

Oahu 4-H Newsletter
January 2017 Issue

January

- 13 Deadline for SPIN II registration
- 28 Environmental Day Camp for National Guard and Reserve youth

February

- 12, 26 Oahu SPIN 4-H clubs @ Moanalua High School, 1 pm
- 24 RSVP deadline for Leader training

Leader Training for Oahu 4-H Volunteers

Whether you are new to the 4-H program or have been a volunteer for a long period of time, serve as a club leader or on support 4-H through an affiliate group, this is for YOU!

Please SAVE THIS DATE

What: Spring 4-H Leader Training

When: Friday evening, March 10, 2017

Where: Urban Garden Center

Time: 6PM to 9PM

Light Refreshments Included

Event sponsored by the State 4-H Leaders Federation

Training to be done by: Dr. Jeff Goodwin to include:

4-H Fundamentals

- a. Targeting Life Skills Model
- b. Bringing the Essential Elements of Youth Development to Life
- c. The Experiential Learning Experience

Put the Fun Back into 4-H

4-H Organizational Chart

The Art of Teaching Kids

The Three Commandments of 4-H Work

4-H Fiscal

- a. **Tax Exempt Status /Requirements of 4-H Clubs**

Things You Need to Know on Your First Day Here

Dr. Jeff is providing the same training in each county. This is not only a good chance to meet him but also to network with other volunteers.

Please don't miss this great opportunity! Also please RSVP by February 24th to Verna Eguires at email address: eguiresv@gmail.com

Verna Eguires
Oahu representative to the State 4-H Leaders Federation

Oahu 4-H SPIN Fall Clubs



Our second series of SPIN clubs is scheduled for:

February 12 & 26, March 12 & 26 and April 9 & 30, 2017

Time: 1-3 pm

Moanalua High School

Cloverbuds

(for children 5-8 years old & their parents)

- Explore communicative & expressive arts projects
- Work with your parent on a fun activity
- Learn what it is to be a 4-H member

Crime Spy

(for children 9-13 years old)

- Investigate crime cases and learn skills necessary to become a top detective
- Work with other youth to solve mysteries

We have a few more spots available. Contact nakatsuk@hawaii.edu to register.

Hawaii 4-H Cloverbud Policy

We have been reminded that we need to follow the Hawaii 4-H Policies and Procedures and the 4-H Cloverbud Fact Sheet from 4-H National Headquarters when it comes to programming for Cloverbud members (those 5-8 years old). Highlights of the fact sheet include:

- 4-H Cloverbud members are not eligible to receive funds as a result of exhibition.
- 4-H Cloverbud members may receive participatory ribbons (awards) but may not receive regular competitive awards.

There are two main reasons we must follow the state and national 4-H policy on Cloverbud programs: 1) to insure that our Cloverbud activities are developmentally appropriate for youth in this “special membership category” and 2) when a volunteer or Extension staff member violates or disregards a written policy and someone gets injured, UH and UH Extension would be in a very exposed legal position.

Please contact any of the 4-H agents for more information about this matter.

Meet the Pearl City Cloverbuds

Although they are no longer cloverbud age, our Pearl City 4-H’ers have kept their club name and continues to do club activities. Led by club leader Keiko Hassler, the club manages to meet monthly.



Yokusaka 4-H Club’s Good Deed Captured on News

One of the recent projects of the Yokusaka 4-H’ers (Navy base in Japan) has been to share with a local orphanage. Petty Officer Anthony Martinez reports on their efforts and in the process provides an informative overview of the 4-H program. Check out this news report!

<https://www.youtube.com/watch?v=9cTMAjRUteg&feature=share>

Oahu EYSC Team Reaches Out to Kalihi Uka Students



Earlier this summer, Hawaii 4-H agents Joan Chong, Laura Jean Kawamura and Nancy Ooki facilitated a 3 day mentoring training for youth-adult teams from across the state to participate in the “Engaging Youth, Serving Communities Project”. The teams were provided funding for supplies then tasked to provide 6 hours of learning experiences to youth in their communities. Funds from the Hawaii 4-H Foundation

covered both training costs and costs for supplies.

Oahu's team of Skyelar Brown, Kayly Galapon and adult mentor Linda Uyehara (Farrington FCCLA/4-H) made arrangements to work with a class of 4th graders at Kalihi Uka School. Over 6 days, they developed and conducted the following health and nutrition lessons:

Day 1: Hand washing with germ lights and fruit kabobs to introduce vitamins and minerals.

Day 2: Hand washing with bacterial culture plates and a granola and yogurt dessert to introduce the needs of protein in our diet.

