

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

May-June 2019

May

- 3 Post to Boast Deadline
- 5, 19 Quilting Crew 4-H SPIN Club,
Moanalua High School (MoHS),
F203, Sundays 2 pm-4 pm
- 5 Oahu 4-H Organization Meeting,
MoHS, F203, 4 pm
- 8 Senior Portfolios Due to Oahu
County 4-H Office for review &
assistance
- 15 Senior Portfolios Final Deadline to
Oahu County 4-H Office

June

- 1 Recordbooks Due
- 9 RSVP Deadline for Oahu 4-H
Achievement & Recognition
Luncheon
- 15 Oahu County 4-H Livestock Show
- 21 GRANDcares Kick-Off, Urban
Garden Center, 1:30 pm-4 pm
- 23 Oahu County 4-H Achievement &
Recognition Luncheon, Kualoa
Ranch, 11 am-2 pm

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Message from Oahu 4-H Organization President

Thank you 4-Hers who participated in the 2019 Communications Fair at the University of Hawaii, Manoa. Thank you judges, thank you parents, uncles, aunties and all who helped to make this event a memorable 4-H experience. This is what 4-H is about, exploring new ideas, stepping out of our comfort box: just a little and demonstrating or presenting our 4-H experience. Congratulations to the winners! Please see Page 2 for the list of purple ribbon winners.

Congratulations to all the participants, as we are all winners!

Record books are a great way to share your 4-H experience. I encourage all 4-Hers to submit a record book! Work on record books and submit your book to the University of Hawaii, Agriculture Science, room 217 before or on June 1st, 2019.

To top the year off, the Oahu 4-H Achievement/Recognition Luncheon will be on Sunday, June 23, 2019 11:00 am to 2:00 pm. The banquet will be held at Kualoa Ranch. Please RSVP to oahu4h@gmail.com by June 9, 2019 if you are attending.

Hope to see many of you at the luncheon!

Make your calendars for Rally Day, September 15, 2019. Rally day will be filled with fun activities. Stay tuned for more details.

I would like to wish everyone a great summer. Be safe, have fun at the beach or in the mountains, take pictures for next year's communication fair.

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



4-H Dream: Oahu 4-H Achievement & Recognition Luncheon

The Oahu 4-H Organization will be having their Achievement & Recognition Luncheon on Sunday, June 23rd from 11:00 am-2:00 pm at Kualoa Ranch. Please look out for more information and details later in May. Our 4-H members and volunteer leaders will be recognized for their outstanding achievements and support that they have provided this past year! Thank you to Friendship Magic for being our Emcees for the program! Currently looking for a 4-H Club to chair the Centerpiece/Favors Committee. Please contact Christine at 956-7196 or email chanakaw@hawaii.edu.

Christine Hanakawa

2019 4-H Communications Fair Awards

In this year's 4-H Communications Fair youths submitted their entries in various categories such as, photography (black & white and color compositions) in different categories, posters, and demonstrations. We would like to applaud all the youths who submitted entries and participated in the 2019 4-H Communications Fair you made it a success.

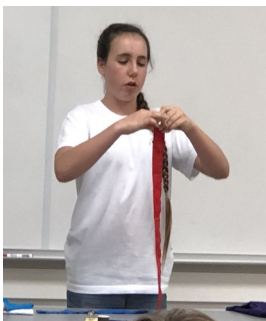
Congratulations to this year's youth who received purple ribbons in this year's 2019 4-H Communications Fair.

Photography:

Junior: Mia, Friendship Magic, "Will I come Back?"

Intermediate: Lucy, Manawalea, "Hot Spot"

Senior: Nora, Manawalea, "Future Wayfinder"



"How to Make a Scrunchy"
demonstration by
Madison, Happy Honus
4-H Club.

Poster:

Junior: Sage, MES Garden SPIN Club, "Life Cycle of a Pumpkin"

Intermediate: Kairi, Friendship Magic, "Basic Needs of Plants"

Senior: Nora Louise, Manawalea, "Some Bunny Needs to Cool Off"

Demonstration:

Junior: Kilinoe, Happy Honus, "Triangle Art"

Junior: Madison, Happy Honus, "How to Make Hair Scrunchy"

Junior: Sydney, Happy Honus, "Making the Sound of Rain"

Thank you to everyone who supported the youth through their Communications Fair journey. Also, a huge thank you to this year's judges. We look forward to seeing you all for our next 4-H Communications Fair.

