



November 24-28, 2017

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# Hawaii at 4-H National Congress

Atlanta, Georgia



Hawaii 4-H delegates at the National 4-H Congress Gala on Monday, Nov. 27, 2017.

On Thanksgiving Day, Nov. 23, 2017 ten 4-H youth delegates from Hawaii - **Emma Harris** from Kauai; **Colby Johnson** from Oahu; **Sydney Suzuki** from Kona; and **Jayda Cortez**, **Danica Galindo**, **Kylie Ginoza**, **Lauryn Ige**, **Lindsey Kimoto**, **Megan Koga** and **Malie Watanabe** from Maui; along with chaperones **Dr. Jeff Goodwin**, Hawaii State 4-H Leader and **Patsy Y. Iwasaki**, president of the State 4-H Leader's Federation - traveled to Atlanta Georgia to attend the 2017 National 4-H Congress held in the "Capital of the South" Nov. 24-28. It was a fantastic experience filled with educational workshops, fun events and activities, speakers, dinners, dances and a chance to meet and socialize with about 1,000 other 4-Hers from all over the country and Puerto Rico!

## CONGRESS MEMORIES



### Flag Ceremony by Jayda Cortez

On Sunday Morning, two delegates from every state got to walk down the aisle with their state flag and say an interesting fact about their state. This was the Flag Ceremony. It was fun to hear about all the different states and see all of the flags. Emma and Colby were our delegates that walked down the aisle. Emma's fun fact about Hawaii was that our state fish is the Humuhumunukunukuapua'a.

### Summary by Emma Harris

National 4-H Congress was an amazing experience. I learned a whole collection of new skills at Congress. I think the most important thing that I learned at Congress was meeting new people. The people I met at Congress I am still in contact with. I loved meeting new people from whole different backgrounds and stories to share. One of the activities that I did at Congress was a scientific experiment workshop. In this workshop we got to experience a bunch of new opportunities. We

put grapes in the microwave and watched when we turned on the microwave how the grape caused lightening. The leader of the group swore that this scent cover worked the best, he was right. We put eggs, milk, and other dairy products into a fake baby, which made it smell horrible. We then put this spray on and the baby didn't smell anymore. He also gave us a type of fruit that covered the sour receptors in your mouth. This was truly amazing. It was so cool to see how science could make something that maybe wasn't that amazing, and turn it into something spectacular.



Congress was an experience I will always remember. At Congress I made forever memories and relationships. It was an experience like no other. I would choose to go to National 4-H Congress again if I had the opportunity. I want to thank everyone who made Congress possible. It was a truly amazing experience.

### Orientation by Lauryn Ige

This overview was very helpful to have so we knew what to expect. It also was an effective way to generate excitement about 4-H Congress. They explained what

4-H Congress was about, which is to inspire young 4-Hers and teach them about leadership, life skills, and to enrich them in a variety of culture. I found it very interesting and informative because I did not realize the depth of 4-H and how life-changing it could be.



### **Opening Assembly by Sydney Suzuki**

It had begun. The 8 hour flight to Atlanta, Georgia came down to this very moment. We started the conference off with an opening assembly. They introduced the design team who helped make this possible for over 1,000 people. In addition, they also put on a clever skit that laid down the rules and boundaries so we could make the most of our time here.

Matt Rush was the speaker for the opening assembly. He talked about the three V's: viable, valuable, and visible. To be viable is to be willing to grow. Matt explained that to be successful we must be open to learn and grow. As 4-Hers we are viable, which is one of the reasons why we're here at National 4-H Congress. Then he talked about being valuable and wanted us to personally reflect on how we're valuable. Being in 4-H already holds so much value, especially in the way that we help our community. And lastly, being visible. Matt has an excellent statement when he pointed out the importance of creating numerous relationships with other people. If we don't become visible, then 4-H won't grow and our ideas won't be heard. Overall, he was a very great speaker who allowed us to personally reflect on the importance of being a 4-Her and how we can grow as well.



### **International Night by Malie Watanabe**

It's International night! The night started with the Hawai'i delegates passing out shell leis to each 4-Her. We welcomed them with the greeting "Aloha" and gave a warm hug as they walked in. Some of the people had asked to take pictures with us! They were the kindest

people I ever met. Being able to share my Hawaiian culture was an exciting moment for me.

Before I had left to go to National 4-H Congress, I heard that everyone watches your hula performance and they crowd around the stage. I did not expect that night to be packed with people watching us dance and they basically treated us like we were superstars.

