

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

A program of



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



Oahu 4-H Newsletter

March-April 2019

March

3, 10

Quilting Crew 4-H SPIN Club,
Moanalua High School (MoHS),
F203, Sundays 2 pm-4 pm

10 Oahu 4-H Organization Meeting,
MoHS, F203, 4 pm

15 Communications Fair Entry
Deadline

17, 24

Ahhhsome Spa Relaxation
Science SPIN Club, University of
Hawaii at Manoa (UHM),
AgSci 219, Sundays 11:30 am-
1 pm; Saturdays 10 am-11:30 am
Creative Crafters SPIN Club, UHM,
AgSci 219, Sundays 1:30 pm-
3 pm; Saturdays 12 pm-1:30 pm

31 Communications Fair at UHM,
AgSci 2nd Floor, 2 pm-5 pm

April

7-13 National Volunteer Week

7, 28

Quilting Crew 4-H SPIN Club,
MoHS, F203, 2 pm-4 pm

7, 13, 20*

Ahhhsome Spa Relaxation
Science SPIN Club, (*April 20th is
10 am-12 pm)

Creative Crafters SPIN Club,
(*April 20th is 12 pm-2 pm)

Location and times same as March

9 Hawaii State 4-H Volunteer Spring
Training, 6 pm-8 pm

24 Purple Up! for Military Kids Day



Living 4-H in March

March 3rd was Girls Day! Lots of mochi and I recall my mom giving my daughter her first Japanese doll. March 5th was Mardi Gras or Fat Tuesday, a time to fill up on malasadas. March 6th, Ash Wednesday, the start of Lent. A time for reflection. We also have March

Madness, NCAA basketball tournament. Basketball fans, did you make your bracket? March 17th, St Patrick's Day. My family tradition for St. Patrick's is to have corn beef and cabbage for dinner. March is filled with many traditions/activities and 4-H also has many activities this month, SPIN classes featuring "Ahhhsome Spa Relaxation Science" and "Creative Crafter". See the flyer at <https://bit.ly/2T5VQ9y>. Quilting Crew is a fun group of youngsters that are learning how to quilt. Check out the flyer and mark your calendars to join the many fun activities for March.

The 4-H Communication Fair will be held at the UH-Manoa AgSci Building, 2nd Floor, parking is free. Great way to end the month, March 31, 2019 from 2:00 pm to 5:00 pm. The theme for the fair is "Courage and Fear, the 4-H Way". Come and enjoy the demonstrations, posters and photographs. I would like to encourage all of you to participate in this event!

Becky Kanenaka

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

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Oahu County 2019 4-H Communications Fair

Sunday, March 31, 2019

2:00 pm-5:00 pm

University of Hawaii at Manoa, AgSci Building, 1955 East West Road, 2nd floor

"Courage and Fear, the 4-H Way"

Join us and view the various demonstrations and gallery of photos and poster entries!

For more information, contact Becky Kanenaka at ken214@hawaii.rr.com or Christine Hanakawa at chanakaw@hawaii.edu.

Christine Hanakawa



2019 4-H Food Show Awards

Congratulations to the following youth who received this year's
2019 4-H Food Show Awards:



People's Choice: Keala, Manawalea Club—Quinoa Furikake Salmon

Chairperson's Cloverbud Award: Noa, Manawalea Club— Chinese Cucumber Cold Dish

Chairperson's Junior Award: Pacey, Farrington FCCLA—Shrimp Tostada

Chairperson's Intermediate Award: Rylie Ann, Friendship Magic Club—Hot Dog Puppies

Chairperson's Senior Award: Madison, Mililani High—Aunt Linda's Ease Lemon Cheesecake

Alumni Junior Award, Healthy Category: Kenton, Manawalea Club—Pecan Crumble Coffee Cake

Alumni Junior Award, Innovative Category: Jayden, Friendship Magic Club—Zucchini Meatballs

Alumni Intermediate Award, Healthy Category: Kairi, Friendship Magic Club—Vietnamese Noodle Salad

Alumni Intermediate Award, Innovative Category: Rylie Ann, Friendship Magic Club—Hot Dog Puppies

Alumni Senior Award, Healthy Category: Rycial, Farrington FCCLA, Healthy Shrimp Taco

Alumni Senior Award, Innovative Category: Madison, Mililani High, Aunt Linda's Easy Lemon Cheesecake.

