

Oahu 4-H Newsletter
May-June 2016 Issue

June

5	Record Books due
8	Oahu 4-H Environmental Day Camp
10-12	EYSC training – Manoa campus
14	Oahu 4-H Environmental Day Camp
18	Oahu County Livestock Show
22	Oahu 4-H Environmental Day Camp

July

9-10	State Farm Fair – Kualoa
20	Hawaii Leader training webinar
27	Hawaii Leader training webinar

Record Books Are Due!

The due date for 4-H Record Books is **June 5, 2016**. Please turn them in to one of the Extension offices or contact me (nakatsuk@hawaii.edu) to coordinate other arrangements. We are excited to read about the exciting work that our 4-H members have done with their projects this year!

Claire Nakatsuka

Oahu 4-H Recycled Bags/Aprons at Aloha Aina Fair

Thank you to all that participated in the Aloha Aina fair at Moanalua Elementary School! Thank you also to Sanoe Lee for coordinating this event and to Carol Lee for the refreshments. The fair goers seem to enjoy their recycled bags and aprons.

4-H Post to Boast Contest

We have received 28 project posters this year! The posters have come from our clubs in Korea and Japan as well as Oahu and Kauai. Check them out at: <http://www.ctahr.hawaii.edu/4H/posttoboast/> The posters are currently being judged. Results will be shared soon. Kudos to all those that participated.

Hawaii 4-H Leader Training Series

The Hawaii 4-H agents will be offering leader trainings via Zoom this summer. The trainings are intended for all adults working with youth in 4-H programming. Each will start at 7 pm and will be 'live'. Participants can attend one or all of the trainings!

Listed below is the schedule of trainings and the zoom link. (Click on the link to join the webinar. You will be asked to download zoom software). Participants can access with a computer, mobile device or phone (cost for phone connection is a long distance charge).

- July 20 Essential Elements of 4-H <https://zoom.us/j/495386715>
- July 27 Experiential Learning <https://zoom.us/j/912410579>
- Aug 3 Planning Ahead <https://zoom.us/j/196881539>
- Aug 10 Making Learning Fun <https://zoom.us/j/332703568>
- Aug 24 Recognizing Young People <https://zoom.us/j/640550574>
- Aug 31 Re-Enrolling in 4HOnline <https://zoom.us/j/804621745>
- Sep 7 Cloverbuds Programming <https://zoom.us/j/176372751>



4-H NYSD Kit Pre-Sale

The 2016 National Youth Science Day design challenge, Drone Discovery, is [available for pre-order](#) from National 4-H Mall. This challenge kit includes the components to complete exciting activities related to aerospace, flight, and unmanned vehicles. Developed by Cornell University Cooperative Extension, this exciting and hands-on engineering design challenge explores the science behind drones and how they are being used to solve real world problems. Youth will learn everything from flight dynamics and aircraft types, to safety and regulations, to remote sensing and flight control. The pre-order price is **\$21.95 through mid July**. The kits will ship in July, at which point the normal price of \$23.95 will go into effect.

Oahu 4-H SPIN Clubs Planning Meeting

Thank you to all those who participated in our May 1, 2016 planning meeting. Our next meeting will take place on Sunday, July 17, 2016. Please save this date.

Claire Nakatsuka

4-H Military Partnership Year End Update

The National 4-H Headquarters, at USDA, has established formal partnerships with Air Force Services Family Member Programs, Army Child and Youth Services and Navy Child and Youth Programs to support positive youth development education for youth whose parents are serving in the military. As military families move frequently and experience the difficulties surrounding lengthy and frequent deployments; 4-H provides predictable programming and a safe and nurturing environment for military kids. During the 2015-2016 school year we had approximately 929 youth participate in 4-H programming through our 4-H Military Partnership. Youth participated in 4-H projects at afterschool sites at military installation bases. Youth participated in a variety of 4-H project work in areas of sewing, citizenship, STEM, cooking, gardening, health, woodworking, cultural studies and more. We look forward to

continuing supporting military youth through 4-H programming. Here are just a few examples of the great work being done by 4-Her's in our Military Partnership.



(United States Army's Camp Zama Teen Center, located in Japan, not only learned about food and nutrition but learned about local food culture in Japan by participating in 4-H cooking club)



(Cloverbuds at Helemano Installation on Oahu focused on STEM project throughout the year. Projects included marshmallow catapults, geology studies and scientific method exploration. Pictured is a STEM fair project demonstration by a group of 4-Her's from Helemano 4-H).

Kate Eickstead

Project Spotlight



Pre-Order Now! This curriculum will ship in early-mid May.

This curriculum introduces young people to five fundamental principles of computer programming, providing a foundation for exploring and creating. Scratch is a project of the Lifelong Kindergarten Group at the MIT Media Lab. Each youth in a group should have his/her own guidebook.

