

Oahu 4-H Newsletter
January 2016 Issue

January	10	Oahu 4-H Executive Board meeting
	19	Junkyard Robotics training for after school providers-UGC 9 am
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
	16	4-H Dog Obedience session starts-Catlin Drive

President's Message

Aloha 4-H'ers! Another year had gone by. The executive board members and I want to express our gratitude for sticking to our organization despite of the drawbacks we faced this year. Cheers to a better year and I wish everyone a happy and prosperous fun filled joyful and fortunate new year ahead. Once again, HAPPY NEW YEAR!

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

Even though the National 4-H Week has already passed in October, we would like to focus on "4-H Grows Here" as the theme for the upcoming Communications Fair. According to the Tillamook County 4-H website, they describe 4-H very well and how "4-H Grows Here" can be demonstrated or presented in our Communications Fair:

More details to follow soon.

4-HOnline Club Leader Authorization

Now that our 4-HOnline re-enrollment process has been completed, the main organizational leader for each club has been given authorization to view the profiles of all of the members and volunteers associated with that club and has access to the release forms and medical information. Club leaders with this authorization will be sent a separate email with instructions on how to manage your club files.

Claire Nakatsuka

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

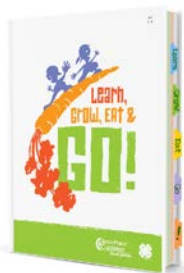
These are the workshop descriptions:



January 19, 2016

Junk Drawer Robotics

This curriculum has something for everyone. For the after school program age level, we will focus on the most basic engineering principles including sorting materials, exploring friction, and learning how to build things out of everyday objects. We will engage youth to use the scientific process to solve problems and record their steps. As the curriculum progresses, these activities can help older youth design and build their own robots. All of this takes place using a kit of everyday items and no computers.



February 2, 2016

Learn, Grow, Eat & Go! (Junior Master Gardener Curriculum)

LGEG is a 10 week unit of study that is hands-on and combines the interdisciplinary elements of nutrition, garden science, physical activity, food preparation and fresh vegetable tasting to improve health and wellness of children, families and the school community. It is made up of 20 base lessons geared towards 3rd-5th graders. If you service a younger population, this training can help you modify the lessons to suit

your needs.



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

4-H Gardening Projects

In Hawaii we are fortunate to have a climate that allows for year round gardening. It makes it a perfect place to have a 4-H Gardening Club. There are 5 military youth programs that are conducting successful 4-H gardening clubs in Hawaii. Hickam Teen Center is just one of those clubs. This year the youth revamped their garden area by building their own raised beds and building a warm compost system. They are now seeing the fruits of their labor and it is January whereas in many other states gardens are closed down for the season.



Gardening can help expand your club and offer many different learning experiences. Here are some ideas on expanding your experience and allow youth to grow beyond the soil.

Expand Your Experiences!

Science, Engineering, and Technology

Tour a local farm or ranch. Document the steps to get a product from seed to table.
Research the use of beneficial pests for use in gardens and farms.

Design and conduct an experiment comparing the same species of plant in different soils.

Healthy Living

Learn about the USDA's nutrition icon, MyPlate. Plan a meal that resembles MyPlate and includes foods from each of the food groups. Source your meal from your garden.

Create a healthy stir-fry using vegetables from the garden. Serve with brown rice.

Visit a local farmer's market and ask farmers questions about how their products are grown.

Citizenship

Check with your local food bank to see how you can help with hunger in your community by growing and donating food from your garden.

Help build a garden at a school or community site.

Leadership

Conduct a demonstration at your club or in a community setting on how to construct a raised bed for growing vegetables.

Save and store seeds from your garden grown vegetables and share with neighbors, friends and/or neighborhood school garden while you teach them how to garden.

Kate Eickstead

National 4-H Congress Reflections

Oahu 4-H members' Shaina Acosta and Cherryse Ulsa share their experiences in attending the 2015 National 4-H Congress held in Atlanta, Georgia this past November. A full report by the entire delegation is in the process of being compiled and will soon be available on the Hawaii 4-H website. Until that time, please enjoy Shaina and Cherryse's reflections.

I am filled with gratitude and glee as I was given the opportunity to attend the 2015 4-H National Congress. I met a lot of people, visited various places, and experienced things that broadened my perspective. Upon attending this conference, I kind of knew what to expect as I have attended quite a few National Conferences, nonetheless, my experience in 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 that I felt. 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-H'ers, I can honestly say that the 2015 4-H National Congress was a highlight of my year. I will be forever grateful for this chance.

Shaina Acosta

National 4-H Congress has been one of the most memorable experiences I've had. Not only it was my first time at Atlanta, Georgia, but it was only my first time to experience fall. Although our time at Congress was very short, the experiences and memories I have gained were something I would carry forever. Some of these experiences were meeting people from different states and going to famous spots in Atlanta.

We had about a week of spending time with other people from different states. Meeting these people was definitely my favorite experience at Congress. Since we were split into different groups as a

state, I ended up sitting beside a girl from Iowa. Like other people in Congress, she was excited that I was from Hawaii. We ended up talking for the whole bus ride to the Atlanta History Center. She was a very friendly person. I started to get close with her since we just had a lot of interesting things to share with each other. We spent time during the dances at Congress, and even exchanged our social media accounts in order to stay in touch with each other.

