

Oahu 4-H Newsletter
July 2017 Issue

July '17

14-16 Hawaii State Farm Fair
State 4-H Livestock Show

August '17

13 Oahu 4-H Leaders Meeting, 1 pm, Moanalua High School
21, 22, 23 Military 4-H 101 & 201 Training
25 Registration due for Fall SPIN 4-H clubs

Hawaii 4-H Livestock Show Schedule (courtesy of Dr. Brent Buckley)
Kualoa Ranch

Friday, July 14

8:00 - 10:00 A.M.	Weigh in animals
9:00 - 11:00 A.M.	Photograph animals
8:00 A.M.	<u>Swine Photos first, feed animals AFTER photos and before weigh in</u>
1:00 P.M.	<u>All</u> 4-H Participants meeting
2:00 P.M.	Record Books Turned In to Livestock Office
1:30 - 4:30 P.M.	Livestock Judging Competition
4:30 - 7:00 P.M.	4-H member hospitality party

Saturday, July 15

9:00 A.M.-7:00 P.M.	Fair Open
9:00 A.M.	Swine Show
10:30 A.M.	Lamb Show
11:30 A.M.	Goat Show and Showmanship
1:00 P.M.	Beef Steer Show
2:00 P.M.	Poultry Show and Showmanship
3:30 P.M.	Rabbit Show and Showmanship
4:30 P.M.	Buyers Registration and Reception
5:00 P.M.	4-H Parade
5:30 P.M.	Auction

Sunday, July 16

7:30 - 9:30 A.M.	Awards Breakfast
9:00 A.M. - 5:00 P.M.	Fair Open
9:30 A.M.	Clover Bud Show
10:00 A.M.	Swine Showmanship
11:00 A.M.	Beef Showmanship
1:00 P.M.	Lamb Showmanship
2:00 P.M.	Small Animal Show

Come out to the Fair and support your fellow 4-H'ers!

Fall 2017 4-H SPIN Opportunities

Registration is now open for our fall 2017 Oahu 4-H SPIN clubs. We will be offering 4 clubs:

Healthy Living and Physical Fitness (Cloverbuds 5-8 year olds)

Get your STEAM Going! (9-13 year olds)

Kitchen Science (9-13 year olds)

Mini Maker Sewing (9-13 year olds)

Dates: September 10 & 24, October 1 & 22, and November 5 & 19

Location: Moanalua High School

Time; 1-3 pm (cloverbud group will end at 2 pm)

Cost is \$20 per child

Register before August 25, 2017 (submit 4-H enrollment and registration forms plus submit check payable to Oahu 4-H.

Check out: <https://www.ctahr.hawaii.edu/4h/Oahu/spin/index.html> for registration and enrollment packet.

Claire Nakatsuka

Congratulations Colby!



The State committee reviewed the senior portfolios, interviewed the 4-H'ers and have come up with a list of 10 delegates qualified to represent Hawaii at this year's National 4-H Congress in late November. Manawalea 4-H member Colby Johnson was selected to be a Congress delegate.

Colby has been a 4-H member for 5 years in three different states (Texas, Colorado and the last two years here in Hawaii) and has been involved in the poultry, shooting sports, foods and nutrition and small engines projects. He currently serves as a jr. leader for the small engines project but has also been involved in various club activities.

(Colby with his entry for his club's recent food show).

The complete list of selected delegates are:

1. Jayda Cortez - Maui
2. Danica Galindo - Maui
3. Kylie Ginoza - Maui
4. Emma Harris - Kauai
5. Lauryn Ige - Maui
6. Colby Johnson - Oahu
7. Lindsey Kimoto - Maui
8. Megan Koga - Maui
9. Sydney Suzuki - Kona
10. Malie Watanabe – Maui

Congratulations to Colby and the rest of the 4-H'ers!

Claire Nakatsuka

Follow Hawaii 4-H

Hawaii 4-H now has a state 4-H facebook page, instagram and pinterest accounts. Please follow us and keep up with what is happening in 4-H around the state!

<https://www.facebook.com/Hawaii-4-H-Youth-Development-309075866134662/>

<https://www.instagram.com/hawaii4h/>

<https://www.pinterest.com/hawaii4h/>

You can also get in through our Hawaii 4-H website.

Oahu 4-H Leaders/Fall SPIN 4-H Club Leaders Meeting

Oahu 4-H leaders will be meeting on Sunday August 13, 2017 at 1 pm at Moanalua High School to finalize their by-laws and discuss 4-H Rally Day.

Also, club leaders involved in the Fall SPIN 4-H club leaders will also go over the new set up, registered participants and future SPIN opportunities.

Claire Nakatsuka

4-H Environmental Day Camp

At the end of June, Oahu 4-H was able to host 3 Environmental Day Camps through grant funding from the Disney Conservation Fund. Through the use of 4-H's Exploring your Environment curriculum, youth used University of Hawaii's Urban Garden Center as their outdoor classroom to explore and connect to nature. This year we partnered with Kamaaina Kids and Pearl City Foundation's summer programs to help youth learn about their environment and how to be stewards of the earth.



Youth harvest carrots as part of a plant science activity



Youth hang their air quality test in plumeria trees

4-H Military Partnership Training Dates

Please save the dates for this year's 4-H trainings. 4-H 101 and 4-H 201 will be held at Fort Shafter School Age Center, 240 Rice Road Bldg. 890, Fort Shafter, HI 96858.

