

Oahu 4-H Newsletter
February 2016 Issue

February	2	Learn, Grow, Eat & Go training for after school providers-UGC 9 am
	7	Oahu 4-H Leaders' Meeting-Moanalua High School 1 pm Leaders-bring your old t-shirts!
	16	There's No New Water training for after school providers-UGC 9 am
	1	4-H Dog Obedience session starts-Catlin Drive
March	6	Executive Board meeting-10 am
	24	Oahu 4-H Communications Fair

President's Message

Aloha 4-Hers! Our annual Communication Fair is right around the corner. It will be held on March 24, 2016 at UH Manoa. This is a great opportunity for everyone to talk about a project they are deeply passionate about, as well as share what they have learned from it. I encourage everyone to participate. Hope to see everyone then! More information will be available soon.

Shaina Acosta

Save the Date for "4-H Grows Here" Communications Fair

Thursday, March 24, 2016
4:00-9:00 pm
University of Hawaii at Manoa
AgSci Building 204

4-H Post to Boast Contest

It is time to gear up for the 4-H Post to Boast contest!

4-H Post to Boast is a contest where you and/or your club can create a poster showing one project you've been working on over the past year. Whether cooking, gardening, or photography, we'd love to see your accomplishments.

This would be a great project for your club historians, photographers, or artist to take on. Entries can be individual or as club, and ribbons will be awarded. Submissions are due May 1st, 2016, so get working!

Contest Guidelines

- Each club is allowed to submit one club entry or club members can individually submit one entry per member.

- Participants can design a poster through a digital medium (Microsoft Powerpoint, Photoshop, Microsoft Word, Paint, etc) OR submit a picture file of a physical photo.
- Posters can include photos, drawings & text. All work cannot be copyrighted material & must be age appropriate.
- Poster content must reflect project work done during the 2015-2016 4-H year (Oct. 1, 2015 - Present)
- Submitted by 11:59pm on May 15, 2016

Submission

Send your photo file to military4-H@ctahr.hawaii.edu. Along with the file attachment, please indicate:

Club Name

Type of Submission:

Club or Individual (If individual, name of individual submitting entry)

Age Division:

Cloverbud (5-8 years old)

Junior (9-11 years old)

Intermediate (12-13 years old)

Senior (14 years and older)

(If group entry, enter the age division of the oldest member in your group)

Name of club leader

Judges will be making submissions based on the following criteria:

- Scope of Project Work (40 points)
- Storytelling Ability (15 points)
- Creativity/Originality (15 points)
- Neatness (15 points)
- Meeting poster requirements (15 points)
- Post to Boast Scoresheet

Ribbons will be awarded based on Danish system (Blue, Red, White) for junior, intermediate and senior divisions. Participation ribbons will be awarded to Cloverbud participants.

Check out contest details on: <http://www.ctahr.hawaii.edu/4H/posttoboast>

If you have questions, please contact military4-H@ctahr.hawaii.edu

4-H Project Trainings for After School Providers

Please help us spread the word that we will be offering 3 workshops to community based after school providers that are interested in using our 4-H project materials in their programs. Each of the 3 workshops will be held at the Urban Garden Center from 9 am – noon. There is no cost to attend. Registration will be accepted online at: <http://extension/psu.edu/youth/cyttap> For more information call 956-7196 or email nakatsuk@hawaii.edu



February 16, 2016

There's No New Water

This is a water curriculum based on the simple yet powerful concept that water is a non-renewable, finite natural resource that must be responsibly cared for. For our training, we will borrow materials and ideas that are specific to Oahu to help after school care givers investigate the water cycle, human interventions, understand watersheds and get kids interested in why water is so important.

The trainings will include six sequential lessons intended for delivery in the afterschool program setting facilitated by an adult. Curriculum materials and a project kit (as necessary) will be made available to workshop participants to use in their after school program.

Claire Nakatsuka

4-H Dog Obedience 2nd Session

Youth wanting to take part in the next Dog Obedience session, please note that it will run from Feb. 16-April 19, 7 pm at 4655 Catlin Drive.

- A parent must accompany youth to all lessons.
- Dogs must be at least 9 months old (female dogs in heat are not allowed)
- Youth to bring a leash and choke collar for your dog
- Youth must complete a 4-H enrollment form, found at: www.ctahr.hawaii.edu/4h/forms/formy-1.pdf
- Each class session will be 45 minutes in length

For more information and to register, please contact: Keith Allen (ph. 907 750-5466) or email tracieandkeith@juno.com

National 4-H Congress Reflections

Read the entire Hawaii 4-H delegation's reflections of the 2015 National 4-H Congress in their newsletter which is posted on our 4-H website:

<http://www.ctahr.hawaii.edu/4h/Congress%202015%20newsletter.pdf>

Thank you to Linda Uyehara who compiled the newsletter articles for the delegates!