Many of the delegates



shared with us that they could never dance hula. Since it is a traditional dance, a part of my Hawaiian culture and I grew up with it I didn't think of it as a difficult dance.

After we performed, we ate and experienced the foods from different cultures. All of the

food was very delicious but my favorite one was the pasta! Many of us were able to meet new people from different states. We had a chance to dance and it was very fun. Throughout the night we learned many different types of dancing. I quickly realized that our dance moves were from Hawai'i are different from the moves they have in the mainland. It was very enjoyable to get to dance and be yourself. The saying "time goes by quickly when

you're having fun" proved to be true.





### Workshops by Jayda Cortez

**Coolness of Science** was a workshop where I created slime and a tower made of spaghetti noodles, marshmallows and gumdrops. In this workshop I met my closest friends in Congress because we had to work together as a team and build relationships. The goal of the tower making was to make the sturdiest, tallest, or most creative. We went with the sturdiest and not trying to be biased or anything but I'm pretty sure we won! I really enjoyed this workshop because science isn't my favorite subject in school, but it reminded me how fun and cool science can be!

**Dancing with the Stars** was a really fun workshop! An instructor taught us how to swing dance! I've never really knew what swing dancing was but once I learned it I couldn't stop. I got to dance with boys, which was totally new to me, but they were all so fun and nice. A lot of the delegates in that workshop were experienced and knew what they were doing, but that didn't stop me from learning it! It was interesting to learn a dance that people in the mainland are familiar with

and dance often. At first, the dance started out slow and simple. I thought I had it in the bag. Then it started getting a little more complicated and I'm pretty sure I stepped on a couple shoes. But in the end, my partner and I felt really comfortable with the simple moves that we went for the more complex moves. For the most part we did really good but more importantly we all had so much fun and I got to learn a lot about different traditions and dancing.

### Workshops by Megan Koga

**Speed meeting:** During this event we all sat at the tables in rows. We would face the other person who sat across from us and were given about 90 seconds to talk to them. To break the ice, we had optional starter questions like "Where are you from?" and "What kind of things do you do in 4-H". After learning each other names and home states, we got to talk about anything we chose too. Being from Hawaii, many people started asking about what it was like to live here. After the 90 seconds were up, each person would move a seat to the left, giving



them a new face to meet and get to know. This event pushed our interaction skills and helped us meet new people and make new friends.

This was one of my favorite activities to participate in. Not only did I get to meet people from the other states, but I got to make close friends that I still talk to today. Congress has many workshops and mingling opportunities but this particular even gives you the chance to talk to almost everyone in the room. Being more of an introvert made me very nervous to participate. However, everyone I had met at the speed meeting were very nice, very respectful, and sometimes, just as nervous as I was! If you are ever too scared to start a conversation with someone new, remember that National 4-H Congress really is a “once in a lifetime” opportunity, enjoy it!

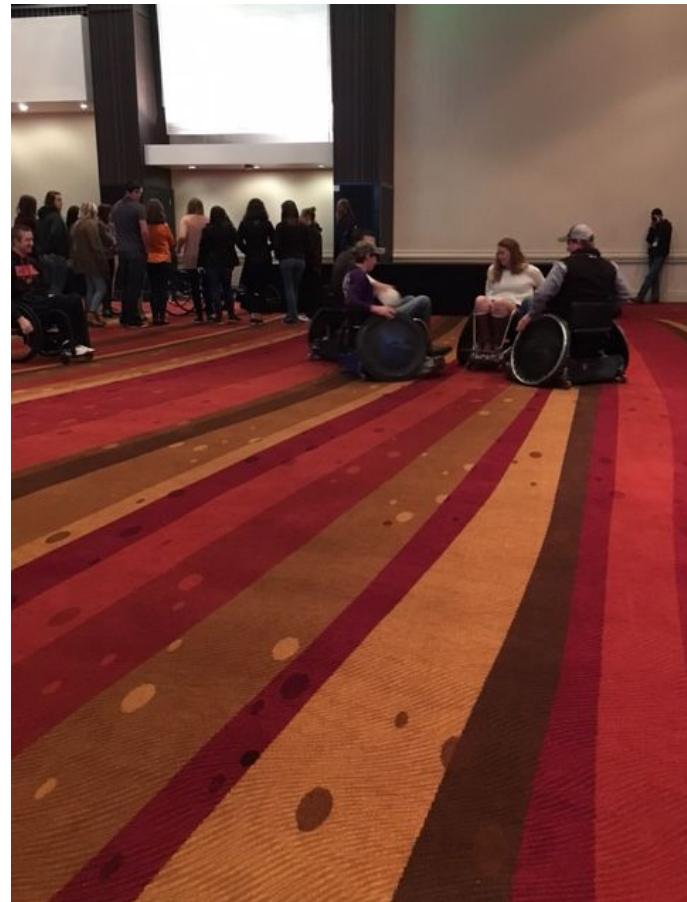
### **Increasing independence and quality of life for those living with disabilities:**

