
experiment materials. To help you get a head start in preparing for the event, experiment kits are available for pre-order now on 4-HMall.org.

- **Register your event.** Simply create an NYSD membership account and you will be given access to helpful resources and materials. Later this month, adult leaders will be able to register their local NYSD event information, including event date, location, and number of participating youth and adults. Starting July 31, National 4-H Council will hold a random prize drawing every week to award a $150 Visa gift card to an organization that has registered its event. Register by October 1 for your chance to win $150!

So what are you waiting for? Purchase your kit, register your event, and get ready to save the world in this high-powered 4-H NYSD event!

**4-H Citizenship Washington Focus**

It’s been another exciting year at CWF! We couldn’t wait to share this news with you first! Registration for the 2015 Citizenship Washington Focus season is now open. Many of you have experienced the wonderful opportunity that CWF offers young people in 4-H. It’s time to register your 2015 delegation!

These are the dates for Citizenship Washington Focus 2015:

- **Week #1:** May 31 - June 6
- **Week #2:** June 7 - 13
- **Week #3:** June 14 - 20
- **Week #4:** June 21 - 27
- **Week #5:** June 28 - July 4
- **Week #6:** July 5 - 11
- **Week #7:** July 12 - 18

**Submit a form to register your delegation today!** http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/

Don't miss the early bird specials, book by August 25th and receive 1 free chaperone for every 10 delegates!

This year we also had our first **Leadership Washington Focus** session. LWF is a 4-H leadership program for youth entering grades 7-9. Registration opens on **August 1st**! This year's program dates are:

- **Week #1:** June 15 - 19
- **Week #2:** June 22 - 26
- **Week #3:** July 6 - 10
- **Week #4:** July 13 - 17

**Check out LWF 2014** http://www.4hcenter.org/youth-conference-center-overview/educational-programs/leadership-washington-focus/about/
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.