

Atlanta, Georgia
Nov. 27•Dec. 1, 2015

4-H



Thank You 4-H!!

Shaina Acosta

I am filled with gratitude and glee as I was given the opportunity to attend the 2015 National 4-H Congress. I met a lot of people, visited various places, and experienced things that broadened my perspective. Upon attending this conference, I knew what to expect as I have attended a few National Conferences, nonetheless, my experience at this conference surpassed my expectations. I've enjoyed everything from the workshops, service projects, get acquainted activities, entertainment, and the people. It was tiresome, but I'd sacrifice my sleep any day just to experience the joy and excitement all over again!

I especially enjoyed the Cultural Night. It was interesting to taste the foods from other countries and see traditional dances. After spending a week with my new friends and fellow 4-Hers, I can honestly say that the 2015 National 4-H Congress was the highlight of my year. I will be forever grateful to all those who made this opportunity a reality for me.

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SPECIAL POINTS OF INTEREST:

- 2015 Design Team works magic!
- Trust = confidence in another person.
- Yoga, good for the mind, body, and spirit.
- The Atlanta History Center, showcased young African dancers.
- 'Fireworks,' sung in sign language was truly beautiful.

A Night of Culture

Alex Tyau

My fingers were frosty from the biting night air. I welcomed the warmth inside the Atlanta History Center. It was as if you went back in time, with women in corsets, grand chandeliers, and historical pieces everywhere. It was an enormous place, yet it seemed as though Atlanta's history was bursting through the confinement of the walls.

Moving from room to room, was like traveling through time. You would be in the 1800s with covered wagons and spinning wheels, then find yourself in the excitement of the 1996 Olympics. Everything had a story. The gun on the wall was like those that soldiers once held in battle; the little house, was an example of a traditional colonial home; and the posters everywhere clearly told Atlanta's history.

We also got a taste of the cultural blend that is currently being written as today's history. We were able to watch and experience the energized movements and banging drums of an African dance, along with the hip hop of today's generation. Both were very different dances, but it just showed Atlanta's versatile society and how they embraced all parts of their history, including the one being written. The bitter cold surrounded me as we walked out the glass front doors. Leaving behind the history of Atlanta and ending our night of culture.



4-Hers from across the nation were given a warm welcome during the opening assembly of the 2015 4-H National Congress. The minds behind this conference were revealed as the 2015 Congress Design Team was introduced. Applause and cheers then filled the Centennial Ballroom as Kirby Nixon, a 4-H member from Texas showcased his violin playing skills. One could sense the excitement from everyone as laughter bounced off the walls from every corner of the room. Smiles and friendly gestures were reflected by everyone as they bid their fellow 4-H member "hello." The opening assembly was

filled with anticipation to finally start the most awaited 4-H event of the year, the 4-H National Congress. In addition to some laughter and entertainment, 4-Hers were greeted with wise words from Barbara Chamberlin of New Mexico State University. Ms. Chamberlin made her message sweet and short, yet very inspirational; "you are a gift to someone else." In a world where insecurities and the feeling of loneliness consumes the lives of teenagers, I think it is important for many to hear such words—that we should embrace ourselves and others and appreciate who we are and what we have to offer in this world. We are made to stand out, not to be mediocre.

THE FLAG CEREMONY
JAIRUS IWASAKI



OPENING SESSION
CAMILLE KIMOTO

The flag ceremony was a very cool event. I had the honor of presenting our state flag during the opening ceremony which was followed by an inspirational speaker Dr. Rob Nash, Professor at Mercer University. His message motivated all of the 4-H delegates. He got us all pumped for the rest of the day.

Camille and I woke up at 6:45 am, met at the Flag Bearer and Youth Delegate breakfast session. We had a meeting, was informed about our role during the morning ceremony, practiced, then were dismissed. The opening session was impressive and I am proud to have been a part of it.

Dr. Nash was very motivational. He also encouraged us to share what we learn at Congress by bringing it back home to our own communities so we can help others.



SOCIAL MEDIA
CAMRYN BAN

The guest speaker for Saturday morning was Kayla Martell. She was a 4-Her and became Miss Delaware 2010 after four years of competing unsuccessfully. She shared her persistent story of competing for the title and the barrier that took her by surprise at a young age.

her close friend committed suicide for being bullied for having crooked teeth. Martell realized she needed to embrace her bald head and her new image. She competed in pageants with no wig and during her last eligible year, she wore a wig and became Miss Delaware 2010.