Day 3: Ice cream to introduce calcium in our diets.

Day 4: Ball exercise.

Day 5: Simulated zumba yoga, dance.

Day 6: Making healthy choices, games.

The team worked hard and the Kalihi Uka students had a great time! These were the team members' reflections about their experience:

"What I gained from doing this project is more social skills with not only the students but the adults who helped us along the way. I also learned how hard it is to plan a lesson plan for children." Skyelar Brown

"I am excited for my upcoming classes in child development, because I now have the knowledge that I gained while doing this project with fourth graders. I have hands on experience, and I now know what to expect the next time I work with children." Kayly Galapon

"As a retired high school teacher, I now have more empathy for elementary school teachers – they really spend a lot of time in preparation for a lesson! We had to pre-measure, and package everything, more time and money spent on the lesson." Mrs. Linda Uyehara

Good job, team! You've represented 4-H well. And thank you to the Hawaii 4-H Foundation for supporting this project.

Little Dresses for Africa



4-H Alum Christine Kunitake is looking 4-H members that are interested in sewing and donating pillowcase style dresses to poor girls overseas.

For over a year, she has been sewing and donating simple pillowcase style dresses to the non profit, Little Dresses for Africa

(<http://www.littledressesforafrica.org/blog/>). Ms.

Kunitake learned to sew through 4-H while growing up on in Kona on the Big Island and participated in numerous fashion shows and have fond memories of the competitions.

She learned about Little Dresses for Africa from reading Nancy Zieman's biography "Seam Unlikely." In her book, Nancy Zieman talked about how 4-H helped her sewing career and small business. She also promoted Little Dresses for Africa to encourage her fans to make and donate dresses. Here's a youtube video of Nancy Zieman demonstrating how to sew a pillowcase dress - <https://www.youtube.com/watch?v=UQJwdEEsLog> .

This is a link to a news story about Ms. Kunitake's efforts to sew dresses: <https://www.youtube.com/watch?v=VmIucK1DVdQ>

Those wanting to learn about this service project and/or are willing to sew dresses, please contact Ms. Kunitake at [808 782 2150](tel:8087822150).

Project Spotlight



Exploring 4-H includes three (3) simple introductory activities for our youngest 4-H members. Youth gain an understanding of 4-H and the types of projects they can do as a 4-H member. This activity is designed to be completed with the assistance of a caring adult. While this activity is perfect for groups, we recommend that each youth have his or her own activity booklet.

This activity serves as an age-appropriate introduction to our comprehensive curriculum series [*Exploring The Treasures of 4-H*](#) or [*Welcome to 4-H*](#). Additional coloring books and crayons may be purchased separately.

Other Opportunities

2017 National 4-H Beekeeping Essay Contest



**The Foundation
for the Preservation
of Honey Bees, Inc.**

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

2017 Essay Topic: “How can MP3 (Managed Pollinator Protection Plan) more effectively protect honey bees from pesticide exposure?”

Beekeeping has had its five minutes of fame for the past seven years. Now more than ever, the general public along with beekeepers are asking “What will happen if the bees are gone?” With the continued

threat of pesticides, this is a very real question. 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 4-H 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.
- On a separate page, please include 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 3, 2017.**
- Final judging and selection of the National Winner will be made by the Foundation’s Essay Committee, whose decision is final.
- National winners will be announced by the **week of May 1st, 2017.**
- All National entries become the property of the Foundation and may be published or used as it sees fit. No essays will be returned.
- Send the winning state entries with the subject title: “4-H State Winning Entry from XXX State” to : reginarobuck@abfnet.org.

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 eligibility; 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 @ reginarobuck@abfnet.org

4-H Exchange Opportunity

County: Carbon

State: Montana

Looking for 2017-2018 Exchange. We would like to host in 2017 and host in 2018.

Numbers: 15 total: 11 girls, 4 boys. Ages range from 13-17.

Contact: Nikki Bailey: nikki.bailey@montana.edu

In Carbon County, Montana we have an enthusiastic group of 4-Hers who are excited to show people from another state all that Montana has to offer.

Carbon County is located in rural, south-central Montana. Strategically located at the base of the Beartooth Mountains. Carbon County is an easy drive from Yellowstone National Park, Billings (Montana's largest city), historical Big Horn Battlefield, beautiful mountains, vast plains, and many other great Montana adventures!