Rabbits Need New Home



This is Flash. He is about 2 1/2 years old.



This is Butterball. 7 months old.

If you would like to adopt either of these rabbits, please call me at 956-7196 and I'll put you in touch with their owner.

Claire Nakatsuka

Spotlight on Camp Zama Teen Program

Photography is a popular 4-H Club. What do youth in your club enjoy taking photos of? 4-H teens from Camp Zama, Japan are going on a ski trip as part of their teen program. Their 4-H photography club will be bringing their cameras to capture the scenic snow top mountain views. Next month they will be attending the Ueno Zoo in Japan to continue capturing unique photos and mastering photography skills.

Camp Zama Teen had a 4-H Cooking Club in the Fall Semester. The youth enjoyed it so much that the club is continuing throughout the year. They are using the safety, nutrition and cooking skills learned to continue to make delicious treats for their club. The club also enjoys learning about local culture by preparing and trying local Japanese foods.



Spring Break 4-H Service-Learning Project for Military Teens

Middle School and Teen program participants from military youth programs are invited to be a part of a Spring Break 4-H Service Learning Project. We will be working at Hoa ‘Aina O Makaha Farm on Wednesday, March 23rd from 10am to 3pm. This opportunity will allow teens to work on gardening projects for the community garden that helps educate the youth at Makaha Elementary School and offers local community members opportunities to learn about gardening for self-sufficiency. Teens will get to learn more about gardening while helping the community.

Location:

Hoa ‘Aina O Makaha Farm
84-766 Lahaina St.
Waianae, Hawaii 96792

For more information please contact: Kate Eickstead, military4-H@ctahr.hawaii.edu, 808-956-4125

Project Spotlight



Exploring 4-H Cloverbud Activity

Introducing new activities aimed especially for the Cloverbud age range (ages 5-8)! In *Exploring 4-H*, adapted from *Exploring the Treasures of 4-H*, youth gain an understanding of what 4-H is and the types of projects they can do as a 4-H member. This activity is

interactive and is designed to be completed with the assistance of a parent, club leader, or other adult or teen helper. While this activity is perfect for groups, we recommend that each youth have his or her own activity.

Pre-Order these materials from 4-H Mall. This item will be shipped later this month.

Other Opportunities

Opal Apple Youth Make A Difference Grants

Deadline: February 27

The Opal Apple Youth Make a Difference will award funding to youth-based initiatives serving their communities in the U.S. where youth, ages 6 - 25, take leadership roles in the initiative. Grants will be awarded in the range of \$5,000 - \$20,000. The initiatives chosen will address one or more issues of food security, nutrition, agriculture, and food politics and education....>

YSA's Everyday Young Hero Program - Better Than Ever!



Do you know a kid or teen who is making extraordinary contributions to help their community through service? YSA is seeking nominations for our [expanded Everyday Young Hero program!](#)

Everyday Young Heroes are young people, ages 5-25, who are improving their communities through service to others and making significant progress in achieving the UN's Sustainable Development Goals (SDGs). Each week, the YSA Team selects one young person to receive this honor.

Each selected Hero receives a congratulatory letter, a certificate of recognition, and is highlighted in YSA's newsletter and on social media, raising the profile of his or her good work.

New this year, thanks to generous support from Newman's Own Foundation, YSA will also select 12 winners - one per month - to receive \$250 grants to continue and expand their project. If you know an Everyday Young Hero, submit your nomination at www.YSA.org/eyh_nomination

Citizenship Washington Focus: Presidential Inauguration

Next November, the nation will elect the 45th President of the United States. Where will you be in January 2017 for the presidential inauguration?

Citizenship Washington Focus has a rich history of teaching high school age 4-H'ers citizenship and leadership in our nation's capital. For more than 50 years, thousands of students have experienced the life-changing power of 4-H CWF. This has happened with the support of our nation's land-grant universities and Cooperative Extension System, 4-H professionals, parents, volunteers and our federal partners at the National Institute of Food and Agriculture within the United States Department of

Agriculture.

New in 2017 - we are excited to extend the program to the Executive Branch of the federal government and let students experience Inauguration Day in Washington, D.C. *Citizenship Washington Focus: Presidential Inauguration* will take place on January 17-21, 2017. Delegations will experience Inauguration Day, a behind the scenes look at the nation's capital, educational programs and experience their own Inauguration Ball.

