

**Oahu 4-H Newsletter  
April 2017 Issue**

**April**

- 9, 30 Oahu SPIN 4-H clubs @ Moanalua High School, 1 pm
- 13 Military 4-H POC meeting, Catlin Clubhouse, 9 am
- 16 Livestock State project due in possession
- 18-21 4-H Military Partnership Meeting, San Antonio, Texas
- 19 State 4-H Livestock Council meeting
- 19 Tax Exempt documents due to S. Nagano
- 21 Purple Up! for Military Kids
- 23 Tag state livestock projects: hogs, lambs, poultry, rabbits and goats
- 30 Post to Boast entries due to K. Eickstead

**May**

- 7 Oahu 4-H Leaders Meeting, 1 pm
- 15 Military 4-H Club EOY reports due
- 20 Oahu County 4-H Livestock Judging Contest, Gunstock Ranch

**June**

- 17 Oahu County Livestock Show, Kawaihoa Ranch
- 23 Environmental Day Camp, Urban Garden Center

**Oahu Leader Training-A Smashing Success!**

A big mahalo to Verna Eguires, Oahu representative to the State 4-H Leader Federation for coordinating our recent leader training workshop, Dr. Jeff Goodwin for his lively presentation and for all those who participated in the training.

A video link of the workshop will be available soon for those who were not able to join us.



*Claire Nakatsuka*

## Meet the Fort Shafter 4-H Club



A warm welcome to the Fort Shafter 4-H club, our newest chartered Oahu 4-H Club! Under the direction of volunteer leader Eric Grider, this club has 16 registered members with several more still in the process of enrolling. The club has been organized since the fall and their projects so far have included gardening and nutrition. They even did a service project during the holidays.

*Claire Nakatsuka*

## Oahu 4-H Leaders Meeting – May 7, 2017

Oahu 4-H leaders will be meeting on Sunday, May 7, 2017 at 1 pm to vote on by-law changes that are required to be included in the tax exemption process. A major change will be replacing adult volunteers as officers for youth officers temporarily until there are sufficient numbers of teens available to serve as officers of the organization. Place of meeting to be determined.

*Claire Nakatsuka*



## Purple Up! For Military Kids

April marks the nation's "Month of the Military Child," a time to recognize military children and youth for their heroism, character, courage, sacrifices and continued resilience. Purple Up Day was started by the Hawaii Operation Military Kids team to recognize military children. It is great that our military partners continue to celebrate this day. Everyone is encouraged to wear purple on Friday, April 21 as a visible way to salute and honor our military children.

*Claire Nakatsuka*

## National Guard and Army Reserves Youth Day



Youth came to the Urban Garden Center on January 28<sup>th</sup>, 2017 to explore ecology with hands on STEM lessons and activities that utilized the gardens at the Urban Garden Center in Pearl City. Youth spent the day in nature conducting experiments that allowed them to learn about the environment and how all things are connected. Many 4-H programs rely on generous volunteers. Robert Suzuki Jr., a CTAHR student at University of Hawaii at Manoa, volunteered his

time to help facilitate the lessons and activities. Through his help, he engaged 28 youth in STEM activities while making it a fun and entertaining day!

(Photo: Youth conduct air quality experiments to learn about effects of pollution to the environment.)

*Kate Eickstead*

### **Post to Boast 2017**

Join us in our version of a 4-H fair! We want youth to boast about the 4-H projects they participated in this past year. Youth can enter as an individual or club can enter a poster as a group. Entries to be turned in to [military4-h@ctahr.hawaii.edu](mailto:military4-h@ctahr.hawaii.edu) by April 30<sup>th</sup>, 2017 Check out the gallery on our website to see past entries. Please see website for more details!

<https://www.ctahr.hawaii.edu/4-h/posttoboast/index.html>

*Kate Eickstead*

### **4-H Military Partnership Site End of Year Reporting**

4-H Military Partnership sites 2016-2017 End of Year (EOY) reports are due by May 15<sup>th</sup>, 2017. These reports help us collect valuable data for our partnership reporting needs. Don't forget to include photos of youth participating in 4-H projects. If you have questions or need your sites templates please contact Kate Eickstead at [military4-h@ctahr.hawaii.edu](mailto:military4-h@ctahr.hawaii.edu) or 808-956-4125.