While visiting Carbon County, the 4-H exchange group will have the options to camp in Yellowstone National Park, drive over the scenic Beartooth Pass, swim at Cooney Dam Recreational Area, hike in our beautiful Beartooth Mountains, explore the Montana ranching way of life including a rodeo, and visit many historical sites. I attached a few pictures of our last Exchange. The group had snowball fight near the "top of the world" on the Beartooth pass in June, went whitewater rafting on one of our scenic rivers, and camped in Yellowstone National Park!

If you are interested please respond here or email at nikki.bailey@montana.edu

*Nikki Bailey
Carbon County Extension Agent*

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

WRLF 2017



4-H volunteers are invited to WRLF 2017 on Thursday, March 16, 2017.

Registration for Western Regional Leaders’ Forum 2017 is now open!

This will be the first time Western Regional Leaders’ Forum (WRLF) will be held outside the United States, and we intend to show all attendees what 4-H Alberta hospitality is all about!

From across Canada and the western United States, adult 4-H leaders, volunteers, and staff, along with 4-H teen members (15+ years of age) will gather at the Shaw Conference Centre in Edmonton from March 16-18, 2017 to participate in a conference highlighting community, opportunity, and, of course, friendship. Don’t miss your chance to support the future of 4-H, and be part of the conversation that will help strengthen thousands of rural communities.

Not to mention 4-H Alberta will also be using the WRLF weekend to help celebrate our centennial anniversary!

Like us on Facebook:

www.facebook.com/WRLF2017

Register Here: www.cvent.com/d/fvq2w7

WRLF Website: [WRLF 2017](http://WRLF2017)

4-H Alberta Centennial

website: www.4hab100.ca/WRLF

Follow: #WRLF2017

Registration Deadlines:

Early Bird: December 31, 2016

Regular: January 20, 2017

Late: February 15, 2017

Alesha Hill

4-H Volunteer Development Specialist

Under Our Wings

The Under Our Wings (UOW) (www.qovf.org), program teaches young people about the art and skill of quilt making as well as giving them the opportunity and pride of awarding a Quilt of Valor to a service member touched by war.

To accomplish this, there would be a Mentor, an experienced quilter, who would meet with the 4-H leader and work with them through UOW Program to create a Quilt of Valor. You have the choice of working on one top together or each 4-H'er could make his/her own quilt top. The Mentor or Group Leader will work with the 4-H'ers to purchase the fabric needed, choose a simple pattern they can download for free from the QOVF website, procure a sewing machine (if a group member(s) has a machine they can bring it as well) and the sewing tools necessary for cutting and sewing the top. The Mentor or Group Leader will guide the 4-H'ers through all the steps to construct the top. After completion, the Mentor or Group Leader will take or send the quilt top(s) to a longarmer (one can be requested on the QOVF website under "Request a Longarmer") and have it/them finished, then return the quilt to the 4-H'ers for presentation. The only cost is the fabric and supplies for making the quilt. Kits are available for purchase but you can also get your own fabric and supplies.

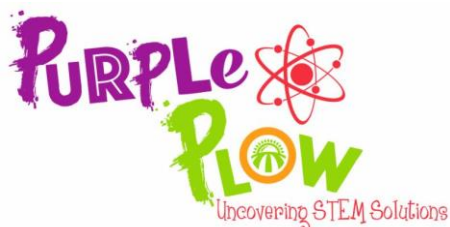
The presentation of the Quilts of Valor will be coordinated with the Group Leader. This presentation will be meaningful and touching to both the veterans/service members who receive the quilts and the 4-H'ers as they learn about each person's service to our country. A script is available for use for an award ceremony and will be sent directly to the Group Leader upon request.

The UOW Program will help the 4-H participants honor veterans that have been touched by war, teach them a new skill, and exhibit pride in being part of a community service project

#ChooseHealth in 2017

National 4-H Council is encouraging the 4-H community to show the healthy choices that they're making in 2017! Post photos of you making a healthy choice to social media channels using the hashtag #ChooseHealth now through January 31, 2017. We will be compiling the photos to make a photo collage highlighting all of the great healthy choices made by 4-H'ers in the New Year. Use the toolkit to get started!

Join the Challenge: H2Grow!



Challenge runs until May 1, 2017

H2Grow! Is the First Purple Plow Maker Space

Challenge!

We need food to survive. But food security is a problem around the world and at home. Get creative as you design a sustainable living environment for aquatic life while growing food in this season's Purple Plow Challenge!.

Challenge information includes facilitator guide, student guide, tips and more.

Prizes!

The top 3 entries will win a 3D printer and Visa gift card to help you buy supplies for your next Maker Challenge! Medals will be awarded to all team members.

