

Oahu County 4-H  
Youth Development  
Program  
1955 East West Rd.,  
AgSci 217  
Honolulu, HI 96822  
(808) 956-7196  
<https://manoa.hawaii.edu/ctahr/4h/>

A program of



COOPERATIVE EXTENSION SERVICE  
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES  
UNIVERSITY OF HAWAII AT MĀNOA



# Oahu 4-H Newsletter

January-February 2019

## January

- 1 Happy New Year! (Oahu County 4-H Office Closed)
- 13 4-H Curriculum Workshop at Urban Garden Center (UGC) 2-4 pm  
Oahu 4-H Organization Meeting at UGC 4:30 pm
- 26 Food Show at Farrington High School Room 121, 122, 125, 4-9 pm

## February

- 9 Agriculture & Environmental Awareness Day at UGC, 8 am-1 pm
- 10 Communications Fair Workshop at UGC, 2-4 pm



Happy New Year 4-H families and friends!

Ready for another 4-H year filled with exciting learning opportunities? The 2019 Food Show, "New Year, New Me" will be held at Farrington High School (1564 North King Street, Room 121, 122, 125) on January 26, 2019 starting at 4:00 pm. The deadline to participate in the Food Show has been extended to January 7, 2019. I would like to invite all of you to participate in this wonderful opportunity to learn more about food nutrition and to learn new cooking skills or sharpen old ones.

This year we will also host a Communications Fair. Details regarding this event will be posted soon. I encourage all of you to start thinking about whether you would like to do a demonstration, speech, poster, photo, or a video.

I would like to wish all of a very Happy, Healthy and Safe New Year! Hope to see you at the upcoming Food Show!

Becky Kanenaka  
Oahu 4-H Organization President &  
4-H Resource Leader

## Inside this issue:

|  |     |
|--|-----|
| Message from the President                                     | 1   |
| Manawalea 4-H Club Zoo Service Project                         | 1   |
| 4-H STEM Lab Webinar   | 2   |
| CTAHR's Agriculture and Environmental Awareness (AEA) Day 2019 | 2   |
| CTAHR's Agriculture and Environmental Awareness (AEA)          | 2   |
| Save the Date: Communications Fair Workshop                    | 2   |
| Project Spotlight: Sports Nutrition Curriculum                 | 3   |
| Other Opportunities  | 3-4 |

## Manawalea 4-H Club Zoo Service Project

Last month, the Manawalea 4-H club met at the Honolulu zoo for a service project. There were two tasks that we were involved with, painting the play food ornaments and cleaning out an area. The ornaments were made out of newspaper and held together with a flour mixture that dried and made it hard so the animals could play with them during the holiday season for an enrichment activity. Our task was to paint them to look like holiday ornaments. They were going to be filled with different treats depending on what animal they were going to be with. We also weeded an area and then planted some aloes and other herbs that they could use in the zoo. We straightened the brick border and helped take care of the space. The club had a great time helping out at the zoo.



Carson Lockhart, Manawalea 4-H Club Reporter

## *Save the Date: Oahu County 2019 4-H Communications Fair*



**Sunday, March 31, 2019**

**2:00 pm-5:00 pm**

**University of Hawaii at Manoa,  
AgSci Building, 2nd floor**

**Theme:** "Courage and Fear, the 4-H Way"

**Who Can Participate?** Youth who are Kindergarten to 12th grade (5-19 years old). All participants must be registered as a 4-H member with the Oahu County 4-H Youth Development Program.

More details to come! Check the [Oahu County 4-H Webpage](#) in late January or contact [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

Christine Hanakawa

## *CTAHR's Agriculture and Environmental Awareness (AEA) Day 2019*

The College of Tropical Agriculture and Human Resources (CTAHR) will be hosting their 2019 Agriculture and Environmental Awareness (AEA) Day on Thursday, February 7<sup>th</sup> at the Urban Garden Center in Pearl City. The purpose of Agriculture & Environmental Awareness Day is to create a greater awareness and understanding of agriculture and the environment among students and teachers and to introduce students to career opportunities in agriculture and environmental studies. This year, there will be over five hundred 5<sup>th</sup> graders and over 20 organizations participating in this year's AEA Day. There will be interactive exhibits and presentations by the Oahu Master Gardeners, CTAHR groups and departments, the Oahu Invasive Species Committee, the Malama Learning Center and many more.

Students who attend AEA Day will be encouraged to come back on Saturday, February 9<sup>th</sup> with their families and friends for a community event. On Saturday, the Urban Garden Center is open to the public and visitors of all ages to come check out the different exhibits. Come check out this amazing fun-filled event on Saturday, February 9<sup>th</sup> and help us spread awareness and appreciation for Hawai'i's agriculture and environment with the rest of the community.