Farrington FCCLA 4-H Club

4-H Volunteer Corner

Hawaii 4-H Volunteer Spring Training

Tuesday April 9, 2019

6:00 PM – 8:00 PM

<https://zoom.us/j/5692510373>

This year's 4-H Volunteer Spring Training will be conducted via a one-time Zoom video conference originating from Jeff Goodwin's office on April 9, 2019. Some counties will host a gathering of their volunteers to make the experience more interactive. There will also be the option for volunteers to view the training from home either live or from a recording. To download the Zoom Video Conference program or to join a Zoom meeting go to: www.zoom.us/join.

- 2019 "Raise Your Hand" Campaign – April 1- May 15
- Haiku Maui Historical Marker Update
- 2019 Hawaii 4-H Photo Contest
- Electronic Recordbook Demo and Discussion
- CTAHR Volunteer Certification Process
- Hawaii 4-H Code of Conduct Discussion and Input
- State 4-H Leaders Federation Mission and Purpose

See you on April 9!!

Jeff Goodwin, State 4-H Program Leader



Oahu County 4-H Volunteer Background Check Update

Current 4-H Volunteers:

All club leaders and resource leaders in the Oahu County will be going through the CTAHR Background Checks as of April 1st. Please look out for an invitation email from the Oahu County 4-H Office.

Please contact Christine at chanakaw@hawaii.edu or 956-7196 for any questions. Also join our State 4-H Program Leader, Jeff Goodwin, on the Hawaii 4-H Volunteer Spring Training! He will go over more details on the CTAHR Volunteer Certification process.

Christine Hanakawa

Calling All Military Affiliated 4-H Youth! *It's Post to Boast Time!*

The Hawaii 4-H Post to Boast contest is an opportunity for Military 4-H clubs & members to exhibit their project work. This contest allows military affiliated youth across the pacific to share what they have worked on in an online 4-H fair! Interesting images, text and composition provide an avenue for 4-H members to share what they participated in & accomplished through their 4-H Club work this past 4-H year (October 1, 2018 – Present)

Guidelines:

Each Club is allowed to submit one club entry or club members can individually submit one entry per member.

Participants can design a poster through a digital medium (Microsoft Powerpoint, Photoshop, Microsoft Word, Paint, etc) OR submit a picture file of a physical photo of a poster.

Posters can include photos, drawings & text. All work cannot be copyrighted material & must be age appropriate.

Poster content must reflect project work done during the 2018-2019 4-H year (Oct. 1, 2018 – Present)

Submitted by 11:59 pm on May 3, 2019.

Submission:

Send your photo file to military4-H@ctahr.hawaii.edu. Along with the file attachment, please indicate:

- Club Name
- Type of Submission
- Club or Individual (If individual, name of individual submitting entry)
- Age Division:
 - Cloverbud (5-8 years old)
 - Junior (9-11 years old)
 - Intermediate (12-13 years old)
 - Senior (14 years and older)
- If group entry, enter the age division of the oldest member in your group
- Name of Club Leader

Judges will be making submissions based on the following criteria:

Scope of Project Work (40 points)

Storytelling Ability (15 points)

Creativity/Originality (15 points)

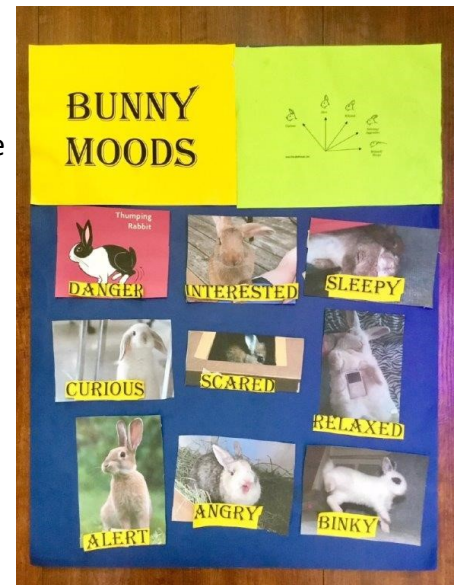
Neatness (15 points)