Who We Are

Purple Plow is a special project brought to you by the American Farm Bureau Foundation for Agriculture (AFBFA). The resources are made possible through the generous support of the title sponsor, Dupont Pioneer. Join the Challenge!

AgDiscovery

AgDiscovery is a two week residential outreach program sponsored by different United States Department of Agriculture (USDA) programs for high school students in partnership with selected universities. AgDiscovery is a unique opportunity for students to gain a first-hand look at the many career paths open to them in agriculture. The program allows students to live on a college campus and learn about different agriculture careers from university professors, scientists, and other professionals who work for the U.S. Government in a variety of fields.

The AgDiscovery program in Iowa is a partnership with Iowa State University (ISU) and sponsored by the following Animal and Plant Health Inspection Service (APHIS) programs: the National Veterinary Services Laboratories, the Center for Veterinary Biologics, and the Center for Epidemiology and Animal Health of Veterinary Services, International Services, Wildlife Services, and Investigative and Enforcement Services.

The focus of the **ISU-AgDiscovery** program is to demonstrate the interconnection between Veterinary Medicine, Animal Science, Laboratory Technology and Diagnostics and Wildlife Biology and Conservation. The students gain knowledge and experience through lectures and demonstrations, hands-on activities, field trips, team building activities and diversity workshops. Students who have completed a general biology or animal science course will benefit the most from the program activities.

The **2017 ISU AgDiscovery (July 16 – 29, 2017)** will host 16 students from multiple states, ages 15-17. Students will perform a variety of laboratory activities such as bacterial culture, animal necropsies, egg candling, viral inoculations and diagnostic testing at the USDA National Centers for Animal Health. They will be introduced to several veterinary disciplines such as hematology, parasitology, immunology, radiology, anatomy and pathology by performing hands-on activities at the ISU College of Veterinary Medicine. The students will visit a variety of private and university farms, zoological facilities, animal shelters, wildlife conservation areas and research facilities. They will also participate in a number of

cultural awareness and teambuilding activities. Every activity is being planned to enhance the student's learning experience and provide countless hands-on opportunities which will be crucial to the student's enjoyment of the program.

Students selected for the 2017 AgDiscovery summer session will pay only the cost of their transportation to get from their home to the college campus for the start of the session and back again at the end of the session. The cost of tuition, room and board, and lab supplies for the 2 week program will be covered by various programs within APHIS.

To apply for the ISU AgDiscovery the students must be at least 15 and no older than 17 as of May 31, 2017 or reach your 18th birthday before the start of the program or at any time during the program dates. See the current AgDiscovery website for age requirements on the other programs. Students can only apply for **one** program this year. Applicants will be notified on or before **May 8, 2017** if they have been selected for one of the 22 AgDiscovery programs this summer. If you have questions about the AgDiscovery program, please call APHIS at **301-851-4199** or send an email to agdiscovery@aphis.usda.gov.

Applications can be submitted as follows:

1. **A fillable PDF application** can be obtained at www.aphis.usda.gov/agdiscovery and mailed, along with the required two-page essay and 3 references to the address listed in #4 below for Ms. Tammy Lowry.
2. **Hard copy applications** must be postmarked no later than **March 1, 2017**. APHIS will not accept application packages that are incomplete or received after March 1, 2017.

Application package includes:

1. **A 2 page typed essay** (500-1000 words) entitled ***“Why I want to attend the AgDiscovery Program at Iowa State University”*** or any of the other programs and ***“What I want to Learn”***. In the essay, include information on your interests and hobbies and future career goals. Include information about your interest in agricultural sciences, any agricultural science-related courses you have taken, as well as any extracurricular or volunteer activities you have participated in related to agricultural, plant, animal or biological science. Be sure to include your full name, age, home address, telephone number, and email address on the first page of the essay.
2. **Three Recommendation Letters** – from people not related to you but who know you well. At least one recommendation must come from a teacher or school counselor. **Each letter of recommendation must be sealed in a separate envelope** and then placed in one large envelope with the application form and essay.
3. **A completed fillable application form.** www.aphis.usda.gov/agdiscovery
4. **Mail the completed package to:**

**USDA-APHIS AgDiscovery Program
ATTN: Ms. Tammy Lowry
Office of Civil Rights, Diversity, and Inclusion
4700 River Road, Unit 92, Suite 6C-04.13
Riverdale, MD 20737-1234**

If there are questions about the ISU program, please contact:

ISU contact: Claudia Lemper - 515-294-3591; clemper@iastate.edu

USDA IA contact: Dr. Janet Payeur – 515-337-7003; janet.b.payeur@aphis.usda.gov