*Kate Eickstead*

### **4-H Military Partnership Planning Meeting**

Thursday, April 13, 2017 at 9am  
Catlin Clubhouse  
4655 Catlin Dr.  
Honolulu HI 96818

Each site is encouraged to send their POC or representative to share about their sites 4-H programming and to plan a tentative calendar for the upcoming year. This meeting will last approximately 1 hour.

*Kate Eickstead*

### **2017 National Youth Science Day Kit**



National 4-H Council and 4-H National Headquarters are pleased to announce the [2017 4-H National Youth Science Day](#) Challenge: *Incredible Wearables!* Developed by University of Nebraska-Lincoln, Incredible Wearables is a hands-on project that challenges young people to use the engineering design process to build a wearable fitness

tracking device that will help people lead healthier lifestyles. Along the way, young people will learn how circuits, sensors and health data can be blended with fashion and function to create a viable wearable tech product. Kits can be pre-ordered from the National 4-H Mall. (Kate is also taking orders from the military 4-H sites).

### Hawaii 4-H Shooting Sports Training



### Hawaii 4-H Shooting Sports Level 1 Instructor Certification Workshop Rifle and Archery Certification May 5-6, 2017 Hilo, Hawaii

**Friday May 5** UH Komohana Extension Center, 875 Komohana Street, Hilo, HI

6:00 pm – 9:00 pm General Session (youth development, risk management)

### Saturday May 6

8:00 am – 5:00 pm Hilo, HI, Location TBD

Completion of this training will allow 4-H approved volunteer leaders to teach youth the 4-H Shooting Sports program in the disciplines in which they have been trained. Participants must attend **ALL 12 hours** of instruction to be certified as 4-H Shooting Sports Level 1 instructor. Participants must also be approved 4-H volunteer leaders prior to attending a 4-H Shooting Sports Certification Workshop.

First Name \_\_\_\_\_

Last name \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

County \_\_\_\_\_

Home Phone \_\_\_\_\_

Business Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Are you currently a screened, trained and approved 4-H Volunteer? YES

No

Discipline Certification Choices - Indicate 1 <sup>st</sup> choice, 2 <sup>nd</sup> choice	
Rifle	
Archery	

**Registration deadline: Friday April 28**

**Send above information to:** Becky Settlage, East Hawaii County 4-H Agent,  
 875 Komohana Street, Hilo, HI 96720. Phone 808-969-8213, FAX 808-981-5211, E-mail:  
[settlage@hawaii.edu](mailto:settlage@hawaii.edu)

**For more information contact:** Jeff Goodwin, State 4-H Program Leader, Phone: 808-956-4106  
 E-mail: [jeffg3@hawaii.edu](mailto:jeffg3@hawaii.edu)

**Oahu County 4-H Livestock Judging Contest**

May 20, 2017 - Gunstock Ranch

- a. Lunch on Your Own
- b. Classes Goats, Lambs, Hogs, Steers, Heifers, Meat Cuts, Reasons  
 Mandatory Judging Contest - all participants will follow contest rules. All participants will meet under Tents and will sit in designated area till all reasons are done.

*Steve Nagano*

**Oahu County Livestock Show**

June 17, 2017 - Kawailoa Ranch

- a. Schedule: Animals arrive at 7:00 am, show to start at 10:00 am and cleanup to last until about 3:00 pm.
- b. The day before on Friday, June 16, 2017 from 4 pm to 6 pm, 4-H families will be setting up pens for the animals and cutting the grass in the show ring
- c. 4-H'ers culminate their work in raising a 4-H livestock project by exhibiting their project and showing their handling skills (showmanship) at the county show before family and friends. In addition, the project must be of blue ribbon quality in order to be considered eligible to participate at the Hawaii State 4-H Livestock Show at the Hawaii State Farm Fair, which is a statewide event. This year the farm fair will be

held at Kualoa Ranch on July 15-16, 2017. 4-H'ers raising county hogs and those that wish to culminate their 4-H livestock project at the county show will be able to auction their project at the end of the show.

*Steve Nagano*

## Project Spotlight



For several years, 4-H and Healthy Kids Out of School at Tufts University have worked together to encourage healthy 4-H club meetings. Many states have adopted the program. The 4th H for Health Challenge curriculum encourages physical activity and healthy eating habits. Over the course of this 6-week lesson plan, youth will learn how to Snack Smart, Drink Right, and Move More.

