



# Oahu 4-H Newsletter

March-April 2020

## March

- 6 Communications Fair Entry—Extended Deadline
- 8 4-H STEM in the Garden Day Camp Registration—Extended Deadline
- 9 16-20 Spring Break—4-H STEM in the Garden Day Camp Series at UGC, 7:30 am-12:30 pm
- 22 County Hog Eartag—Second screening of beef steer and beef heifer projects
- 26 Kuhio Day—Holiday
- 29 Communications Fair at UH-Manoa AgSci Building, 2:00 pm-5:00 pm

## April

- 10 Hawaii 4-H Alumni/Weinberg Scholarship Due
- 10 Good Friday—Holiday
- 12 Easter Sunday
- 18 Eartag state hogs, egg layer, lambs, and goat. Also Cloverbud rabbits and poultry
- 19 Oahu 4-H Executive Board Meeting, location to be determined, 2:00 pm-4:00 pm



## Message from Oahu 4-H Organization President

If you are a basketball fan, this is the month you have been waiting for! Sixty eight collegiate basketball teams vying to survive three weekends of basketball games. First goal is to win in this single elimination tournament. Make it to “Sweet Sixteen,” then the “Elite Eight” and then the “The Final Four”. Lastly to make it to the “Championship” game.

4-H has our own “March Madness,” the annual Communication Fair chaired by Maunawalea is on Sunday, March 29, 2020. **The deadline has been extended to March 6th!** 4-Hers the deadline is around the corner! Like these basketball players preparing for the upcoming game(s), 4-Hers, plan, formulate your project and submit your entries before the deadline. I’m looking forward to a great and entertaining Communications Fair!

Don’t let the corona virus put a damper on your plans to take photos or research your speech at the library. Be safe and practice good hygiene practices. Don’t rub you eyes or face with your hands. Use a clean tissue to rub that itchy eye. Wash your hands before touching your face. Or use hand sanitizers if you can’t wash your hands and you really need to touch your face. If you are sick, stay home, rest and drink lots of fluids.

Be healthy! I hope to see all of you at the 2020 Communication Fair!

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

## Coming Up...

### May

- 1 Names of 4-Hers attending Ahaolelo Due to Oahu 4-H
- 1-10 Preview of 4-H Senior Portfolios—Submit Portfolios during this time and 4-H Agents will provide feedback
- 15 4-H Senior Portfolios Due

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

Hey 4-Hers! It’s March and that means it’s time for our Communications Fair! Y’all have been working so hard on your projects this year and now it’s time to show what you’ve learned. No matter what your goals are, strong communication skills are important. I’m looking forward to seeing all of you there, Keep up the good work!

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

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*“Community: Together We Are Stronger” Communications Fair 2020*



Sunday, March 29th

2:00 pm-5:00 pm

University of Hawaii at Manoa, Ag Science Building

**Open to participants ages 5-19**

(must enroll in 4-H, be currently enrolled, or have your organization contact the 4-H agent)

Share your work & receive feedback from Community Professionals!



Categories include: presentations, demonstrations, photography, poster-making, and video production.

**Deadline to enter is extended to March 6th!**

For more information and to register visit <http://go.hawaii.edu/AJD> or contact Christine at 956-7196, email: [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

Manawalea 4-H Club

*STEM in the Garden Spring Break Day Camp*


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

OAHU 4-H AND THE 4-H MILITARY PARTNERSHIPS  
presents

**4-H STEM in the Garden Day Camp Series Spring Break 2020**

March 16-20, 2020  
7:30am-12:30pm  
at Urban Garden Center, Pearl City

Cloverbud Nature Camp- K-2nd Grade  
Science in the Garden Camp-3rd-5th Grade  
VR World- Tech in the Garden 6th-8th Grade

Join us this spring break!

\$50 Dollar Registration Fee

to register please go to  
<https://forms.gle/dVUE9tAwUUd3uZP88>

for more information please visit the website  
<http://go.hawaii.edu/y2A>

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March 16-20, 2020 7:30am-12:30pm at Urban Garden Center, Pearl City

What are you doing this spring break? Join 4-H to explore nature at Urban Garden Center. Here is something for everyone!

