

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 2020

Message from Oahu 4-H Organization President

Happy New Year!

This is the Year of the Rat. The Year of the Rat is the first zodiac sign in Chinese zodiac cycle. According to the Chinese zodiac story, in the competition held by the Jade Emperor to decide the zodiac animals, the quick-witted rat asked the diligent ox to take him on a ride to cross the river and jumped down before the ox crossed the finish line, so the rat won the race and became the first of the zodiac animals.

Characteristics of being born in the year of the rat, they are quick-witted, resourceful, and smart but lack courage. With rich imaginations and sharp observations, they can take advantage of various opportunities well. In Chinese culture, rats represent working diligently and thriftiness, so people born in a Rat year are thought to be wealthy and prosperous.

Our 4-H year will start with our 2020 Food Show at Farrington High School on January 12, 2020 starting at 4:00 pm for setup and the show starts at 5:00 pm. Come and see the delicious holiday and comfort food displays. Be a participate in choosing the best tasting dish!

For those of us that were not born during the year of the rat and those of us that were born in the year of the rat, may this year be filled with peace, joy and love. Wishing you all a very Happy, Healthy and Safe New Year!



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

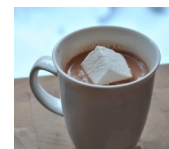
Message from Oahu 4-H Leader-in-Training President

Happy New Years 4-Hers!

We had a great 2019, so lets start this one off just as good, if not better! Looking forward to so many fun events with you all!

Nora Black, Oahu 4-H Organization
Leader-in-Training President

Manawalea 4-H Club Celebrates Holidays with Computer Science and Hot Chocolate



On Thursday, December 5, 2019, the Manawalea 4-H Club met at the AMR Community Center for our annual holiday party. Teen 4-H'ers Nora Black (15) and Lucy Black (13) led the "Program Your Playground" activity from the 2019 National Youth Science Day Game Changers curriculum. All ages, including Cloverbuds, celebrated our mission to learn and have fun by playing different types of tag games that we designed ourselves using computer programming skills. We wrapped up our celebration with a pot luck lunch and hot chocolate bar, an annual holiday tradition for Manawalea 4-H Club.

Noa Biggio, Manawalea 4-H Club

You're Invited to the Oahu County 2020 4-H Food Show

"Take Me to Your Holiday Get Together"

Sunday, January 12, 2020

4:00 pm-8:00 pm

Farrington High School, Rooms 121, 122, 125

Check out entries on any holiday and comfort food recipes from 4-Hers. Donate an item to contribute to the Silent Auction! Proceeds collected will help support next year's Food Show. Please check for more information at the Food Show page on Oahu County 4-H's webpage: <http://go.hawaii.edu/hLG>.

Farrington FCCLA



2020 Kailua 10 Miler, 5K, and 1 Mile Fun Run

Support the Oahu 4-H Organization!

Sunday, February 23, 2020

Boys & Girls Club (145 S. Kainalu Drive, Kailua)

6:30 am Kailua 10-Miler starts

6:45 am 5K starts

7:45 am 1 Mile Fun Run starts (not timed)

Packet Pick-up: Saturday, February, 22, 2020, Running Room, 819 Kapahulu Avenue, 10:00 am-3:00 pm
Awards for the 10-Miler and the 5K for the top three male and female finishers as well as 5-year age groups.

For more information, visit www.mprrc.com.
Register online at <https://mprrc.com/schedule/>.

Race Shirts are available for purchase separately online or by mail. Go to <https://mprrc.com/schedule/> to download the PDF entry and t-shirt order form.

The Kailua 10 Miler, 5K and 1 Mile Fun Run is sponsored by the Mid-Pacific Road Runners Club



10 Miler Fees	Up to 2/21/20	Race Day
Non-Member	\$35	\$45
Member	\$20	\$30
Life-Member	Free	\$30
5K Fees	Up to 2/21/20	Race Day
Non-Member	\$30	\$40
Member	\$15	\$25
Life-Member	Free	\$25
1 Mile Fun Run	Up to 2/21/20	Race Day
For individual participant or primary family member	\$15	\$25
Each additional family member (Add names below)	\$5	\$15

Christine Hanakawa

Volunteers Needed for the Run

Looking for both youth and adults to either help promote the 2020 Kailua 10 Miler, 5K, and 1 Mile Fun Run at various community events or on the day of the run. There will be a 4-H booth at community events and at the run. 4-H Clubs can volunteer as a group to help with the water stations at the run. More details to come soon. [Go to http://go.hawaii.edu/AAN](http://go.hawaii.edu/AAN)

Christine Hanakawa

Project Spotlight: Bicycling

The Bicycling curriculum has 3 books that teaches youth all they need to know about bicycling. Bicycle 1 is for Beginning riders learning the essentials for getting started safely and successfully. Activities include wearing protective equipment, fitting a helmet, identifying bike parts, choosing and fitting a bike, braking, identifying traffic signs, locating road hazards, and planning a bicycle trip. Grades 3-5.