This workshop was about having a disability that puts you in need of a wheelchair. The main thing we focused on were the types of activities that are out there for people who have this type of disability. The speakers had brought in 4 special wheelchairs that are made to play rugby. Everyone had the chance to play and get a feel for what it would be like to play sports in a wheelchair.

One of the speakers for this workshop was in an accident that caused him to lose the use of his legs and parts of his upper body. Not only did we get to play rugby with the other 4-Hers, but we got to play against our speaker who is a great rugby player. Having him there, sharing his story, made the workshop material much more powerful and realistic.

On Sunday morning, Dr. Eugen

Schoenfeld gave an emotional speech that touched everyone's heart. Dr. Schoenfeld is a Holocaust survivor who lives on to share his story and message. He shared with us about his horrifying experience in the concentration camps and how cruel they were. When he parted ways from his family, he did not know that that was the last time he would ever see him again. Dr. Schoenfeld talks about dehumanization. The Nazi's took away their humanity. Their clothes, their personal belongings, and even their name. He was known as a number during his time in the camps. To hear how much they tortured them was truly heartbreaking and unacceptable. He also talked about being together as one. We need to work together and accept everyone.



## Workshops by Kylie Ginoza

**Drones:** I found the drones workshop fun! We were able to learn a little more about drones, as well as even fly it. I found it so cool, how these small things were the start of a new technology era. I remember watching an amazon commercial where drones would deliver some packages to customers. I found it so surprising and also became very interested with drones. Along with flying drones, we got to hear a little about coding, and even try out virtual reality. I'm into technology so hearing and being



able to try out these things were super cool. Drones cost a lot of money, as well as the virtual reality simulation, so being able to try these things that I don't have access to on an everyday basis was neat. I had lots of fun playing with all the technological things in this workshop. It was definitely something I will remember when I think of Congress.

I chose to do the planting the seed workshop. The instructor lectured at first, and we had group discussions throughout the presentation. We discussed positive ways to change our habits to better ourselves. The instructor challenged us to text at least five people a paragraph. Basically the paragraph said how amazing they were and how much they meant to me. It made the person's day, and it made mine too.

Along with that, we learned that the change starts within me, and I can only change myself. I can "plant the seed" to my greatness as well as help others out. By starting with myself, I can better me, and fail sometimes, and help others so they don't make the same mistakes that I made. I will definitely take all the things I learned and apply it and share it with others in my life.



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## Workshops by Lauryn Ige

### Dancing With The Stars:

In this class, I learned swing dancing techniques. This was one of my favorites, although I was incredibly shy to dance at first. I found it so fun! I learned how to do the dance move where the girl slides through the boy's legs from the back, which looked very hard to do, but it wasn't even bad at all. I overcame my initial shyness and was enthusiastic to continue learning to dance. Since I live in Hawaii, I don't really have the opportunity to learn this type of dancing. I found it interesting to learn about the type of dancing they do in another culture.



**Expanding Horizons through Group Involvement:** We were put into separate groups based on a number they gave us as soon as we walked in. I was put into a group whose theme was diversity. We played the classic "beach ball" game, where someone throws a beach ball with questions written on it, and whatever question your hand lands on you have to answer. We did this for a while to learn individuality, in that we all had different answers, although some of us were alike (and through accepting diversity comes finding commonalities). After doing this, we all introduced ourselves, and continued with another activity. In this one, we stood in a circle holding hands, and then some people leaned in towards the center, while others leaned out. We had to work as a team to keep the circle intact so nobody fell. We proceeded to do the exact opposite, everyone leaning inwards together, then outwards. We sat down to discuss what we learned and what the activity represented. We learned that although some people have different stances on things, we must work together to be successful. In another activity, we had a piece of paper in our hands and closed our eyes. The girl leading the activity gave us directions on folding the paper, then ripping pieces of it off. When we opened our eyes, we discovered we made a snowflake-like paper, and like a snowflake, everyone had their own unique one. Nobody had the exact same one as another person. We discussed this idea as well, explaining how individuality was important. We continued to talk about diversity for a while until it was over.