In Discovering Computer Science & Programming through Scratch, youth interact with a series of tutorials and challenges within the Scratch environment. Young people can work on the activities individually, with partners, or in a guided instructional setting. This facilitator guide further explains the activities introduced in the youth guide. It suggests many "unplugged" activities. It also includes discussion questions, previews of skills and blocks introduced, and hints or suggestions to help youth better understand each activity and concept. Grades 6-8.

This Computer Science curriculum is available from www.4.hmall.org

Other Opportunities

Text, Talk, Act



4-H is committed to helping youth across the nation respond to challenges every day in their communities and world. A key component of this is **ensuring healthy minds** for our 4-H'ers. Given that $\frac{3}{4}$ of all mental health issues present themselves before age 24, and that only 1 in 4 Americans seek treatment for mental health issues, this work is more important than ever.

Last fall, we partnered with [Text, Talk, Act](#) to bring the conversation to our 4-H programs. Due to the tremendous success, we are extending our partnership to make Text, Talk, Act available to 4-H programs for your school programs, conferences, clubs, special events and summer camp programming.

Text, Talk, Act uses text messaging to facilitate a face-to-face conversation on mental health. Participants gather in small groups (3-4 people) with one cell phone per group. They text START to the number 89800 to receive a series of text messages that guides their group through a conversation on mental health: why it is important, how to care for it, and how to help a friend in need. The text messages include videos, social media interactions, polling questions and discussion questions.

Throughout the month of June, 4-H is teaming up to bring Text, Talk, Act to all of our 4-H programs, free of charge*. Here are four things you can do to help out:

1. TRY IT - It's easy! Simply text "START" to 89800 and follow the prompts. Text, Talk, Act is available for you to **try right now**.
2. SHARE IT- Share this information with your local 4-H programs. Simply forward this announcement to program staff and volunteers.
3. HOST IT·Bring Text, Talk, Act to your 4-H program throughout the month of June. It takes less than an hour, and you can do it anytime that's convenient for your group. [Click here](#) for tips on organizing Text, Talk, Act.

4-H is also **hosting a webinar on Wednesday, April 20th at 3:30 pm Eastern** where you can learn about Text, Talk, Act and how to bring this to your program. To register, visit this link: <https://attendee.gotowebinar.com/register/3883214858311631617>

4. WIN CASH PRIZES

This June, Text, Talk, Act is hosting a 4-H contest to win cash prizes for your state 4-H program. Have your 4-H programs join Text, Talk, Act in the month of June and your state could win \$1,000! For more information, visit <http://www.creatingcommunitysolutions.org/4-h-contest-information>

With your help, we will empower 4-H'ers to raise awareness on mental health and become more comfortable reaching out to peers in need.

If you are interested in learning more about Text, Talk, Act, please contact Raquel Goodrich at rgoodrich@email.arizona.edu.

Leadership Washington Focus

Leadership Washington Focus (LWF) is a 4-H leadership program for youth entering grades 7 through 9. The program will take place at the National 4-H Conference Center, just 1 mile from the Washington, D.C. border. For more than 50 years, thousands of 4-H'ers have participated in our high school program, Citizenship Washington Focus and now we are happy to introduce its precursor for middle school 4-H'ers, LWF. Middle school 4-H delegates will:

- Build confidence in their ability to motivate and direct others in meaningful action
- Practice effective communication with others through group discussion and public speaking
- Work with others to create and accomplish goals
- Develop an understanding of their own personal leadership style
- Exchange ideas, practice respect, and form friendships with other 4-H'ers from across the nation.
- Experience hands-on learning using the historical backdrop of Washington, D.C.

Tuition costs for Leadership Washington Focus is \$598.00 (inclusive of tax); tuition includes:

- Lodging at the National 4-H Conference Center for the duration of the program
- All meals during the program
- All site visits during the program
- Transportation during the program (this does not include travel to or from the Center)
- Souvenir pack including: LWF bag, LWF T-shirt, and LWF water bottle

Led by our team of program assistants, delegates will learn by doing and leave LWF with the experiences, tools, and connections to be leaders in their communities today.

Participants will enjoy:

- Motivational speakers and educational workshops that increase individual leadership capability and build lifetime skills for success
- Activities that encourage and form new lasting friendships with other 4-H youth
- An enthusiastic staff of young adults that work directly with them

Participants are immersed in the culture and history of our nation through on-site workshops at D.C.'s most spectacular sights.

Destinations include, but are not limited to:

- White House and Lafayette Park
- Ford's Theatre
- National Archives
- Presidential and war monuments and memorials
- Smithsonian museums

- and more!

One of the week's signature events, called "Nightview," is a spectacular evening tour where delegates will reflect on the different types of leadership conveyed through the symbolism of our national monuments and memorials.

In between tours, youth can relax at the National 4-H Conference Center, Washington, D.C.'s premier youth and leadership hotel. The hotel is situated on a 12-acre campus, minutes from downtown D.C., featuring a hotel café all-you-can eat buffet, 24-hour uniformed security, a fitness center, full-court basketball and volleyball court, recreation room with pool tables and arcade games, free parking, and more.

