



Oahu 4-H September Newsletter

A Message from the

Oahu 4-H Organization President

Dates	Events
Sept. 5 th -7 th	4-H Arduino Programming Camp at Urban Garden Center (UGC)
Sept. 14 th	Rally Day at UGC, 8:30-11:30 am
Sept. 15 th	Oahu 4-H Executive Board Meeting (includes Leaders-in-Training participants), Moanalua High F203, 2:00 pm-4:00 pm
Sept. 22 nd	Clover Life Skill Builder SPIN 4-H Club at UH-Manoa, AgSci 219, 2:00-3:00 pm
Sept 29 th	CHEFs SPIN 4-H Club at Moanalua High F203, 2:30 pm-4:30 pm
Sept. 28 th	4-H Booth: Mililani Adventure Day at Cornerstone Fellowship Church, 2:00-5:00 pm
Oct. 6 th	4-H Booth: Children & Youth Day at the State Capitol, 10:00 am-3:00 pm
Oct. 6 th -12 th	National 4-H Week: Inspire Kids to Do
Oct. 12 th	Celebrate Safe Communities at Pearlridge Wai Makai (formerly Downtown), 10:00 am-4:00 pm
Oct. 13 th and 27 th	Clover Life Skill Builder SPIN 4-H Club at UH-Manoa, AgSci 219, 2:00-3:00 pm CHEFs SPIN 4-H Club at Moanalua High F203, 2:30 pm-4:30 pm



Rowan Black ready to assist the Beekeeper

Greetings 4-Hers, 4-H leaders and volunteers!

The name of the ninth month of the year – September – comes from the old Roman word “septem,” meaning “seven,” because in the Roman calendar it was the seventh month. The Romans believed that the month of September was looked after by the god of the fire and forge. For the month of September, the Oahu County 4-H Organization is hosting a Rally Day on September 14, 2019 at the Pearl City Urban Garden Center from 8:30 am to 11:30 am in conjunction with the Urban Garden Center’s Second Saturday. Join the 4-H clubs for a day of hands on activities and sharing of 4-H projects. 4-H clubs will feature bee houses, STEM, no-sew snack bags, and much more!

We had a wonderful Oahu County 4-H Organization meeting on August 11, 2019. Upcoming activities that were approved were the Budget for Rally Day and September 14, 2019 to assist clubs with supplies and the date set for the for the 2019 Food Show at Farrington High School. Save the date for Saturday, December 14, 2019. The theme will revolve around healthy cooking and the use of locally grown produce. Fall SPIN activities will focus on: healthy cooking and Cloverbud (5-8 years old) life skills. Find details in the Fall 2019 SPIN article.

Looking forward to fun filled 4-H year with 4-H activities and Leaders-in-Training program that will be launched this year.

Becky Kanenaka

Bees

A couple months ago my Scoutmaster was cleaning up the Navy League and then he saw a beehive on the side of the wall. Because it was in the wall, it was damaging the building. My Scoutmaster thought it needed to be exterminated, but we didn’t like that idea because we know honeybees are becoming endangered and they are important pollinators and without bees, flowers and other plants would not be alive.

Because we are in 4-H, we knew we could call a beekeeper to come move the hive instead of killing the bees. The first beekeeper we talked to said it would cost at least \$600. We didn’t have enough money, but we thought we could raise the money by getting all the groups that the Navy League supports to donate. Mrs. Jane Ferreira from the Navy League loves bees too, so she gave us time to try. Then we went to volunteer at the Farm Fair.

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Bees... continue from Page 1

Mrs. Hanakawa gave us the name of a beekeeper from the Bee Hui. Sam Kakazu talked to his fellow beekeepers and found one who was in the Navy and would take a look at the beehive. This beekeeper, Naval Commander Matthew Dart of Health Clinic Hawaii, said he could move the beehive and he would do it for free to support the Navy League and 4-H!

We went to the Navy League to see Mr. Dart working on the beehive. He let me put on one of his beekeeping suits and come over and help. He told me he was trying to move the queen, and after he moved the queen into his box, all the other bees would follow. If you think this sounds easy, it was not. The queen hid behind a water heater and he could not reach her. It was a long, hot day. Mr. Dart was out there for hours. I was only in the suit for a few minutes and I was really hot. Mr. Dart was using a smoker to calm the bees down. So there was a lot of smoke too. He also found honeycomb through the hive and gave us some honey. It was really nice to taste honey that was fresh.

He left the bee box overnight for two days. Then we came back to see how it looked. All the bees had moved from the wall to the box. We could see a swarm of bees on the side of the box and some were trying to get inside. Mr. Dart thinks that the bees will make a new queen. They do that with a special syrup called royal jelly. He thinks they will reestablish their hive in a safer place. He is going to take care of them. His daughter is even going to teach our 4H how to use beeswax to make candles and lip balm.

We are glad that our friends at 4H and the Bee Hui helped us meet Mr. Dart who kindly saved the bees!



Beehive relocated to a box.

Rowan Black, age 9, Manawalea 4H Club

4-H Curriculum Feature: Lights Camera Cooking Curriculum



Learning the basics of foods and nutrition has been a long standing tradition in 4-H. As 4-H has grown through the years, inventive curricula have been development to include these foundation skills and to include other life skills as well. Several Military Partnership 4-H clubs had great success using the Utah State University's Lights, Camera, Cooking Curriculum. This multi-faceted curriculum includes cooking as well as technology and public speaking. Youth enjoyed learning cooking skills, writing scripts, filming and editing their own cooking show. What a fun way to Inspire Kids to Do!