Bicycle 2 is for Grades 6-8. They will learn advanced skills as they explore their surroundings. Activities include shopping for a bike, performing specialized repairs and maintenance activities, shifting gears, riding a bike safely at night or in bad weather, learning about good nutrition for cyclists, and becoming involved in advocacy for bicycling.

The activities in the Helper's Guide are designed for group learning and may be used at any time with the Level 1 or Level 2 books. Groups will organize group rides, practice bicycle skills, and play fun bicycle games.

Bicycling is available to borrow from the Oahu County Office, 956-7196, or email chanakaw@hawaii.edu. It is also available to purchase at <https://shop4-h.org>.



Leaders-in-Training Has 3 Open Positions

Currently, the Oahu 4-H Council is being lead by adult volunteers. The Oahu 4-H Council would like to establish an Oahu 4-H Council coordinated and directed by 4-H youths under the supervision and guidance from the 4-H Oahu County Extension Agent. In order to accomplish this goal, a roadmap was established to accomplish this goal. The current Oahu 4-H Council would like to call all eligible 4-Hers to apply for the "Oahu 4-H Leaders-in-Training" project. The qualifications are:



1. Ability to meet once a month for 2 hours.
2. Applicant must have completed at least one year in 4-H projects and/or club activities.
3. Applicant must have completed 6th grade or higher.



The project objectives are listed below:

1. Introduction to the Oahu County 4-H Officer positions
2. Description of each Oahu County 4-H Officer's duties and responsibilities.
3. Introduction to parliamentary procedures.

The application has been extended to re-advertise the Vice-President position (7th grader and older) and added the Sergeant-at-Arms and Historian positions (open to 6th graders and older). Complete the application form at <http://go.hawaii.edu/wAA>

Deadline: Friday, January 17, 2020.

Please contact Christine if you are interested or have any questions at 956-7196 or chanakaw@hawaii.edu.

Christine Hanakawa

Holiday Community Service Project to Help Those in Need

On December 22nd, Friendship Magic spent time at Don Quiote helping the Salvation Army collect donations for those in need during the holidays. This is their annual community service project. They rang the bell and sang Christmas Carols to get into the holiday spirit! Donors were given candy canes and stickers as a thank you gift from the club.

*Kairi Hanakawa,
Friendship Magic 4-H Club*



GRANDcares Oahu Facilitator Trainings

BECOME TRAINED AND CERTIFIED AS EITHER (OR BOTH!)

*Powerful Tools for Caregivers Class Leader (January 31-February 1) GRANDcares Youth Club
Facilitator or Assistant (January 25 & 4 hours online)*

Powerful Tools for Caregivers

Certification Training

When: Jan 31 & Feb 1, 8 am – 5 pm

GRANDcares Youth Club

Certification Training

When: January 25, 8 am – 5 pm & online

Where: Pearl City Extension Office

Urban Garden Center

Address: 955 Kamehameha Hwy.

Pearl City, HI 96782

(Driveway in front of Public Storage)

HOW WILL THESE TRAININGS BENEFIT YOU AND YOUR AGENCY?

- Scholarships available to waive the training fee (\$400 value)
- Training stipend may be available
- Become a certified facilitator
- Receive curriculum manual
- Bring these resources back to your agency
- Learn, practice and teach skills that support grandfamily resilience



REGISTER: Contact Heather Greenwood-Junkermeier for program application, and for information about scholarships and stipends: heather8@hawaii.edu or (808) 269-7396

The GRANDcares program fosters self-care skills in grandfamilies, grandchildren and the grandparents who are raising them.

GRANDcares is a program of the University of Hawaii at Manoa and Colorado State University.

Dawn Rumbaoa, GRANDcares Oahu Site Facilitator

Oahu County 4-H Shooting Sports: Archery Club



In archery, we have two groups, separated by age. We learn about the safety procedures involved with Archery. We also learn about the whistle signals from the



Range Safety Officer, so we know when to Safely shoot our arrows. At the end of every practice, we always end with a wrap up going over what was learned and what we need to improve on (for me, I always have to work on my aim). Archery is really fun! We get to work with other kids and make new friends. Archery is truly a really fun sport and if you are interested you should join us!