Kayla Martell began to lose chunks of her hair by the age of 11. She was diagnosed with Alopecia Areata, an autoimmune disease that caused her hair to fall out. By the age of 12, she lost almost all of her hair and began to feel self-consciousness. Soon after,

During her reign as Miss Delaware, Martell went on several talk shows to share her passion of embracing herself as well as never giving up. She shared her story of perseverance through pageantry and her medical condition. Kayla Martell truly inspired everyone.

The Social Media workshop showed us ways we can use social media in business as well as the effect Social Media has on things. The Pros and Cons of Social Media was discussed. Every 4-Her was able to participate in the workshop through discussions, games and candy.

I learned how Social Media such as LinkedIn can be helpful and a benefit for you when creating resumes and networking. I found this workshop interesting because I learned lots of new information and got to connect with other 4-Hers.



COMMUNITY SERVICE
CHERRYSSE ULSA

one of Georgia's famous crops, the peanuts. We were informed about peanuts, that it is not a part of the nut family, and learned how the plant grows, and when the peanuts are picked.

The next day, we went to the school with our 'peanut' activities. I was never good with kids, so this experience was out of my comfort zone. The children were very polite, some already knew the facts about peanuts and some were surprised by the details we shared. I had so much fun interacting with them, and found this to be quite odd since I was never good with kids. It was great to see such enthusiastic and smart kids. I was inspired in a way that I never expected, which made the experience truly unforgettable.

The community service at Bethlehem Elementary was probably my favorite among all of the events at Congress. We first attended a workshop, "Farm to Fork," where we learned about

I was also assigned to help students learn how to tell time, I had so much fun doing this activity and was impressed by how smart and fun the kids were.

Cherrysse Ulsa

Getting Acquainted

Camryn Ban

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On our first night at Congress, we had an amazing opportunity meeting other 4-H members from around the country. On our way to the ballroom, we met and traded items with others. Our new friends from Texas, Meranda and Rebekah gave us their state pins.

We played lots of games. We started off with the Number

game where we thought of a number, then tried to find others with the same number by shaking their hand. Another game was a math game which involved counting, we had to say buzz whenever the multiple of a number (ex. 3..6..9..) was called around the circle.

I enjoyed this event because I met so many people and was able to interact and

connect with others. My favorite game was the name game where we sang the first letter of our name and found people with the same first letter. Then, as a group we created our own song. I was in the C group; we sang the cookie monster song. I think that this event really help jumpstart the week and connect everyone together.



TRUST ALEX TYAU

“Trust is when you have confidence in a person”
“Trust is having faith in someone else”

We worked on trusting each other through a series of games. With our partners, one of us was the tank and the other was the commanding officer. The tanks had to maneuver blindfolded with the commanding officer guiding them. The tanks had to pick up the plastic balls and blindly throw them at the other tanks in hopes of getting them out. The last team standing was the winner. The tanks had to trust their partner’s directions, and the commanding officers had to trust that the tanks would listen. Trust comes in different forms, this game just showed one small part of it. Trust is an important value to have, and something you just have to do sometimes.

DANCING WITH THE STARS MELIA FONG

Dancing with the Stars was instructed by Wayne Zwick, a great dancer who knew various types of dances including swing dancing which we learned. Although I am not a dancer, I found it easy to follow and enjoyed learning to dance. The class was mostly girls and a few boys so we had to trade off with partners. Our instructor taught us that if we want something, such as a chance to dance with someone else, we needed to take it and not be afraid.

In this class we were able bond and get to know the other Congress delegates. While practicing the dance steps, I met two girls and we had the most fun dancing and laughing. The amount of dance experience ranged from members participating and winning in competitions to people who had never danced in their life. Despite this, we all had a good time trying out something new. I learned that trying new things can benefit you and you can end up enjoying it.

FUEL TO PLAY 60 CAMILLE KIMOTO

Led by the CEO of Fuel to Play 60, the group of delegates learned how to partner with the program. We made a plan to fulfill this partnership. Fuel to Play 60 is a program that focuses and enforces healthy meals and an active lifestyle. This program is mainly implemented within schools.

I was persuaded by the benefits of this program. At my elementary school, healthy eating was a focus, but once we were in intermediate and high school, healthy lifestyle was not emphasized. So this program would be an excellent one to promote healthy eating and an active lifestyle.