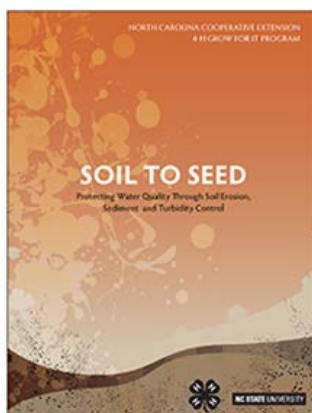
The Atlanta History was also very memorable for me. I was able to see an African Dance performance, which was my first time seeing. It was awesome to see such young dancers showcase the African culture. The dance was very fun to watch, and one could just see the happiness in other audience as they were watching the performances.

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. I would not mind attending Congress again if I had the chance to. It was a worthwhile experience that I hope to keep with me.

Cherrysse Ulsa



Project Spotlight



Soil to Seed is designed to cultivate high school aged-youth in understanding the principles of erosion and sediment control. The curriculum begins with the fundamental mechanics behind erosion and sedimentation, then teaches students how to assess physical spaces for evidence of these processes, and eventually builds their knowledge base of how to manage and control soil loss and deposition.

Lessons include:

1. Introduction to Soil Erosion
2. Site Assessment
3. Soil Properties
4. Rainbox Throwdown Experiment
5. Measuring Soil Erosion & Sediment Control: Best Management Practices

6. Erosion and Sediment Control Policy and BMP Mapping

Authored by North Carolina State University. Grades 9-12. 100 pages.

This item is a digital download; you will download the book after purchase. You will not receive a print copy. This curriculum is available from 4-H Mall.

Other Opportunities

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 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.
- 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.

Healthy Living Summit

The National Youth Summit Series is proud to present our third annual Summit on Healthy Living. The **Healthy Living Summit** will take place on **February 12-15, 2016** at the National 4-H Conference Center.

There is a growing health crisis across the United States and the time is now to work as a community to

take on the challenge of better health for our citizens. 4-H has accepted this challenge and as a team we are ready to make it happen! Trained teams of youth and adults can truly make a difference in communities to promote healthier choices for young people and their families.

By being part of the National Youth Summit on Healthy Living you will gain new information and tools found on our [website](#) to get started in your own community. Youth will be provided with quality training, hands-on learning opportunities, contacts with agencies and materials to take home.

If you would like to be part of this great work, more information and registration information can be.

MLK Day of Service: January 18, 2016



What are your plans to make it a day on, not a day off?

Martin Luther King, Jr. Day of Service is Monday, January 18. It is the only federal holiday observed as a national day of service - a "day on, not a day off" - and is an opportunity for people from all walks of life to work together to help solve our most pressing problems. The MLK Day of Service empowers individuals, bridges barriers, and moves us closer to Dr. King's vision of a "Beloved Community." To start your planning, listen to the MLK Day Prep Webinar from November 6: [download the recording and view the powerpoint here](#). You can also learn about the day, get planning tools & resources, register your event, and more at www.MLKDay.gov

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

4-H GIS/GPS Leadership Team

The National 4-H GIS/GPS leadership team is a national leadership opportunity for state 4-H youth-adult teams to support 4-H GIS and community mapping programs. Our leadership team is typically 20-40 teens and adults from 7-15 states. The team serves for one year beginning in June 2016.

As members of the leadership team, youth and adults will represent 4-H at the Esri Educational GIS Users Conference in June 24-28, 2016 in San Diego and participate in a GIS service project there; participate in team communications for the year and take an active role throughout the year on a team GIS project that supports 4-H GIS activities at national, state and local levels; and serve as geomentors for future 4-H GIS software grant recipients.

The national team is composed of state/LGU teams of one or two 4-H teens and one adult. Additional teams and members from a state/LGU may be accepted if there are positions available. States that wish to submit applications for more than one team need to rank them (first team, second team, etc.). A ratio of no more than two youth to one adult is required by the GIS conference. Youth must be 4-H members at least age 14 and not yet graduated from high school when the team attend the GIS conference in June 2016.

Completed and digitally signed PDF applications must be submitted by Friday, Feb. 19, 2016. Download the fillable PDF application from <https://sites.google.com/site/nat4hgis>. E-mail the completed PDF document with digital signatures to both e-mail addresses shown on the last page of the application.

Team applications will be reviewed and selections made in March.

Details are included in the application form. If anyone has questions about the National 4-H GIS/GPS Leadership team, they can contact me at JKahler@NIFA.USDA.GOV or by calling 202-690-1568.

This is an outstanding national 4-H leadership opportunity. Please share this with eligible teen members and adult leaders who may be interested.

Jim Kahler
National Program Leader, STEM, Agricultural Science & Technology
4-H National Headquarters, Division of Youth & 4-H
Institute of Youth, Family & Community, NIFA, USDA
Phone: 202-690-1568 (direct line); 202-720-2908 (main office); 202-720-9366 (fax)
Email: JKahler@nifa.usda.gov
<http://www.nifa.usda.gov/program/4-h>

[Captain Planet Foundation Grants](#)

Deadline: January 31

Captain Planet Foundation will accept small grant requests for amounts between \$500 - \$2,500. All proposed activities must be project-based, projects must be performed by youth; and projects must have real environmental outcomes...»

[Fiskars' Project Orange Thumb Garden Grants](#)

Deadline: February 1

Fiskars' Project Orange Thumb garden grants provide tools and resources to help communities reach their goals for neighborhood beautification, community collaboration, and healthy & sustainable food sources. Fiskars will award 30 applicants \$3,500 in cash and tools in the coming year...»