Poppy Conover, Oahu 4-H Shooting Sports

4-H Shooting Sports Instructor Certification Training

Oahu 4-H Shooting Sports is looking to have more certified instructors/leaders in order to have more youth participants in the program! Join us for an adult volunteer 4-H Training Certification in the Rifle & Archery Disciplines!

Friday, February 7, 2020

Komohana Extension Office

875 Komohana St., Hilo

Room D-202 or by Zoom (online)

6:00 PM-9:00 PM

and

Saturday, February 8, 2020 (Air Rifle)

Saturday, February 9, 2020 (Archery)

Waiakea Recreation Center

(QuansutHut)

1634 Kamehameha Ave, Hilo

8:00 AM –5:00 PM

Attend one or both discipline trainings!

Currently, Oahu 4-H Shooting Sports only offers Archery as a 4-H project. As for Air Rifle discipline, the program will eventually start offering air rifle projects next program year (2020-2021), but might as well get trained and certified instructors now! Even though the training is in Hilo, it is a great chance to meet other instructors/leaders in Shooting Sports on the island of Hawaii which has been running the Shooting Sports programs for the past 3 years!

Few notes:

- 4-H Shooting Sports is a program for youth ages 9-19 years old.
- The Friday date is for the online or via Zoom (online meeting) one. Those who took the Shooting Sports Youth Development/Risk Management with Jeff Goodwin do not need to take that session again.
- Training is FREE, but need to find your own air travel accommodations. Contact Christine for transportation from airport to training site or for overnight accommodations.
- Participants in this training need to be registered 4-H Volunteers! Please submit the 4-H Volunteer Application and Enrollment Forms.

Email Christine for any questions. Please RSVP by January 25, 2020 and send all forms to Christine first--email chanakaw@hawaii.edu or drop off/mail to Oahu 4-H, 1955 East West Road, AgSci #217, Honolulu, HI 96822.

Christine Hanakawa

National 4-H Congress: Chaperone's Corner

What an honor it was to serve as a chaperone for the Hawaii 4H delegation to this year's Congress. When this opportunity came along, my main goal was to learn more about the 4H organization and to see what I would need to do to prep the kids in my club for this once in a life time opportunity. I would consider myself a "rookie" as a 4-H leader. I started a 4H club on Maui 6 years ago to get my daughter and her friends to be involved in our community and to teach them leadership skills. I "limped" and learned along the way with curriculum and record books. The kids had a lot of fun so that was my motivation as a leader. When we moved to Oahu, I felt that I was back at square one. No one really knew what 4H was but as the kids got involved with projects and participate in county events, I could see their interests and involvement grow. As a parent and leader, I see the benefits of the 4H program for young people, especially when you hear speakers like Kelly Leoffler, an entrepreneur, who credits her 4-H experience to her success. At Congress, I was able to witness our Hawaii delegates carry themselves as smart, young adults and be able to participate in a variety of workshops that are relevant to them today. It was nice to see their excitement in riding the MARTA, playing with fall leaves, shine as they shared the hula, meet other kids from different states, learning a new country line dance and interacting with the elementary school kids during their service learning activity. As the world and our society evolves rapidly, I think it is crucial that kids today get involved in programs like 4-H to give them an advantage when they go out in the real world that they are equipped with leadership and life skills. Thank you 4-H Congress for giving me this once in a lifetime opportunity as well!



Jennifer Egami,

Happy Honus & 2019 National 4-H Congress Hawaii Chaperone

Opportunities

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.



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

ecoTech Grants support projects that leverage technology to achieve greater or innovative environmental outcomes (this does not include simply adding iPads, tablets, or other



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

Think 4-H might be
for you?
Come join our club!



DATE: JANUARY 18TH

TIME: 10:00 AM-11:30AM

LOCATION: WAHIAWA BOTANICAL GARDENS

1396 CALIFORNIA AVE

MEET AT THE ENTRANCE

QUESTIONS OR RSVP TO AMY

808-465-5788



(Continued on page 7)

Amy Martens, Pueo Dragon Frenzy 4-H Club

Other Opportunities

(Continued from page 6)

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.