## *Save the Date: Communications Fair Workshop*



**Sunday, February 10, 2019**

**2:00 pm-4:00 pm**

**Urban Garden Center**

Youth can learn more about the Communications Fair and start building a variety of communications skills and self-confidence!

More details to come! Check the [Oahu County 4-H Webpage](#) in late January or contact [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

Christine Hanakawa

## *4-H STEM Lab Webinar*

Looking for easy ways to get your kids interested in science? STEM Lab provides fun, hands-on STEM activities for kids of all ages to do anywhere!



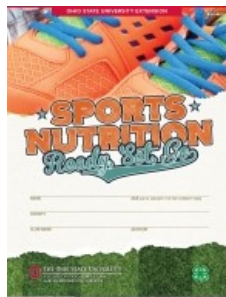
These hands-on activities are designed to instill curiosity, and critical thinking, helping kids develop the skills needed to be successful in life. They are also fun, easy to do, and feature a messy factor just for you!

We tested out some experiments and had a lot of fun and we hope your club will enjoy the too! Check out our 9 minute webinar on 4-H STEM Lab...

<https://www.youtube.com/watch?v=uaGrCFO0ThQ>

Kate Eickstead

## Project Spotlight: Sports Nutrition: Ready, Set, Go Curriculum



Eating well and exercising daily are two keys to a healthy life. This project shows youth why these habits are worth forming. Learn how to balance the calories you eat with the calories you burn, why to hydrate, and how carbs, protein, and fats work to support your body and mind. Use what you learn as you compete in sports or just want to increase your fitness level. Designed for the 4-H member and is appropriate for the intermediate skill level and grades 6-8.

The Sports Nutrition: Ready, Set, Go Curriculum is available from [shop4-h.org](http://shop4-h.org) or you could borrow from the Oahu County 4-H Office, 956-7196, or email [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

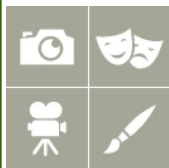
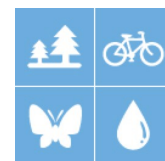
### 4-H Curriculum Workshop

Sunday, January 13th, 2:00 pm-4:00 pm

Urban Garden Center

955 Kamehameha Hwy, Pearl City

*A free workshop on a variety of 4-H curricula!*



This workshop is for new or returning 4-H volunteers, community agencies or organization staff, educators, and whoever works with youth and are interested in using the 4-H curriculum! Learn by doing so that as an adult, you can help youth develop life skills and broaden their experiences! Also, be able to check out some of the new 4-H curriculum! For more information or to RSVP, please contact Christine at 956-7196 or [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

Christine Hanakawa

### Other Opportunities

#### CWF PA Application Open - Apply Today!

Do you know a college student who has a passion for government, history, political science, education, public speaking, or leadership? If this brings someone to mind, please encourage them to apply for the position of Citizenship Washington Focus (CWF) Program Assistant (PA) at the National 4-H Conference Center!

#### Captain Planet Foundation Grants

**Deadline: January 15th**

Captain Planet Foundation invests in high-quality, solution-based programs that embrace STEM learning and empower youth to become local & global environmental change-makers. Educators, both K-12 classroom and informal, who are interested in receiving support for students to design and implement hands-on environmental solutions are eligible for project funding.

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.

### Oahu 4-H Organization Meeting

Sunday, January 13th, 4:30 pm

Urban Garden Center

Our next meeting will be after the 4-H Curriculum Workshop. 4-H Club Leaders, Resource Leaders, and 4-H Club member representatives are welcomed to join us as the agenda will focus on plans on finalizing the upcoming Food Show, organizing the Communications Fair and Workshop, planning the next set of Spring 4-H SPIN Clubs, and updates from the Oahu County 4-H and Hawaii State 4-H Offices.

Christine Hanakawa

**ecoTech Grants** support projects that leverage technology to achieve greater or innovative environmental outcomes (this does not include simply adding iPads, tablets, or other devices to a project). Available as cash grants up to \$2,500, these grants support the purchase of materials and other direct expenses required to implement the project.

**ecoSolution Grants** are CPF's broadest category of monetary support for youth-led environmental projects.

*Continue on page 4...*



## *Other Opportunities, continued from page 3....*

Available as cash grants for \$500 - \$2,500, these grants support purchase of materials and other expenses required to implement the project.

Click [here](#) to open the grant guidelines.

### **Sodexo Stop Hunger Foundation Youth Grants**

#### **Deadline: February 15th**

Youth Service America and Sodexo Stop Hunger foundation are looking for the best ideas from young people about how they can help end childhood hunger in their communities. Grants of up to \$400 are available for youth leaders ages 5-25 to turn their ideas into action and make an impact on the issue of childhood hunger on Global Youth Service Day (GYSD) - April 12-14, 2019 - and beyond. Service projects are youth-led. <https://ysa.org/grant/sodexoyouth/>.