INTERNATIONAL NIGHT JAIRUS IWASAKI

International Night was a whole new experience for me. The international-themed decorations in the ballroom were very colorful, nice and eye catching. The Hawaii group practiced an hour prior to our hula performance; we did well although some of us feel that we made a few errors during the dance. We also presented shell leis to each of the other delegates, they were really happy and enjoyed it. Some even wore them the next day!

The dance was cool and the DJ played good music, I had a great time eating the good food, enjoying the entertainment, the dance and games.



Be accepting of everyone and you will see that despite your differences, you are all very much the same. Through personal stories, trials, and triumphs, Dr. Bob Nash emphasized the importance of accepting others. He made me take a look at my view of the world, and reflect upon the way I connect with people. He told us a story, of how he went to China with a group of students and there was an issue with the taxi driver - he and the driver did not speak the same language. The driver

started getting upset, then Dr. Nash said something completely random, a previous President of China. The taxi driver was puzzled before replying with a previous American President. They went back and forth naming the Presidents, in order, of the other person's country. By the end, the driver was all smiles and took Dr. Bob Nash and his students to their destination. It seems silly to think that naming Presidents could have solved an issue that was almost a blowout! The point

is, the two of them connected, they showed their acceptance and respect of the other country, and saw each other in a different light. They saw the human beneath the stranger before them, and realized they weren't so different after all. This story, and others he told, left me to be more accepting of others because now I know that when you make a connection with them, you will not see differences, but similarities.

Five 4-Hers went on-line and showed their social media profile, it was interesting to see other people's great profiles.

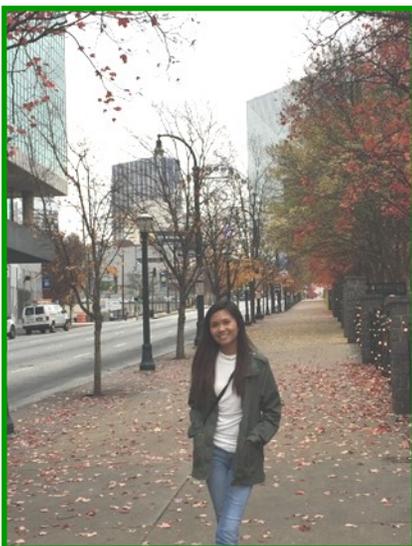
Camryn Ban

GTL - GIVE, TALK, LEARN
RIANN FUJIHARA

One of the sessions that I attended was called GTL, also known as Give, Talk, Learn. Justin Crowe instructed this session, and he talked about the different types of services and issues that are greatly impacting America today.

There are four types of services that was covered, which included direct service, indirect service, advocacy, and service-learning. Although each service impacts lives in different ways, our main focus was service-learning. Jim and Pam Toole once said, "Service-learning is a form of experiential learning where students apply knowledge, skills, and wise judgment to address genuine community needs." There are different elements of service-learning that help to create a successful service experience that is both meaningful and organized.

Justin Crowe talked to the 4-H delegates about the importance of addressing different community needs and learning to apply knowledge, skills, and wise judgment to form a solution. I believe that this session was very beneficial and it is important to inform young adults about community service and how we can take action to help us form a brighter future.



YOGA
AIMEE NATHAN

I believe that yoga is very good for the mind, body, and spirit and I had so much fun at the yoga workshop. I was able to relax and stretch. We were taught different stretching exercises that taught us how to keep a healthy lifestyle by improving our posture. Yoga also helps to relieve the pain in your body as well as any emotional pain you may be feeling. It was so soothing and calming.

I felt so comfortable and relaxed throughout this entire workshop. They played soft calming music and had the lights dimmed, almost dark. This helped to make the atmosphere relaxing as well. I enjoyed this activity very much and

I suggest that everyone should try it out. Yoga can also help you to get rid of any pain to make the day easier to live.

This was probably my most favorite workshop since I was able to calm myself. You learn about exercise, relaxation and it can help you stay fit and active.



Melia Fong

One of the workshops that I attended was Pilates with Renee French. She worked with several major athletes to help strengthen them for their respective sports. This being my first time doing Pilates, I enjoyed it and found that it helped strengthen my core.

She taught us many different exercises that left us tired with sore muscles. During the workshop she corrected how we did some of our exercises such as crunches and sit-ups. She taught us how to get the

best and fastest results by teaching us the correct movements that made us use our core instead of straining our necks. She taught us the importance of exercising for growing teenagers. She also told us that with Pilates, you could adjust the sequence of exercises depending on whether you want to become more flexible or have larger muscles.