Registration opens closes on **June 30, 2016**. Space is limited so get your delegation registered today.

For further information please visit www.4HCWF.org.

2016 National 4-H Beekeeping Essay Contest

Sponsored by: The Foundation for the Preservation of Honey Bees, Inc.

2016 Essay Topic: “Bees and Pollination. How Important is it?”

Beekeeping has had its five minutes of fame for the past five years. Now more than ever, people are asking “What will happen if the bees are gone?” Your paper should research and help answer this question.

Survey your community to see what is being done. Include your state in your survey to see if there are any programs they are using for pollination or any other program that could aid the honey bee. The scope of the research is an essential judging criterion, accounting for 40% of your score. The number of sources consulted, the authority of the sources, and the variety of the sources are all evaluated.

Personal interviews with beekeepers and others familiar with the subject are valued sources of information and should be documented. Sources, which are not cited in the endnotes, should be listed in a “Resources” or “Bibliography” list.

Note that “honey bee” is properly spelled as two words, even though many otherwise authoritative references spell it as one word.

Rules Overview: (failure to meet any one of the requirements will result in a disqualification)

- Students interested in writing an essay, should contact their local 4H offices for contest details. The state selection must be done through the 4-H system.
- Preparation for National Judging: Typewritten or computer-generated double-spaced, 12pt. Times or similar type style, on one side of white paper following standard manuscript format.
- Must submit an essay, 750 to 1000 words, on the essay topic
- Essays will be judged on (a) scope of research- 40%; (b) accuracy- 30%; (c) creativity- 10%; (d) conciseness- 10%; and (e) logical development of the topic- 10%
- All factual statements must be referenced with bibliographical-style endnotes.
- A brief biographical sketch of the essayist, including birthdate, gender, complete mailing address, e-mail address, and telephone number, must accompany the essay.
- Each state may submit ONE entry only.

Deadline for National submission is: **March 4, 2016.**

Eligibility:

Contest is open to active 4-H Club members only. 4-H'ers who have previously placed first, second, or third at the National level are NOT eligible; but other state winners are eligible to re-enter. Students must write on the designated subject only. There will be NO exceptions.

Awards:

First Prize: \$750.00

Second Prize: \$500.00

Third Prize: \$250.00

The National winners' essays will appear in an issue of the American Beekeeping Federation's Newsletter.

*Each State Winner, including the National winners, receives an appropriate book about honey bees, beekeeping, or honey.

If you have any questions, please contact Regina K. Robuck, Executive Director, Foundation for the Preservation of Honey Bees at 404.760.2887 or reginarobuck@abfnet.org.

National 4-H Program Assistants Needed

Do you know a college student who has a passion for government, history, political science, education, public speaking, or leadership? We are looking for individuals with a **passion for working with young people**. If this brings someone to mind please encourage them to apply for the position of [Program Assistant \(PA\)](#) at National 4-H Conference Center!

Application deadlines are quickly approaching and we want to give 4-H alumni and collegiate 4-H'ers an opportunity to apply for this amazing opportunity for their summer. Our PA's will be making a difference in the lives of thousands of high school-aged students from all over the United States while working for our Citizenship Washington Focus (CWF) program in Washington, D.C.

CWF Program Assistants will:

- Develop and facilitate a unique program experience for over 1,500 high school-aged 4-H'ers from across the country in Washington, D.C.
- Lead CWF delegates in experience based citizenship curriculum through tours and workshops
- Develop and refine teamwork, critical thinking, and problem solving skills in a fast-paced and fun environment
- Become a licensed D.C. tour guide
- The CWF PA experience begins in mid-May and ends in late July

Please reference the job descriptions for more information and application materials. If you have any questions, please contact Maria McNeely at mmcneely@4hcenter.org.

Maria McNeely

Staying Healthy and Resilient Video Contest

The Office of the Assistant Secretary for Preparedness and Response is pleased to announce the [My Preparedness Story: Staying Healthy and Resilient Video Challenge](#). Taking action ahead of an emergency can help individuals, families, and communities fully prepare to prevent or minimize potential health impacts. Young people can help their families, friends, and communities become stronger by protecting their health during disasters and every day.

This contest invites young people between the ages of 14 and 23 to create a short video, 60 seconds or less, that answers the question, “How are you helping family, friends, and community to protect their health during disasters and every day?”

Help us spread the word. It would be great to have 4-H’ers win this national challenge!