RSVP to Kate at military4-H@ctahr.hawaii.edu by August 10th

4-H 101- 3 day 4-H Orientation and Training for site directors, trainers and staff.
August 21, 22, and 24, 2017 at 9am to 12pm

4-H 201- Previous year's staff and site recognition and 4-H refresher training for site staff.
August 24, 2017 at 9am to 12pm

Kate Eickstead

4-H 2017 Post to Boast Contest



This year we had 16 entries in our 4-H Post to Boast Contest. Posters were judge by 3 volunteers who each gave scores and feedback. We distributed ribbons and the feedback to the clubs that entered. To view the posters go to <https://www.ctahr.hawaii.edu/4H/posttoboast/gallery.html> to view the amazing 4-H projects that had been conducted during the past year. A big thank you to the clubs that submitted this year...

-Catlin Cloverbud Club
-Manawalea 4-H Club,
Rabbit Project

-Camp Zama Cooking
Club

-Camp Zama Gardening
Club

- Camp Zama Sports and Fitness Club
- Camp Zama Theatre Club
- Catlin Art Club
- Catlin Gardening Club
- Catlin Cooking Club

- Catlin Community and Leadership Club
- Catlin Photography Club
- Catlin Performing Arts
- Catlin Sports and Fitness Club

- Hickam School Age Community Club
- Schofield Barracks youth Center 4-H Club
- Manawalea 4-H Club, Small Engines Project

Thank you to our volunteers who served as judges this year:

Molly Bahr

Carolyn Kegeris

Shauna Sibonga

Kate Eickstead

Hawaii 4-H Volunteer Training Video

If you missed Dr. Jeff Goodwin’s spring training session, check out this recording for a snapshot of his presentation.



<https://www.ctahr.hawaii.edu/4h/training.htm>

Read to Me International Conference



A big mahalo to 4-H Read to Me project participant *Tasha Guiles* for sharing her 4-H storybook apron at the Read to Me International Conference at the Koolau Country Club in June. Thank you also to 4-H volunteer *Janice Motoshige* for also assisting with the workshop. Together we were able to share the 4-H Read to Me project with conference participants.

Claire Nakatsuka



2017 National National 4-H Week

National 4-H Week is October 1 – 7, and this year’s theme is Grow True Leaders. Join communities across the country to celebrate National 4-H Week and showcase the great things the organization is doing to grow young people – true leaders who are ready for life today and career tomorrow.

Start planning to promote 4-H during National 4-H Week!

4-H Exchange Opportunity

I am a 4-H-advisor in Van Wert Ohio. Our club is located in Northwest Ohio and we host and travel to states in US. We like to experience 4- H all over in different states. Our members range 13-18 years of age made up of girls and boys. Do you have such a program? We host 4-8 days depending on what the other club would like to do. Our club is called Van Wert County 4-H Exchange Club. We are looking to host and travel in 2018-2019. We do this usually month of June. If you are interested please contact Cindy Harting 419-203-1413.

Raise Your Hand for STEM



Help bring an incredible science experience to the kids in your state. With HughesNet’s support, 4-H will give away 100 free *4-H National Youth Science Day* kits to the 10 states with the most votes, reaching an estimated 10,000 kids across the country.

Project Spotlight



Hands On: Real World Lessons for Middle School Classrooms – Food Safety is a comprehensive curriculum designed as a vehicle to reduce the occurrence of foodborne illness, to increase awareness around personal hygiene and to encourage safe food preparation practices. Foodborne illness can be prevented if consumers adopt proper practices for safe food handling and preparation. Food safety awareness, particularly among the young, is low and food safety education in the formative middle schools years is a proven catalyst to prevent foodborne illness.

- Grades 5-9
- Organized in 10 unique lessons designed to stand-alone or to be

completed as an entire unit

- Developed by the University of Tennessee
- This curriculum is tied to National Science Education Standards and is available from 4-hmall.org

Other Opportunities

[Disney Be Inspired Summer of Service Grants](#)

Deadline: September 30

Youth, ages 5-18, who volunteer to make their communities healthier, greener, and stronger can apply for a \$500 Disney Summer of Service grant to create a project or expand their impact throughout the rest of the year. 250 youth-led service projects will be selected and \$500 grants will be awarded to each winner's sponsoring organization this fall. Youth who are interested should visit YSA.org/BeInspired to tell their volunteer story, get inspiration and planning resources, and apply for a grant.

[Mandela Day - July 18](#)

Nelson Mandela International Day is in recognition of Nelson Mandela's birthday on July 18 and inspired by a call Nelson Mandela made for the next generation to take on the burden of leadership in addressing the world's social injustices when he said that "it is in your hands now". It is more than a celebration of Madiba's life and legacy. It is a global movement to honor his life's work and act to change the world for the better.

[National Night Out - August 1](#)

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. Millions of neighbors take part in National Night Out across thousands of communities. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.

[International Youth Day - August 12](#)

International Youth Day is celebrated every year on August 12. International Youth Day 2017 is dedicated to celebrating young people's contributions to conflict prevention and transformation as well as inclusion, social justice, and sustainable peace. The current generation of youth are the largest in history and young people often comprise the majority in countries marked by armed conflict or unrest, therefore considering the needs and aspirations of youth in matters of peace and security is a demographic imperative.

[September 11th National Day of Service and Remembrance](#)

Pledge to do a good deed for the 15th anniversary of 9/11. The goal of 9/11 Day is to keep alive the spirit of unity and compassion that arose in the immediate aftermath of the 9/11 attacks, providing a positive, helpful way for people to annually remember and pay tribute to the 9/11 victims, and honor those that rose in service in response to the attacks.