Consistently throughout the class, she told us to keep our backs straight and to keep

our shoulders relaxed so we could improve our posture. While instructing her son's teams and other kids around our age, she noticed that this generation has terrible posture. Our backs and arms are contracted and hunched over from technology - phones and laptops, so we must be more aware of improving our posture.



ZUMBA

RIANN FJUIHARA

Zumba is a form of exercise that involves creativity and dance and was created to make people actually want to exercise. I have attended a few Zumba classes on Maui, but the style of Zumba on the mainland is slightly different. The entire environment was different. In Atlanta, everyone wasn't afraid to dance and have fun whether they were a girl or a boy. On Maui, some people feel embarrassed, which holds them back from really having fun with the

workout. The instructor encouraged us to do our own dance moves and everyone appeared to be having a great time.

This was a good experience that involved working out through creativity and dance. It was interesting to see people of different cultures come together to dance. I would recommend Zumba to anyone who loves dancing and working out. It is the perfect form of exercise and I wish everyone who went to Congress had the opportunity to do it.

CONNECT!

KENI TAMASHIRO

Dr. Chris Boleman from Texas spoke to us about leadership. He shared with us that there is no true definition for the word "leader." We must find a definition that we believe is true and become that person. Leaders are what this world needs in order to become a better place and as 4-Hers, we have what it takes to become that change. We can make a difference in this world, regardless if it's just something small.

Dr. Boleman also talked about 'connecting.' He said, "in order to connect with others, we must first connect with ourselves." I feel that this is very true because in order to build relationships with others, we must know who we are and what we believe in. In order to connect with ourselves, we need to be the person we want to be. To help us, we did a little activity. First, we had to list three things that were important to us. Next, we wrote down three things we value in a person. Then, we chose three things we wanted out of life. Lastly, we picked three words that summarized everything on our paper. He told us to rip these last three words off and put it somewhere as a constant reminder of the person we want to be.

FARM TO FORK

AIMEE NATHAN

The Farm to Fork workshop helped me to learn how to effectively communicate and work with other people. We were assigned into groups, introduced ourselves and talked about how kids today are different from when we were kids. We listened to a lecture about the facts on peanuts and learned all sorts of information about how the U.S. produces the most peanuts in the world.

We worked together to design lessons to teach the children at Bethlehem Elementary School about peanuts. We constructed a true and false activity to see how much the students already knew about peanuts. We also set up a bingo game to show them the differences of ripe peanuts and overripe peanuts. We conducted these activities in the designated classrooms.

I think this activity was very informative. I met new people, worked with them, and learned about the facts and history of peanuts in Georgia. I was also able to better myself at actively participating in my group, I'm very grateful for this experience.



*The Connect workshop was truly inspirational and reminded me to focus on the important things in my life.
Keni Tamashiro*

The Coolness of Science

Jairus Iwasaki

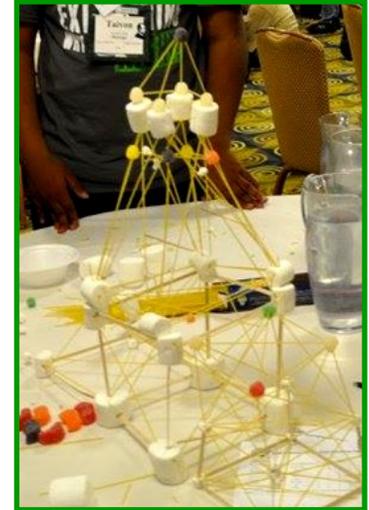
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"The Coolness of Science," a workshop conducted by Scott Taylor taught the 4-H delegates how to make different compounds with household items. He taught us how to make slime and the science behind it. He created a competition within this workshop that required teamwork: building a skyscraper with only marshmallows, gum drops and raw spaghetti. The workshop was fun and the instructor used humor and his knowledge of science to keep it interesting and entertaining.

For the skyscraper activity, we received raw spaghetti and candy to make our skyscraper. My group went with a structurally sound and

pretty design instead of the "tallest" approach. We tied for 2nd place in the artistic side of the competition. We were awarded a gold pin from the state of Florida.

We made 'slime' with a teaspoon of boric acid, and a half a cup of glue. First we dissolved the boric acid into the water, then poured in the glue and mixed it vigorously. Next we manually massaged the 'slime.' Once it was manipulated enough, we placed it in a Ziploc bag to take home and share it with other 4-H members.