Cloverbud Nature in the Garden Camp- K-2nd Grade  
Science in the Garden Camp-3rd-5th Grade  
VR World- Tech in the Garden- 6th-8th Grade

**Deadline for registration has been extended to Wednesday, March 11th!**

Volunteer opportunities for high school, college students and adults!

For more information on the day camps or volunteering contact Kate Eickstead at [kkeick@hawaii.edu](mailto:kkeick@hawaii.edu).

Check out the website for more information at <http://go.hawaii.edu/y2A>.

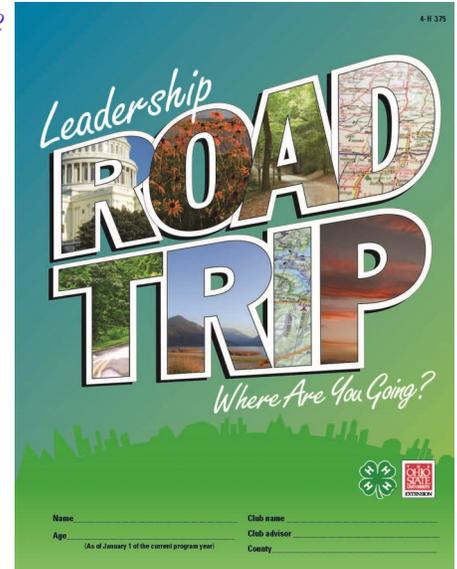
Kate Eickstead

*Project Spotlight: Leadership Road Trip—Where Are You Going*

Do you know what it takes to be a good leader? Youth can begin their leadership adventure by answering questions about themselves and the people close to them, by setting goals, by practicing communication, and by making a commitment to lead. This curriculum is intended for youth old enough to explore the nature of leadership.

Appropriate for the Intermediate skill level.

Leadership Road Trip is available to borrow from the Oahu County Office, 956-7196, or email [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu). It is also available to purchase at <https://shop4-h.org>.



*Manawalea’s Afternoon of Photography, Astronomy, and Fitness*

On Thursday, February 13, 2020, the Manawalea 4-H Club photography, astronomy, and Cloverbud fitness projects met at a local playground so that families could participate in multiple projects. Photography club members prepared for the 4-H Communications Fair by practicing taking good shots, deciding which photos to enter, and talking about how to enter our photos in the 4-H Communications Fair. Afterwards, astronomy club members created an asteroid out of dry ice while the Cloverbuds learned about yoga.

*Noa Biggio,  
Manawalea 4-H Club*

*CHEF’s 4-H SPIN Club*

The SPIN club, featured renowned high school students in the Culinary Academy of Farrington High School: Rycial Ignacio, Claythan Blas, and Kaimana Werkmeister, teaching students interested in the Culinary industry or simply interested in cooking. The classes were conducted throughout November until December, just in time for the annual Food Show. In total, 6 classes, 2 hours per session were organized, and the children prepared and displayed 'comfort and holiday foods.' These interactive classes encouraged students to apply their knowledge and skills to be able to feel comfortable and safe in the kitchen. The students learned and practiced basic knife cutting skills, proper safety and sanitation procedures. At the same time the children were able to expanded their flavor profiles by trying foods that they were not familiar with. The students prepared and ate: ramen, bubble drinks, stone soup, dinner rolls, fried rice, chicken skewers, pumpkin muffins, virgin strawberry daiquiris, hor d'oeuvres, and a festive Christmas tree bread.



*Rycial Ignacio,  
Farrington FCCLA 4-H Club*

## Hawaii 4-H Alumni/Weinberg Scholarship

Scholarships of up to \$1,500 (\$750 for community or junior college) will be awarded to current 4-H members who have completed at least one year of 4-H work prior to March 1st of the year the application is received. The applicant will need to be enrolled full-time in their freshman year at an accredited college, university, technical, or trade school in the fall of the year the applications are due.