September 11 National Day of Service & Remembrance



On the 15th anniversary of the September 11th attacks, Americans will again unite in service in the same remarkable spirit of unity, compassion, and service that brought together so many in the immediate aftermath of the 2001 attacks. Each year more than 40 million Americans, and many others in 150 countries, observe the [September 11 National Day of Service & Remembrance](#) by performing good deeds.

9/11 Day provides an opportunity for youth leaders to help their communities be prepared for disasters by organizing disaster preparedness awareness events and community service projects. YSA makes being part of this movement possible through our [We Stand Strong: A Disaster Preparedness Toolkit](#) and [training videos](#) as well as our [We Stand Strong Disaster Prep Grants](#).

Nebraska 4-H Wins #TrueLeaders Challenge

Congrats to Nebraska for driving 1,000 shout outs for #TrueLeaders during the 10 day Challenge. They will receive a special social media shout out from 4-H's National Alumni Spokesperson, Jennifer Nettles, who will also shout out one of Nebraska's own #TrueLeaders, Alyah, from Saline County, for her commitment to 4-H and her community. Thanks to all of our state and local 4-H programs that rose to the True Leaders Challenge.

4-H Featured in *People Magazine*

See the latest media coverage of 4-H and the passion of 4-H alumna Jennifer Nettles. The country music star discussed her role as national spokesperson and the impact of the organization and Georgia 4-H on her career.

2015 National 4-H Council Annual Report Available Online

Be sure to check out the 2015 National 4-H Council Youth Impact Report and share it with others. We are extremely proud of the progress we have made in partnership with the 4-H community.

CTAHR GENE-ius Day Program at UH Manoa

The 2016-2017 Saturday GENE-ius Day program registration details for Grades 1-9 have been finalized. Please see below for registration details.

- Please register your child for the appropriate program and level.

Grades 1 to 6 — GENE-iuses on an Adventure consists of two different sets of classes. Please register your child for their 2016-2017 Grade Level.

- **Grades 1 to 3:** [Click here](#) to view class descriptions, class times, and dates (Note: student must be accompanied by a paid chaperone)

- **Grades 4 to 6:** [Click here](#) to view class descriptions, class times, and dates

Grades 7 to 9 — consists of two different sets of classes. Please register your child for their 2016-2017 Grade Level. Students entering Grade 8 can register for either Level 1 or Level 2.

- **Level 1 is for students entering Grade 7 or Grade 8:** [Click here](#) for class descriptions, class times, and dates

- **Level 2 is for students who completed Level 1, or for students entering Grade 8 or Grade 9:** [Click here](#) for class descriptions, class times, and dates

- General registration is **NOW OPEN**.

[CLICK HERE TO ACCESS THE GRADES 1-3 REGISTRATION FORM!](#)

[CLICK HERE TO ACCESS THE GRADES 4-6 REGISTRATION FORM!](#)

[CLICK HERE TO ACCESS THE GRADES 7-8 \(LEVEL 1\) REGISTRATION FORM!](#)

[CLICK HERE TO ACCESS THE GRADES 7-9 \(LEVEL 2\) REGISTRATION FORM!](#)

- Payment can be submitted online via credit card or by mailing us a check. Further instructions can be found on the registration form. Please note: If you are paying online, you need to pay immediately after submitting the registration form because the PayPal payment page will automatically time-out.

Should you have any other questions, please reply to our email: geneius-day@ctahr.hawaii.edu

Kids Baking Championship

A major cable network is looking for the most talented young bakers in the country for Season 3 of the KIDS BAKING CHAMPIONSHIP!

Do you think your son or daughter was born to bake? Well if so, this is the perfect show for them! We are looking for kids between the ages of 8-13 who want to put their baking skills to the ultimate test!

The Kids Baking Championship is an exciting show where young bakers compete in fun baking battles to become the next KIDS BAKING CHAMPION!!!

APPLY NOW! BAKINGCHAMPIONSHIP.COM

Free YouthSpark Summer Camps from Microsoft

Inspiration and innovative learning for kids. Free YouthSpark Summer Camps teach kids how to create their own games and apps and turn their business ideas into reality in a fun and supportive environment. Register now at <https://www.microsoft.com/about/philanthropies/youthspark/youthsparkhub/about-youthspark/>

Hasbro Community Action Hero Award

generationOn has teamed up with Hasbro to celebrate kids and teens between 5 and 18 years of age who are making an impact in their local or global communities. The Hasbro Community Action Hero Award recognizes outstanding young volunteers whose service achievements have demonstrated the qualities of a hero – kindness, courage and leadership.

Winners receive a \$1,000 educational scholarship, a \$500 grant to continue or expand on their amazing work, and recognition at a special event this Fall.

You can help us by nominating an amazing young person or encouraging them to apply! Nominations and applications will be accepted [through Monday, June 13 at 5 p.m. EST.](#)

To nominate or apply, go to [www.generationon.org/HCAH.](http://www.generationon.org/HCAH)

If you have questions about the awards, please email Emily at erios@generationon.org for more information.