BAKING BUILD STEAMS

SHAINA ACOSTA

When I was told I would be attending "Baking Build STEAMS," I realized that I was going to do something that I have never done before - bake. I had no idea how baking works and no knowledge behind it. I was nervous since I was new at baking and didn't want to make a fool of myself. Luckily, a 4-Her from Idaho was nice enough to guide and help me in the process. We made soft pretzels, in which I baked from 'scratch.' After making a mess, I finally got to see and taste my product. My friends tasted my pretzels and said, "they are good," I am still in the process of trying to find out whether they really meant it!

HEALTHY GOURMET WORKSHOP

CAMRYN BAN

Chef Martin Pfefferkorn, head chef of the Hyatt Regency conducted the Healthy Gourmet Workshop. He explained why we should eat healthy and how we can eat healthy. He gave us new ideas on how we can improve our daily intake with breakfast, lunch, and dinner meals. He inspired me to try new options and ideas when it comes to cooking.

Chef Martin demonstrated his version of a miso egg drop soup and an Asian noodle salad. Even though I was the only one who knew what miso was, it was a new experience eating carrots, spinach and onion in miso soup, it still tasted pretty good. He also used sweet potato noodles which I thought was different, but it tasted like somen noodles. It was fascinating seeing normal dishes being integrated with new vegetables and ingredients.

I enjoyed the 'eating part' of the demonstration and found it interesting to see foods such as potatoes and swiss chard being prepared. This workshop made me want to explore more options than just a hamburger and fries and instead eat a tofu burger with sweet potato fries.

JUNK DRAWER ROBOTS

KENI TAMASHIRO

During the Junk Drawer Robotics workshop, Dr. Misty Terry from North Carolina along with her husband taught us about friction and physics through an experiment.

In the beginning of the workshop, we did an experiment where we had to slide a box of staples down different surfaces, adjusting the height of elevation each time. Each time we slid the staples, we measured the height when the box first started moving. The surface with the lowest measure had the least amount of friction, and the highest with the most.

For the second activity, we had to build a miniature car using everyday objects and when we were done, test it on the ramp. Each group was given a plastic bag full of objects and fake money. If we wanted any extra parts, then we had to buy them from the "store." Points were awarded according to how many parts were used, any extra parts/money, and if the car passed the test. In the end of course, the group with the most points won.



After breakfast, we met to discuss the plan for the order of the flag presentation and the introduction of our state. We practiced two times!

Jairus Iwasaki



An Overview

Cherrysse Ulsa

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The National 4H Congress has been one of the most memorable experiences, it was my first trip to Atlanta, Georgia, and my very first experience of the fall season. Although our time at Congress was very short, the experiences and memories I have gained will stay with me forever.

We had a week of spending time with other 4-Hers from different states, I met a girl from Iowa, Madeline and I connected; we exchanged our social media accounts and have stayed in touch with each other.

ENTERTAINMENT

MELIA FONG

During the special night of the Gala dinner we were entertained by people playing the violin and the piano along with people singing, including Miss America! Throughout the conference we were also entertained by a musical gymnastic group, an award winning joke teller, a violinist, and a sign language song.

On International night, all the

STEDMAN GRAHAM

CAMILLE KIMOTO

On the last night we attended the 4-H Congress Gala. It was amazing to see how many people put in work to make this conference an awesome experience for the 1000+ people from the 45 states and 1 territory. Awards were given to the design team and donors were recognized for their generous donations.

One of the speakers was Stedman Graham, Oprah Winfrey's partner who is also an educator, a CEO, a speaker, and a novelist. Graham travels to many places spreading the importance of leadership within a company and also his recipe for success. Stedman Graham firmly believes that we can change the world if we

The Atlanta History center was a very memorable visit for me. I was able to see an African Dance performance, what an awesome experience to see young dancers showcase their African culture.

These were just some of the most memorable things I carried home with me. Congress was full of different events that I learned and had fun from. It was definitely a worthwhile experience.

delegates from our state entertained all of the Congress delegates by doing a hula. Although it was really scary and some of us made tiny mistakes, everyone loved our dance and thought we were great. After the performance we received many compliments on how we did and questions about our home and the hula.