### **Agriculture for High School Students Grades 9-11**

The USDA and the University of Hawaii at Manoa Hawaii AgDiscovery Program 2019 online application is open: [www.aphis.usda.gov/agdiscovery](http://www.aphis.usda.gov/agdiscovery)! This is an amazing opportunity for high school students in grades 9, 10, and 11 who are interested in agricultural sciences and related careers. If selected, students have an amazing experience ahead of them: staying at the UH Manoa Campus and the chance to explore agriculture through hands-on activities throughout Oahu Island. Hawaii AgDiscovery curriculum includes plant science, horticulture, entomology, wildlife sciences, veterinary sciences, traditional agriculture, dog detection, and more! See the postcard below for more details and about the Application Writing Workshops.

*Continue on page 5...*

### **EXPLORE CAREERS IN AGRICULTURAL SCIENCE!!**



Follow us on Instagram:  
**@hiagdiscovery**

For help in applying attend our workshops:

#### **APPLICATION WRITING WORKSHOPS**

**Leeward Community College**  
Application Workshop:  
Feb 23 10 AM - 12 PM

**University of Hawaii, Mānoa**  
Application Workshop:  
March 2 10:30 AM - 12:30 PM

contact Kristin Matsumoto for more information:  
(808)-956-2160 [khalbert@hawaii.edu](mailto:khalbert@hawaii.edu)



@ the University of Hawai'i at Mānoa

**July 7-20, 2019**

application deadline: March 15

*This is an amazing opportunity for high school students grades 9 to 11!*

*For more information  
and to apply online go to:*

**[www.aphis.usda.gov/agdiscovery](http://www.aphis.usda.gov/agdiscovery)**



## *Other Opportunities, continued from page 4....*

### **2019 National 4-H Beekeeping Essay Contest**

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

2019 Essay Topic: Honey Varietals, State to State  
Each jar of honey reflects an unrepeatable combination of climate, soil, weather and flowers. Each state has unique honey varietals that beekeepers can market to their customers. Please identify one unique varietal to your state and discuss the flower's uniqueness and how beekeepers can effectively market that varietal. In your essay, please include a photo of the varietal's flower, an interview with a local beekeeper who collects this varietal and a recipe that highlights the varietal.

**Put on Your Thinking Cap!** An essential judging criterion is the scope of research you put forth in developing the ideas behind your essay—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.

Note that "honey bee" is properly spelled as two words, even though many otherwise authoritative references spell it as one word.

**Eligibility:** The 2019 National 4-H Beekeeping Essay Competition is open to active 4-H Club members only. Any 4-H Club member who placed first, second or third in previous years of the national competition is NOT eligible to win in 2019, however, state competition winners remain eligible to enter the national competition. Entered essays must encompass the designated topic only. There will be NO exceptions. Competition Rules & Essay Requirements: Any 4-H Club member interested in writing an essay should contact

their local 4-H office for competition details. The state selection process must be completed through the 4-H system. Failure to meet any one of the essay requirements will result in disqualification. Foundation for the Preservation of Honey Bees



Essay requirements for national judging:

- ♦ Essay must be typewritten or computer-generated on single-sided pages and formatted following standard manuscript format using double-spaced



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

type and 12pt font in legible font face.

- ♦ Essay must encompass the designated topic in 750 to 1,000 words. All factual statements and interview references must be cited in a "resources" or "bibliography" list.
- ♦ 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%. On a separate page, please include a brief biographical statement of the author including mailing address, email address and telephone number.
- ♦ Each state may submit only ONE entry.
- ♦ Deadline for national submission: **March 1, 2019**
- ♦ National winners will be announced: May 6, 2019



National competition entries may be submitted for judging via mail to the address listed below or email to [msausaman@abfnet.org](mailto:msausaman@abfnet.org). Use "4-H Essay Entry from " as the subject line. Foundation for the Preservation of Honey Bees 3525 Piedmont Road Building 5, Suite 300 Atlanta, Georgia 30305 Decisions made by the trustees of the Foundation for the Preservation of Honey Bees during national judging are final. All national competition entries become the property of the foundation and may be used as it sees fit. No essays will be returned. Awards: Three cash prizes will be awarded in the 2019 National 4-H Beekeeping Essay Competition. The author of the highest scoring essay will win first prize. The author of the second-highest scoring essay will win second prize. The author of the third-highest scoring essay will win third prize.

- First Prize: \$750
- Second Prize: \$500
- Third Prize: \$250

The three prize-winning essays will be published in ABF Quarterly, the magazine of the American Beekeeping Federation. All authors of essays submitted to the national competition will receive a relevant book on honey bees, beekeeping or honey. Questions? Contact Molly Sausaman, Executive Director, Foundation for the Preservation of Honey Bees, at 404-760-2875 or [msausaman@abfnet.org](mailto:msausaman@abfnet.org).