Being a part of this did help me understand diversity better. We even talked about how we would go about teaching others about diversity, and how we would teach younger audiences vs. older ones. I gained a newfound appreciation for diversity and our group gained a mutual understanding amongst one another about embracing new cultures. I found it very beneficial and informative, yet entertaining. I would definitely recommend that others use tactics such as we did to teach others about such a controversial issue.



**Pilates:** Pilates was not what I expected it to be at all. Everyone I spoke to before class thought it was just going to be “intense yoga”. Intense was an understatement, and that was most definitely not yoga. It was very grueling and strengthening for the core. We did a variety of exercises, targeting stomach, legs, and arms. Our instructor was quite passionate about pilates, ensuring that we did not give up in the middle of our exercises and correcting us on how to do them properly. My stomach muscles were sore for the next three days, but I did enjoy pilates overall. I felt accomplished afterwards because I felt stronger, if only for a day. I would highly recommend that anyone try this.



#### Workshops by Malie Watanabe

#### **Impromptu Western Jitterbug:**

After eating lunch on the first day, everyone had a chance to relax but my friends and I were on the Whova App. We got the notification that said, “Impromptu western jitterbug dancing at floor LL2 at 1”. At first when I read this I was unsure of what western jitterbug dancing was. Before we went downstairs I decided to do research about what type of style dancing was. My friends and I all decided to go because I believe that you will never know what something is unless you try it.

When we got to the location, I was very nervous. I decided to take a chance and went for it but I totally got lost in the steps and it was very difficult to learn. My friends were

able to learn a small part of the dance and I took pictures of them. Attending Congress taught me to take advantage of any opportunity that comes my way. Before going on this trip, it was challenging for me to experience things out of my comfort zone.



### Workshops by Danica Galindo

**Zumba:** One of the workshops that I attended was the Zumba workshop. I am not one for exercise but being able to have fun and lose some calories at the same time was an instant party for me. It was such a fun workshop to participate in because no one was competing to be the best dancer. It was all for fun and it definitely made me work up a sweat. I would love to take another Zumba class again. I met some really great people and learned some of the most interesting dances. Our instructor was really inspiring and motivated us if we didn't know how to do a move correctly. I know I'm not the best dancer but I felt like I was on "Dancing With the Stars" during this workshop.



### Entertainment by Danica Galindo

This year at National 4-H Congress 2017, 4H entertainment left myself and I'm sure many other 4Hers speechless. There were so many talented 4Hers and being able to capture and take in all of the hard work that they have put into perform for us. I am so lucky to have the opportunity to experience the talents of my fellow peers. As well as other performers, the Hawaii State Delegates did perform and it was amazing to see how excited everyone was to watch us perform. Performing for everyone was probably one of my favorite parts of congress. Everyone was so nice and I just can't wait to see them again !!!



### Speakers by Jayda Cortez

On Sunday morning, Dr. **Eugen Schoenfeld** gave an emotional speech that touched everyone's heart. Dr. Schoenfeld is a Holocaust survivor who lives on to share his story and message. He shared with us about his horrifying experience in the concentration camps and how cruel they were. When he parted ways from his family, he did not know that that was the last time he would ever see him again. Dr. Schoenfeld talks about dehumanization. The Nazi's took away their humanity. Their clothes, their personal belongings, and even their name. He was known as a number during his time in the camps. To hear how much they tortured them was truly heartbreaking and unacceptable. He also talked about being together as one. We need to work together and accept everyone.

### Speakers by Lindsey Kimoto

Everyday we had the opportunity to listen to a wide variety of speakers, from North Dakota, to Texas, to the small elementary school in Atlanta, Georgia. We were fortunate enough to hear Ms. America 2018 and Holocaust survivor, Eugen Schoenfeld. We learned a lot from the speeches, from life lessons to motivation for the future. I took away many inspirational messages, like "accommodating others differences to come together and work together for a greater purpose" or "make your life matter by making a difference and sharing your story to somehow inspire others to make a change". We also got the chance to watch a video of Eugen's life. Many of us were touched by the unbelievable story. I enjoyed listening to Eugen because he had important details to share with us and he also had a sense of humor. It was very enjoyable to take in the amazing experiences of the wonderful role models.