Dawn Rumbaoa, Oahu 4-H Intern



"Future Wayfinder"
taken by Nora,
Manawalea 4-H club.

Recordbooks and Senior Portfolios

We hope that all 4-H'ers are working on their 4-H recordbooks. Please note that the deadline to submit Senior Portfolios (to be considered for a spot in the Hawaii 4-H delegation to National 4-H Congress) is

May 15th. If you would like to receive support from the Oahu County 4-H office, please submit the Senior Portfolios by **May 8th**

Download the Recordbooks or Portfolio from the Hawaii State 4-H website under "Volunteer." The due date for 4-H Record Books is **June 1st.**

Please turn them in to Pearl City (at Urban Garden Center) or Honolulu Extension Office or contact me chanakaw@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!

Christine Hanakawa



2019 Oahu County 4-H Livestock Show

June 15, 2019

10:00 am-5:00 pm

Kawailoa Ranch

61-676 Kamehameha Hwy, Haleiwa, HI 96712



The 2019 Oahu County 4-H Livestock Show on June 15, 2019 to be held at Kawailoa Ranch, Northshore . It will feature 4-H Youth members in attendance to showcase their 4-H animal projects and to show the public their accomplishments in youth development through the concept of *Learning by Doing*.

The Oahu County 4-H Livestock program for the 2019 4-H year involves about 60 keiki ranging in age from 5 to 19 years old. There will be both county and state projects being exhibited. There are 4 county market hogs to be shown at county and auctioned. There are 20 state market hogs, 7 market lambs, 4 market beef, 4 female replacement meat goats, 3 breeding rabbits, and 12 egg layer poultry that must pass with blue quality at county before proceeding to the state show. There are about 17 Cloverbuds, ages 5-8 years old, who are raising to show 14 chickens and 3 rabbits at the county and state levels. The program is led by experience club volunteer leaders and parents who have served our communities for more than 30 years.

Steve Nagano

2019 Hawaii State Farm Fair & Hawaii State 4-H Livestock Show

Saturday, July 13th and Sunday, July 14th

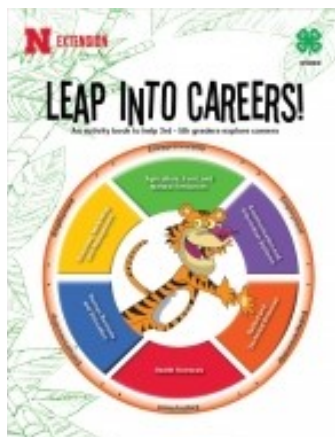
Kualoa Ranch

Go to <https://hawaiistatefarmfair.org/> for
more information.



Save
the Date

Project Spotlight: *Leap Into Careers*



This curriculum helps youth understand various career opportunities in several career clusters. They will:

- discover and work with 12 foundational skills including communication, problem solving, and critical thinking that are important to any career
- learn about entrepreneurship, as it can apply to every career
- explore career opportunities and the skills necessary to be successful in that career field.
- Design their own Learning Experiences Action Plan (LEAP)

Grades 3-5.

LEAP into Careers curriculum is available to borrow from the Oahu County Office, 956-7196, or email chanakawa@hawaii.edu. It is also available to purchase from <https://shop4-h.org/products/leap-into-careers>

Oahu GRANDcares

What is GRANDcares?

GRANDcares is a program based out of the University of Hawaii at Manoa's Cooperative Extension. Our goal is to provide resources and assistance to grandparents who are raising their grandchildren. We offer free educational classes for both grandparents and grandchildren to help with things like stress management and leadership building.

GRANDcares

GRANDcares is a 7-week class designed to help grandparents raising grandchildren manage daily stressors. It will provide you with tools to take care of yourself, reduce stress, communicate effectively, make difficult decisions, reduce guilt, anger, and depression, set goals and problem solve, and meet other grandfamilies.

GRANDcares Youth Club

GRANDcares Youth Club is a 7-week class designed for children ages 8-12 being raised by a grandparent. Children younger than the age requirement are accepted as well and will participate in supervised activities. We offer free educational classes for both grandparents and grandchildren to assist with managing stress, building leadership skills, practicing self-care, and accessing community resources.