Following our performance that night, the delegates from Puerto Rico did a cultural dance from their home. Everyone enjoyed their dance as well. I thought the entertainment segments were a great idea and a great way to make Congress more relaxing and fun for everyone.



We had the pleasure of meeting new people, learning new knowledge and skills, and volunteering to do community service.

Riann Fujihara

SPEED MEETING

KENI TAMASHIRO

Speed meeting is similar to speed dating. You have five minutes to talk and get to know someone before it's time to switch and converse with someone new. Speed meeting improves social and communication skills, as well as building a relationship. During this workshop, we continuously rotated and had the opportunity to meet many new people from a variety of different states. It was fairly easy to talk to most of the other delegates because we already had something common.

I learned a lot of interesting things from these speed meetings, including what it's like to live in other places and the differences of 4-H on the mainland compared to Hawaii. In many of the southern states, 4-H is really big, unlike in Hawaii where sadly, it is not widely known. On the mainland, there are 4-H competitions for many different events ranging from livestock to public speaking. In some states, winning a competition is required to even be eligible to attend Congress. It was cool to meet so many people, especially because we were all from different places across the nation.

use the 24 hours a day we are given wisely. He taught us his theory for success with the steps of organizing your loves, taking the information you are given and applying it, and to use your time wisely. Graham also persuaded the attendees the importance of realizing the goals that needs to be achieved within our world; today as well as the correct mindset to achieve those goals.



...To Make the Best Better.



Joan Chong, UH Manoa CTAHR, Cooperative Extension Service, Department of Family and Consumer Sciences

East Hawaii Delegate
Jairus Iwasaki

Maui Delegates
Camryn Ban ♦ Riann Fujihara
Melia Fong ♦ Camille Kimoto ♦ Aimee Nathan
Keni Tamashiro ♦ Alex Tyau

Oahu Delegates
Shaina Acosta ♦ Cherrysse Ulsa

CLOSING ASSEMBLY
CHERRYSSE ULSA

After a week of great events, we attended the closing assembly where we were entertained by Brit Dixon of New Mexico. She used sign language to perform the song Fireworks by Katy Perry; truly beautiful.

The highlight of the closing assembly was Dan Clark. He emphasized the importance of "Imagination, Passion, and Creativity." He stated that if one had imagination, passion, and creativity, success will easily follow. He shared some of his interesting stories which included his experience of being a speaker for National 4-H Congress. Dan Clark also played the piano, showing his passion as he played the songs.

The closing assembly was truly inspiring, I felt a bit sad that Congress came to an end, but what Dan Clark shared has inspired me to continue my involvement in 4H.



CNN TOUR
AIMEE FONG

As we entered the building, I was amazed at how large it was. It was just stunning. Our tour began with a very long, very high elevator. We sat in a little CNN set and took group pictures. As we looked into the first studio of the television set, I was in awe. It was amazing to see the entire set and see the different features that came along with it.

While we were on our tour, we saw the equipment that is used on the sets. Our tour guide showed us how the reporter's script is projected from a camera, making it appear as if he/she is just talking to us. She also demonstrated how they use a green screen to show the weather reports and how to change the screen by using a smart board. I also learned that by wearing green clothing while using the green screen will make your clothes appear the same as what's on the screen. We were also shown the various types of lighting that they use on the sets so that each set appears differently. Each set contains hundreds of light bulbs attached to many lighting equipment.

There were many computers and desktops with many people working on them. It was interesting to see the reporters researching new stories. We observed a director, as we heard the director telling the camera crew which cameras to use, which shots should be put on TV, and which angle they should shoot from. We also learned some of the terminology that the directors use to tell the camera crew. For example, when the director says, "dissolve," it means to put the shot onto the TV channel so that everyone who is watching can see that particular shot. It was incredible to experience such a place in person and to actually pretend to be on a set. This was one of my most favorite activities on the trip.



CLUB CONGRESS DANCE
RIANN FUJIHARA

On the last night of 'Congress' we attended the Club Congress Dance which took place after the Congress Gala, which involved dinner music, entertainment and inspirational speakers such as Betty Cantrell (Miss America) and Stedman Graham. It was a great way to start off the night before the dance.

The Club Congress Dance gave us a chance to have fun and dance with other 4-H delegates one last time. It was a bittersweet feeling because although it was really fun, it was the last time we got to really hang out and enjoy each other. Everyone parted ways after the Congress Gala to change out of our formal clothes into 'dancing' clothing. We all quickly made our way back to the ballroom for a fun evening!