## Community Service by Lindsey Kimoto

**Food Bank:** On Monday, we all split up into separate groups and visited many different places all over Atlanta, Georgia to serve others in the community. Most of the Hawaii delegates went to an elementary school where they helped cleaning and organizing and working with the kids. I went to the Food Bank with about 40-50 different teens. We toured the food bank and learned about all the different



things they did to help the community. They had different areas to sort supplies and distribute to volunteers. We also did a seminar stimulation type of activity where we got to pretend we were a member from the community and balance out our money with food stamps and financial aid depending on our different living circumstances. I learned a lot and I can take it back to the county of Maui by doing a similar simulation in my club and teaching them about the importance of food supply and food banks.

service learning. I could really apply everything that I learned in that workshop to our community service project. This community service project also allowed me to compare how younger generations were being taught to how I was taught in 2nd grade. All of the 2nd. graders were really sweet and willing to let me help them with anything they needed. It was really fun to get to know all of the students and meet them. We got to also attend music class with them and that was probably the most fun I've ever had in music class.

**Community Service by Danica Galindo**  
Being able to volunteer at Kingsly Elementary School was the best part of the whole trip. One of the workshops that I took prior to our community service was about





### Atlanta History Center by Malie Watanabe

This was the first History Center I have ever been to and it was very exciting. I did not know what to expect. Once I got out of the bus I was impressed about the layout and how well it was taken cared of. I am not a person who is very interested in history, but being able to go there was amazing. I learned many things about Atlanta. For example, I learned about the turning point for the American Civil War. I was not aware about the Atlanta Campaign in 1864 which was one of the key events in the Civil War. I also saw many artifacts that I have never seen in person before. For example, I saw how the old classic barbershops were and I got to see the different types of clothing people had to wear.

After we finished touring the History Center we also went to different groups. These included watching a comedian and a magician, or African dancers or a bluegrass banjo player. I chose to go to the comedian and magician act. This was the first time I ever got to see tricks up close. I also thought it was very interesting how the magician brought some 4-Hers on stage and participated in his act. Another event that I saw was African dancers. It was a new type of dancing because it included high-intensity moves. I know that with every motion they had it told a story. I also found it fascinating how many other 4-Hers learned and danced with them.





### **Congress Gala** by [Sydney Suzuki](#)

The night of the Gala was definitely an experience my fellow 4-Hers and I were looking forward to. We had the honor of personally meeting Ms. America and other influencers who made National 4-H Congress possible. It was mesmerizing to see everyone dressed to impress. For many of us it was the first time we had a formal dinner. The way they served the food, especially the desserts, made it feel as if you were in a movie. And to make it even more magical, Santa paid us a visit!

After dinner and a couple performances, Ms. America left us with a few words. She talked about her experience becoming Ms. America. She explained how she almost gave up on her dream and that we need to follow through with our goals and aspirations. The biggest thing I took away from her speech was that we mustn't live our lives by what others say—we must strive for greatness, and in doing so, help those around us who are in need because that's how we're going to make this world united again. It was such a privilege to be able to sit within the crowd listening to Ms. America. It was a moment I'll never forget.

### **Closing Assembly** by [Megan Koga](#)

It was hard to imagine that this was the last time we would all be sitting together as a part of National 4-H Congress. We all sat by our states and reflected on the many activities we participated in, our new friends, and the memories that we made. I can't believe I grew so close to people in the 5 days we were there.

In this assembly we were inspired to work hard and follow our dreams. Every one of us worked hard to get to Congress and we made it! Now it was time to work hard towards our next goal and follow where life takes us.

I miss my new friends dearly and hope to see them again someday soon. This really was a “once in a lifetime” opportunity that changed me. I feel more confident in meeting new people, more independent, and a strong sense of adventure to travel to the hometowns of my new friends from around the U.S. I will never forget my time at National 4-H Congress!



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### **World of Coca-Cola by Colby Johnson**

The World of Coke. A museum dedicated to the history of Coca-Cola, need I say more? This museum is a shining star that compliments Atlanta, Georgia nicely and would make any trip to the Capital of the South even more memorable.

The first bit of information you are given upon entering is the museum has no copies of anything, everything is the original. All of the attractions are enthralling but some of the highlights are a static display of a 1937 Chevy Coca-Cola Delivery Truck. There is a room filled with self-serve soft drink stations, one for each continent so you can try sodas sold in every corner of the earth. To top off the Coca-Cola experience, a gift shop is at the end of the tour so you may indulge yourself in any Coke merchandise imaginable.





..... Aloha y'all, Patsy Y. Iwasaki