Meeting poster requirements (15 points)

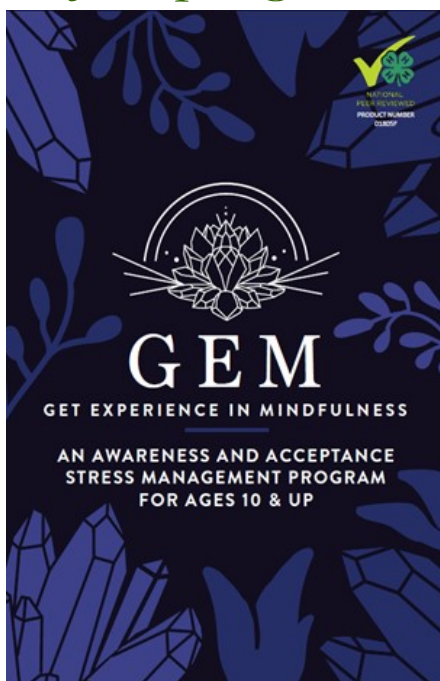
Ribbons will be awarded based on Danish system (Blue, Red, White) for junior, intermediate, and senior divisions. Participation ribbons will be awarded to Cloverbud participants.

For more information please email Military4-H@ctahr.hawaii.edu or go to [Hawaii Post to Boast webpage](#).

Kate Eickstead



Project Spotlight: *GEM: Get Experience in Mindfulness Curriculum*



GEM: Get Experience in Mindfulness is an Awareness and Acceptance Stress Management Program for ages 10 and up. Adults will benefit too! This program places an emphasis on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning. The program is a research based and theory driven program that meets National Health Education Standards.

There are five lesson topics: Intentions and Goal Setting, Awareness and Attention, Self-care: Stress Reduction and Relaxation, Communication and Relationships, and Gratitude and Acceptance. Among other things, participants of the program will learn what mindfulness is and how to integrate it into daily life, alignment and form for over 25 strength and flexibility poses adapted from yoga poses, and relaxation techniques. Designed for the leader and is intended to be used with ages 10 and up.

The GEM: Get Experience in Mindfulness is available to borrow from the Oahu County Office, 956-7196, or email chanakawa@hawaii.edu.

You can also buy online from <https://shop4-h.org/products/gem-get-experience-in-mindfulness>. Don't forget to register to participate in the Meet the Author Webinar for GEM: Get Experience in Mindfulness is an Awareness and Acceptance Stress Management Program on Wednesday, March 20, 2019 at 9:00am Hawaii Standard Time. The session will include a 30-minute overview by the authors and 15 minutes of Q&A. Follow the link to register: <https://bit.ly/2R8Abfl>.

Go to <https://shop4-h.org/pages/meet-the-author-webinars> to view past webinars.

**RAISE
YOUR
HAND**

**HELP KIDS IN YOUR
COMMUNITY!**

4-H GROWS HERE

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

Go to Page 7 for more information on the Raise Your Hand Campaign!



Month of the Military Child 2019

April is designated as the Month of the Military Child; a time to honor the sacrifices made by military families worldwide, with an emphasis on the experience of the dependent children of military members serving at home and overseas.

Did you know that Hawaii 4-H supports approximately 1,000 Military affiliated youth through our 4-H Military Partnerships? These 4-H Military Partnerships bring the resources of the Land Grant University – youth development professionals, research based curricula, and high quality training and technical assistance — to the youth programs of 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.

As a way to salute Military youth please join Hawaii 4-H on April 24th, 2019 and Purple Up for Military Kids! Wear purple that day to show your support for the military youth of Hawaii! Purple is the color that symbolizes all branches of the military, as it is a combination of Army green, Marine red, and Coast Guard, Navy and Air Force blue. Wearing purple is a military expression that symbolizes loyalty to a joint service operation. We hope everyone will take this opportunity to recognize and celebrate Hawaii's young heroes.