For more information or to register, please call Dawn Rumbaoa at 808-255-9519 or email grandcaresoahu@gmail.com.

All GRANDcares classes and events are accessible for individuals with disabilities. For information or to request auxiliary aid or service, contact 808-244-3242/ TTY 800-222-1222 seven days before the workshop series begins.

Jordyn Paa, GRANDcares Oahu Student Assistant

Useful Website Resources

<https://www.joann.com/projects/> Find a variety of projects that can be converted into learning experiences.

<https://utah4h.org/discover/> Find various project lessons that are hands-on learning.



Inspire Kids to Do This Summer: Inspiring Service



Working together as a family is a way to teach kids how to take on more responsibility and participating in a group project is a great opportunity for your child to take charge and become the true leader that they are. At 4-H, service to the community is an important pillar of our organization and something we strive to engrain in all our members. Not only do kids learn the importance of their role in the community, but community service harnesses their time and energy into doing good. Not to mention, it's fun! Brandi Riley, author of the [Mama Knows It All Blog](#), decided to start a family service project with her 9-year-old daughter Ayva and learned a few things in the process. Here's what Brandi thinks you should consider when starting a family service project:

Find out what the people you are helping really need.

Brandi knows how eager kids can get to help out others. The thing is, it's important to ask the people you're helping what they really need. Brandi and her daughter made a quick call to a shelter for women and children to help shape their project. In talking to and learning about the shelter, they found out it was most in need of clothes for babies and toddlers. Brandi and Ayva were planning on gathering soaps and toiletries, but when they found out what the shelter really needed, they changed their plan.

Make a plan before you begin.

Speaking of planning, before starting talk with your family and decide what exactly you're going to do. What do you want to accomplish? Do you need any materials to complete the project? Talk together and figure out a game plan, then go from there.

Let your child/children take the lead.

As Brandi said it, "This tip is for the mamas." If your child has an idea of a project they want to do, let them be in charge of it. We all want our kids to succeed, but they won't have the satisfaction of knowing that they did something amazing if you do it all for them. Instead of trying to be the lead, take a step back and encourage your kid to let you know what they need. Be there to support them, but let them be the boss (to a certain extent of course!)

Take a look at our [Inspire Kids To Do activities](#) for more ideas to do good with your kids!

National 4-H Council

Other Opportunities

National Youth Science Day (NYSD) Focus

Group: Help Bring STEM to More Kids

Join us for a 4-H National Youth Science Day (NYSD) online [focus group discussion](#) on Friday, May 3, 2019! Whether or not you've participated in NYSD, we're looking for 4-H Professionals and volunteers to share your opinions and experiences to help us improve this important program and give more kids opportunities to learn about STEM. Your participation is invaluable and will help shape the future of NYSD. Spots are limited!

National Prevention Week

May 12-18, 2019

May 14th is Prevent Underage Drinking & Alcohol Misuse Day!



As we approach graduation and summer, Hawaii Partnership to Prevent Underage Drinking (HPPUD) declares May as Prevent Underage Drinking month. Join a sign-waving site near you to raise awareness! Contact [HPPUD](#) for more information hppud@outlook.com. #NPW2019 #HPPUD #PreventionChampion

Hawaii Environmental Education Alliance

The website lists some potential grants and opportunities for educational groups, schools, and youth organizations.

FOR KIDS IN YOUR COMMUNITY!

Raise Your Hand for Hawai'i 4-H!

www.4-H.org/RaiseYourHand

APRIL 1 - MAY 15, 2019

If you have not done so yet, vote today to bring 4-H programs to more kids in your community!

Only one in three young people say they have the skills to handle what life throws their way. If we don't give our kids the opportunity to succeed, we all fail.

Communities that invest in youth and their development are more likely to find economic success and upward mobility. That's why everything 4-H does is rooted in making sure our kids are empowered to learn, grow, and be active members of their communities.

Did you know 4-H programs are:

4

4x more likely to make contributions to their communities.

2

2x more likely to be civically active.

2

2x more likely to participate in out-of-school science programs.

2

2x more likely to make healthier choices.



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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