

**Oahu 4-H Newsletter
November 2017 Issue**

November '17

5	Oahu 4-H SPIN Sessions
15, 22	Oahu 4-H Environmental Program
16	NYSD Training - Catlin Clubhouse
19	Oahu 4-H Rally Day – Urban Garden Center
21	4-H Grows Marketing Committee Meeting
23 - 29	National 4-H Congress
29	State 4-H Livestock Meeting

Oahu 4-H Rally Day 4-H Stories and Garden Tours

Come and listen to the 4-H stories of the various projects from livestock to home living skills such as food science and sewing. Take a garden tour. Learn how to start your own vermicasting. Bring sunscreen, insect repellent, covered shoes and water. Please RSVP by November 12, 2017 to nakatsuk@hawaii.edu.

Where: Pearl City Urban Garden Center
955 Kamehameha Hwy.

When: Sunday, November 19, 2017

Time: 1:00 – 3:00 pm

Re-Enrollment Due Date-November 15th

Please note the deadline for clubs to submit their plan of work for the upcoming year and for members and volunteers to re-enroll is November 15th. Volunteer behavior expectation forms also need to be submitted by this date. Please send all documents to: C. Nakatsuka, 1955 East West Rd. #217, Honolulu 96822 or email to nakatsuk@hawaii.edu

Hawaii 4-H Policies and Procedures

The Hawaii 4-H Policies and Procedures has been updated and can be found on the Hawaii 4-H website:

<https://www.ctahr.hawaii.edu/4h/forms/Policies%20and%20Procedures/Hawaii%204-H%20Policies%20Final%20Final%202.0%20%208-28-17.pdf>

There are quite a few changes (member birthdate cut off, financial management policies, etc.) All club leaders need to be familiar with the policies and procedures.

National Youth Science Day Kit Training

Where: Catlin SAC
4655 Catlin Drive Honolulu, HI 96818
When: November 16th at 10am to 12pm

We will practice using the 4-H NYSD Kit: Incredible Wearables. Participants will learn about facilitating the engineering design process, helping youth collect and interpret data.

Reserve your spot. Contact military4-h@ctahr.hawaii.edu to reserve your kit and training spot by November 14th, 2017.

CTAHR/Extension Volunteer Survey

All registered Oahu 4-H volunteers will be sent a separate email with a link to a volunteer survey. CTAHR/Extension is conducting a volunteer needs assessment and would appreciate if volunteers would take the time to respond to the survey. Thank you!

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!

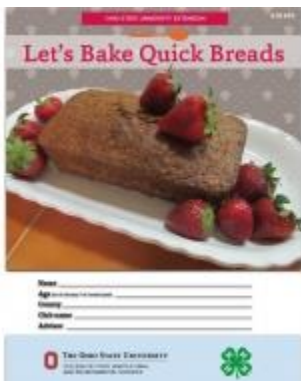
<https://www.facebook.com/Hawaii-4-H-Youth-Development-309075866134662/>

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

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

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

Project Spotlight



Learn how and why quick bread recipes are so tasty as you bake your way through updated activities. See what makes a wheat kernel tick and learn how the quick bread ingredients react with one another. You'll also explore careers in the kitchen, and learn how to alter a recipe for more healthful benefits. Includes gluten-free recipes.

- Designed for the 4-H member and is appropriate for the intermediate skill level and all ages.
- Authored by The Ohio State University

- Copyright 2015
- 40 pages
- Ties to educational standards from the National Health Education Standards and Next Generation Science Standards

Other Opportunities

National 4-H Volunteer e-Forum

4-H Adult and Teen Volunteers are invited to participate in the 2017 National 4-H Volunteer e-Forum series! On the evenings of November 2, and December 7, different 90-minute e-Forum sessions will be held. The e-Forum is designed for volunteers to come to a central meeting location where they will hear from presenters located across the country and participate in hands-on activities. Register at: <https://4-h.org/professionals/professional-development/>

Register for the Agri-Science Summit

At the National Youth Summit on Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and a sustainable future. National 4-H Council and National 4-H Conference Center have partnered with agricultural scientists, researchers, leaders, politicians, and advocates to host the National Youth Summit on Agri-Science in Washington, D.C. from January 12-15, 2018. For more information:

<https://www.ctahr.hawaii.edu/4h/forms/Policies%20and%20Procedures/Hawaii%204-H%20Policies%20Final%20Final%202.0%20%208-28-17.pdf>

Why Science Matters to Me Photo Contest

You could win a trip for three (3) to the National Youth Summit on Agri-Science, in Washington, D.C., January 12 -15, 2018. **Hurry! You only have until 11:59PM ET on November 26, 2017** to submit your photo. Upload your photo:

https://4hsciencematters.org/?utm_medium=email&utm_source=4htoday&utm_campaign=43040

Family Volunteer Day

November 18

Be inspired by the power of helping others! Family Volunteer Day is coming up on Saturday, November 18. This is a day to volunteer as a family, creating deep bonds in your family and with your community. It doesn't take a lot of time to make a big difference, so find a local volunteer project or an [at-home DIY project for the whole family to enjoy!](https://www.generationon.org/campaigns/family-volunteer-day-2017) <https://www.generationon.org/campaigns/family-volunteer-day-2017>