Kate Eickstead

Other Opportunities

Farmfluencer

Change the future of farming, and you could win up to \$5,000. All it takes is a video. Does an industry that's been around for 10,000 years have a future for you?

Farming is in a constant state of change. It's evolving with innovation in technologies. With a rising population, agriculture faces new challenges every day. With new challenges come endless opportunities to reinvent the industry.

Farmfluencer is a global video competition, empowering youth while connecting them to farming. By making a two-minute video about the future of farming, you'll get to share your point of view with the world and enter for a chance to win up to \$5,000.

Video submissions begin on March 25, 2019. Submissions close on April 24, 2019 at 11:59 pm (be aware of possible time difference)

Judging begins on April 25, 2019.

Voting starts on May 15, 2019.

Winners are announced on June 5, 2019.

Farmfluencer is sponsored by Corteva Agriscience™ in partnership with 4-H and exists to educate and excite youth about the future of farming.

2019 Global Youth Service Day

One way to get involved during Global Youth Service Day is to join one of the many GYSD Partner Days of Service that take place in April. You can celebrate both GYSD and another event with a single project! If you care about the environment, consider these service opportunities:

[National Environmental Education Week](#) (April 22-26) - Hosted by the National Environmental Education Foundation, [EE Week](#) is the nation's largest celebration of environmental education held each year the week before Earth Day which inspires environmental learning and stewardship among K-12 students.

(Continued on page 6)

Other Opportunities, continued from page 5....

National Park Week (April 20-28) - Get a [free pass](#) on Saturday, April 20th. During National Park Week, every national park will give you free admission! On **National Junior Ranger Day** - April 20th, parks will invite young visitors to explore, learn, protect and be sworn in as junior rangers. If you want to roll up your sleeves and pitch in with a project, look for a park where you can help out.

Earth Day (April 22) - Our planet is experiencing rapid extinction of species as a result of human activity upsetting the balance of nature. [Here](#) are some quick facts on the current wave of extinction and additional information about this problem [here](#). Join the Protect our Species campaign. Be able



to educate and raise awareness about the accelerating rate of extinction of millions of species, the causes and consequences of this phenomenon or encourage individual actions such as adopting plant-based diet and stopping pesticide and herbicide use. [Keep America Beautiful's Great American Cleanup](#) is the nation's largest annual community improvement program that harnesses the power of volunteers to build vibrant communities. Each year over 1,200 organizations encourage volunteers to take action in their communities through events focused on waste reduction, recycling, beautification and community greening.

Want to [pick your own GYSD project](#)? Visit the [Environment cause page](#) for ideas.

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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



@ 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

FOR KIDS IN YOUR COMMUNITY!

Raise Your Hand for Hawai'i 4-H!

www.4-H.org/RaiseYourHand

APRIL 1 - MAY 15, 2019

In 4-H, we believe in the power and future of America's youth. However, only 1-in-3 youth say, "they have the skills they need to handle what life throws their way." Together, we can change that! We're asking 4-H alumni and friends to "Raise Your Hand" so that more youth can benefit from the life-changing opportunities that 4-H provides. The three states with the most hands raised will win \$20,000, \$10,000 and \$5,000! Help us grow the next generation of True Leaders—vote now!

Voting is easy:



1 RAISE YOUR HAND Fill out the form at to Raise Your Hand so that even more youth can benefit from the life-changing opportunities that 4-H provides.



2 COMPETE FOR YOUR STATE Raising your hand is a vote towards a \$20,000, \$10,000 or \$5,000 award for the three states with the most hands raised.



3 PAY IT FORWARD Tweet, post and share your support using the hashtag **#4HGrown**, and ask your friends and family to support and share.

Check out the Hawaii State 4-H Website at <http://manoa.hawaii.edu/ctahr/4h/>, [Facebook page](#), and [Instagram](#) to link to Raise Your Hand from April 1st so that even more youth can benefit from the life-changing opportunities that 4-H provides.

Vote Now!

All entries must be recorded by the Hawaii State 4-H office at 4-H.org/RaiseYourHand by midnight EST on May 15, 2019 to be counted towards the contest.



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