The lessons encourage fruits and vegetables for snacks, water as the beverage of choice, and new ways to increase active time to help youth reach the 60 minutes-a-day recommendation. 4<sup>th</sup> H for Health Challenge materials can be accessed (for free) at <http://www.healthykidshub.org/4h>.

## Other Opportunities

### National 4-H Day of Service

April, 2017 will be a month to celebrate community service and service learning throughout 4-H. This month of celebration will culminate with a National 4-H Day of Service on Saturday, April 29, 2017.

4-H National Headquarters, National 4-H Council, and State 4-H partners, through the 4-H Citizenship Leadership team, are preparing this opportunity.

Some highlights will include:

- National marketing and communication highlighting 4-H Service
- Opportunity to plan a 4-H service project around the national theme of “Food Security”
- Opportunity to identify and plan a 4-H service project around a local need
- Opportunity to sign up these local projects to be a part of the National 4-H Day of Service

Additional support information and opportunity details will be coming in the next few weeks. For now, save the date and encourage creative thinking around this endeavor.

*Doug Swanson, NIFA*

## Expeditionary Skills for Life



NASA and 4-H have teamed up with astronaut and 4-H alumna Peggy Whitson to inspire youth to develop life skills for success inside and outside the classroom. The online resource hub “Expeditionary Skills for Life” features skills needed to be an astronaut on the International Space Station

that also help students succeed in school and life. The lessons help youth build skills and knowledge in Teamwork, Cultural Competency, Self-Care/Team Care and Leadership/Followership. Each series of lessons will be introduced by a video by a NASA astronaut or specialist. A set of lessons began being posted in January and will continue in February, March and April during Peggy's current mission on the International Space Station. Visit [www.nasa.gov/education/4H](http://www.nasa.gov/education/4H) to begin your expedition!

Our very own Maui 4-H Agent Nancy Ooki contributed one of the learning modules. Check out this resource!

## Raise Your Hand



### Only 1 in 3 Kids Have the Skills They Need to Thrive

That's why we're asking you, and the millions of 4-H alumni across the nation to Raise Your Hand and Pay It Forward to empower the next generation of True Leaders.

Joining is easy:

1. Raise Your Hand – Complete the form below to show your pride as a 4-H alum.
2. Compete for your state – Raising your hand is a vote towards a \$20,000, \$10,000 or \$5,000 award for the states with the most alumni hands raised.
3. Pay it Forward – Tweet, post and share your #4HGrown experience or support and tag fellow alumni asking them to raise their hands for their state at [4-H.org/RaiseYourHand](http://4-H.org/RaiseYourHand).

[http://4-h.org/raise-your-hand/?utm\\_medium=email&utm\\_source=launchnonalum&utm\\_campaign=30117](http://4-h.org/raise-your-hand/?utm_medium=email&utm_source=launchnonalum&utm_campaign=30117)

## Why Alumni?

4-H gives kids the opportunity to learn by doing, grow from failure and develop the skills they need to handle what life throws their way. No one knows this better than you, our alumni, who have experienced our programs firsthand. We need your help to bring the same experience and skills to youth today. Show your 4-H pride and help bring the same opportunities to kids in your community and nationwide.

### [The Gloria Barron Prize for Young Heroes](#)

#### **Deadline: April 15**

The Gloria Barron Prize for Young Heroes invites applications for its 2017 awards. The Barron Prize celebrates inspiring, public-spirited young leaders ages 8 to 18 who have made a significant positive impact on people, their communities, and the environment. Each year, 15 winners each receive \$5,000 to support their service work or higher education. Annual application deadline is April 15.

### [Voya Unsung Heroes Awards Program](#)

#### **Deadline: April 30**

Grants are given to K-12 educators utilizing new teaching methods and techniques that improve learning. Each year, 100 educators are selected to receive \$2,000 to help fund their innovative class

projects. Three of those are chosen to receive the top awards of an additional \$5,000, \$10,000 and \$25,000. At least one award will be granted in each of the 50 United States.

[Home Depot Community Impact Grants](#)

**Deadline: Rolling**

Grants, up to \$5,000, are available to non-profit 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.