Agriculture for High School Students Grades 9-11

The 2020 online AgDiscovery Application is now open: www.aphis.usda.gov/agdiscovery. Hawai'i AgDiscovery will be held July 5-18. Please share this virtual postcard with students, parents, and fellow educators.

For those who are not familiar, AgDiscovery is a joint program between several universities throughout the nation and the USDA. It gives high school-aged students the opportunity to participate in a free two-week summer program where they learn about careers in agriculture, agribusiness, and animal and plant science. We are lucky to have a local Hawai'i AgDiscovery Program with the University of Hawai'i at Mānoa.

The two-week summer Hawai'i AgDiscovery is packed full of amazing hands-on experiences such as orchid pollination, DNA barcoding, honey extraction, cultural activities and more. Ten students in grades 9, 10 or 11 are selected to participate, and expenses for the Program, including housing and board at the University of Hawai'i at Mānoa, are covered. Students need only pay for their transportation to UH and return home.



Are you raising your grandkids?

The 7 week classes will help you:

- Reduce stress
- Communicate better
- Make difficult decisions
- Reduce guilt, anger, and depression
- Meet other grandfamilies!!!



Powerful Tools
FOR Caregivers

JOIN FOR FREE!



Dates: Wednesdays Jan 29th - Mar 11th

Time: 3:00 pm - 5:30 pm

Place: Urban Garden Center, Pearl City

Each afternoon includes
GRANDcares Youth Club for grandchildren ages 8-12 &
Supervised activities for other age groups.

FREE CLASS!
FREE SNACKS!
Register
space is
limited!

To register, please contact
Dawn Rumbaoa:
grandcaresoahu@gmail.com
Call: (808) 956 - 7711
Text: (808) 387 - 2456



AgDISCOVERY
2020

apply online:
www.aphis.usda.gov/agdiscovery
Application deadline: March 20, 2020



Are you in grades 9, 10, or 11 and interested in a career in plant and animal science? Hawai'i AgDiscovery is a fun and dynamic two-week summer program just for you!

July 5-18, 2020
at the University of Hawai'i at Mānoa

Other Opportunities continued...

GRANDFAMILIES FRIENDSHIP LEADERSHIP



Join GRANDcares Youth Club!

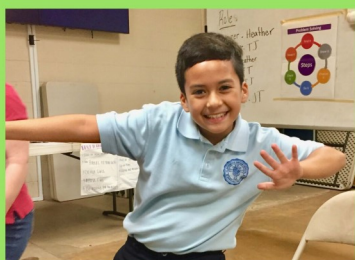
Seven-week 4-H club designed for children
ages 8 - 12 being raised by a grandparent.

Dates: Wednesdays
January 29 - March 11
Time: 3:00 pm - 5:30 pm
Urban Garden Center
Pearl City
SNACKS INCLUDED!



For more info and to register,
contact Dawn:

grandcaresoahu@gmail.com
Call: 808-956-7711
Text: 808-387-2456



Funded by USDA-NIFA-
CYFAR (2015-06132)



This class series is accessible for individuals with disabilities. For information or to request an auxiliary aid or service, contact 244-3242 / TTY 800-222-1222 seven days before the workshop series begins.

**January**

- 1 New Year's Day—**Happy New Year to 2020!!**
- 4 Beef Steer and Beef Heifer ear tagging & 1st mandatory project review check
- 11 Oahu 4-H Executive Board Meeting at Urban Garden Center (UGC), 3-6 pm (By-Laws)
- 12 Food Show & Oahu 4-H Organization Meeting at Farrington High School, 121, 122, 125, 4-8 pm
- 19 **Parliamentary Procedure Workshop—Postponed to February, stay tuned!

**February**

- 1 4-H Curriculum Workshop at UGC, TBD
- 8 Shooting Sports Level 1 Instructor Certification, Air Rifle Training in Hilo, 8 am-5 pm (also online training on February 7th from 6-9 pm)
- 9 Shooting Sports Level 1 Instructor Certification, Archery Training in Hilo, 8 am-5 pm (also online training on February 7th from 6-9 pm)
- 16 Oahu 4-H Organization Meeting at UGC (tentative), 2-4 pm
- 23 Kailua 10-Miler, 5K and 1 Mile Fun Run at Kailua Boys & Girls Club, (see article for times to participate and to volunteer)

The University is an equal opportunity/affirmative action institution providing programs and services to the people of Hawai'i without regard to race, sex, gender identity and expression, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. If you require information in an alternative format, please contact us at:

ADA-contact@ctahr.hawaii.edu. If you have a disability and require special assistance, please contact