To get this awesome project, check out the curriculum here:

<https://utah4h.org/files/Volunteers/KitReservations/4HLightsCameraCooking.pdf>

*Kate Eickstead,
Military 4-H Program Coordinator*

4-H Archery Level 1 Instructor Certification Workshop



Volunteer Leaders being trained on the 4-H Archery Level 1 Certification on Saturday, July 31st.



Certified Level Archery Instructors—Learned by doing Positive Youth Development.

Congratulations to those who completed the 4-H Archery Level 1 Instructor Certification Workshop! These volunteers trained and practiced their archery skills at Kualoa Ranch t the end of August. A special thank you to Jeff Goodwin and Christine Hanakawa for organizing the workshop. Also thank you to the volunteers who came out to receive their 4-H Shooting Sports Instructor Certification. In order to become a certified instructor for the 4-H Shooting Sports program one must be an approved 4-H volunteer leader and certified instructor prior to volunteering at any 4-H Archery programs and

events.

For more information on how adult or teen volunteers can receive their certification, go to <http://go.hawaii.edu/GWp> for updates on future workshops and events. Contact Christine Hanakawa, Oahu 4-H Assistant Extension Agent for more information at 808-956-7196 or email chanakaw@hawaii.edu.

*Kaci Masuda, 4-H Volunteer and
4-H Archery Level 1 Certified Instructor*

Donations to Support Hawaii 4-H Programs

The Hawaii 4-H Alumni Association is accepting donations to Foodland’s Give Aloha” and the Aloha United Way. Donations collected will help support college scholarships to worthy students, 4-Hers attending the National 4-H Congress, and other 4-H programs and projects such as Oahu County 4-H’s Food Show.

Foodland “Give Aloha” Program

- 1 – Make a donation to Hawaii 4-H Alumni Association (up to \$249) at any Foodland or Sack N Save checkout from September 1-30, 2019.
- 2 – Foodland and Western Union Foundation will match all donations up to a total of \$250,000 for all organizations combined.

Our Organization Code is 78365
Maui 4-H Organization Code is 78105
Mahalo for your support!



When making your contributions to Aloha United Way, you can designate your donation to 4-H.

Request an AUW Designation Form and make your donation to **70150 – Hawaii 4-H Foundation.**

Federal Employees participating in the 2019 Combined Federal Campaign may designate **CFC Code 47271.**



4-H Rally Day



4-H Rally Day is in conjunction with UGC's Second Saturday.

(<https://www.ctahr.hawaii.edu/ougc/>)

Make no-sew snack bags



Join us and...

- ⇒ Experience hands-on activities
- ⇒ Tour the garden
- ⇒ Participate in educational and interactive mini workshops and presentations for youth and the family
- ⇒ Meet some of the Oahu 4-H Clubs
- ⇒ Bring sunscreen, insect repellent, covered shoes and water
- ⇒ Learn how youth can grow with 4-H

Go to Oahu 4-H Website:

<https://manoa.hawaii.edu/ctahr/4h/programs/programs-by-county/oahu/> to details on hands on activities and the workshop schedule or email Christine at chanakaw@hawaii.edu.



4-H Volunteers Needed for Upcoming Community Events

Need some community service or volunteer experience? Any 4-H members, their parents, and 4-H volunteer leaders are available to help the 4-H Booth at these following Oahu County 4-H and Hawaii State 4-H booths:

Saturday, September 28th--**Mililani Adventure Day** at Cornerstone Fellowship Church, 95-1080 Ukuwai Street at 2:00-5:00 pm (Requesting for adults and youth 12-18 years old to volunteer at this event)

Sunday, October 6th--**Children & Youth Day** at the State Capitol, 10:00 am-3:00 pm

Saturday, October 12th--**Celebrate Safe Communities** at Pearlridge Wai Makai (formerly Downtown), 10:00 am-4:00 pm

We will be having fun interactive and hands-on learning experiences for participating youth at these events! Go to <http://go.hawaii.edu/GCW> to sign up for volunteer shifts.

Other Opportunities

[Whole Kids Foundation: Growing Healthy Kids Campaign](#)

The Whole Kids Foundation is committed to educating children through healthy eating and engagement with the community. This is an opportunity for kids to change and create a healthier future for themselves and generations to come. Whole Kids provides school gardens and beehive grants, funded salad bars in schools, and nutrition education to teachers and school staff.

[Karma for Cara Foundation Micro-grants](#)

The Karma for Cara Foundation is providing kids under the age of 18 an opportunity to fulfill their service projects within their community. Simply apply for a fund(s), let them know what your service project is about, and have a chance to receive \$250 up to \$1000 to reach your goal. Next deadline to apply is October 1, 2019.



Fall 2019

Our Fall SPIN clubs are scheduled for:

Clover Life Skill Builders

(for children 5-8 years old and their parents)

University of Hawaii at Manoa, Ag Sci #219

Sundays on Sept 22, Oct 13 and 27,

Nov 10 and 24, Dec 1

2:00-3:00 pm



CHEFs

(9-13 year olds)

Moanalua High School, F203

Sundays on Sept 29, Oct 13 and 27,

Nov 10 and 24, Dec 1

2:30 4:30 pm



*****Certain dates may be subjected to change*****

Cost: \$20 per child

Click the following for the registration and enrollment packet:

4-H Enrollment Form (for new participants)

4-H Registration Form

Register before Wednesday, September 18, 2019 (submit 4-H enrollment and registration forms plus submit check payable to **“Oahu 4-H Organization”** and mail to 1955 East West Rd. #217, Honolulu, HI 96822). An email confirmation will be sent once registration is completed. Registration is limited to 10 children per club.

For more information, call (808) 956-7196 or email chanakaw@hawaii.edu or go to the Oahu 4-H SPIN Club website at <http://manoa.hawaii.edu/ctahr/4h/programs/programs-by-county/oahu/spin/>.



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