Note: deadline is **April 10, 2020**, which includes the 4-H agent's signature. Please see the [PDF Application Form](#) for details.

Christine Hanakawa

## 4-H 'Aha'ōlelo Conference 2020

The 4-H 'Aha'ōlelo Conference will be held July 13-16, 2020 at the University of Hawai'i, Hilo campus. This year's theme is "*Beyond This Moment*". The four-day program includes educational, recreational, and social events. Participants stay in university dormitories, will eat campus meals, and survive without sleep for much of the week.



**4-Hers in 9th-12th grade may attend, as well as screened adults who will serve as chaperones.**

Please see the [Information Letter](#) for more details including registration costs (fee will cover your lodging for 3 nights, meals during the conference, t-shirt, ground transportation to and from the airport and program costs), housing, the Ali'i Banquet, county program sharing, workshops, dress code, and more!

### Each participant is required to complete:

- Registration Form
- Media Release ( in the Registration Form)
- Health Form
- Code of Conduct

### Scholarships are available for the following:

- Ellison Onizuka/Weinberg Scholarship 'Aha'ōlelo Award
- Talented 4-Hers
- 4-H 'Aha'ōlelo Conference News Team

### Deadline Reminder

- **May 1, 2020** – Please give Oahu 4-H a count and names of those who will be attending.
- **May 31, 2020** – Registration forms and money due

For more information or to access forms, go to <http://manoa.hawaii.edu/ctahr/4h/ahaolelo/>. Contact Christine at 956-7196 or [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu) for any questions.

Nora Black

## Nominations for Youth & Adult Officers

Oahu 4-H Organization will be taking nominations for the following youth and adult positions for the 2020-2021 year:

**YOUTH OFFICER** Nominations: President, Vice-President, Secretary, Treasurer, Historian/Reporter, Sergeant-at-Arms

**ADULT VOLUNTEER OFFICER** Nominations: President, Vice-President, Secretary, Treasurer

Please contact Christine at 956-7196 or email [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).



## 4-H at the Home Garden Network

Beyond growing plants and enjoying the time together with other families during gardening, families have the opportunity to engage their kids in educational activities such as this. Our Home Garden Network program invited Kate Eickstead, the Military 4-H Program Coordinator from the University of Hawaii at Manoa, who has a passion in gardening. She participated with the Home Garden Network by sharing with the kids the Junior Master Gardener lessons. They learned how a plant grows from a seed, named various types of plants and their nutritional benefits, learned to draw fruits and vegetables, and brought home the seeds they germinated on their own.



*Dr. Sothy Eng,*  
Assistant Professor of Human Development  
& Family Studies at the University of Hawaii at Manoa

## Other Opportunities

### Bayer Hawaii Life Sciences Scholarship Application Now Available

Applications are now being accepted for the 2020 Bayer Hawaii Life Sciences Scholarship.

High school seniors interested in a life sciences degree are invited to apply. As many as 10 scholarships of \$1,000 each are typically awarded each year.

This scholarship is open to graduating seniors of all high schools in Hawaii who will be attending an accredited college or university to pursue a discipline related to the life sciences (including agriculture, agronomy, biology, botany, genetics, horticulture, plant physiology, chemistry, crop science and soil science).

**The deadline for applications is April 1.**

To download an application, visit <https://hawaii.bayer.us/education/>.

Bayer is a global enterprise with core competencies in the life science fields of health care and nutrition. For more information, go to [bayer.us.com](http://bayer.us.com).

### 2021 Youth in Action Applications

2021 Youth in Action applications are now open! We heard from Extension professionals and students that spring is a better time for youth to apply for scholarships, so we've shifted our application season to better support 4-H'ers and professionals alike! From

January 29 - April 27, youth can share their stories of developing passion, finding purpose and inspiring others by applying for the 4-H Youth in Action Awards for a chance to earn a \$5,000 scholarship and a trip to Washington, DC!

### Youth Service Zones

Youth Service America (YSA) believes that youth, communities, and our democracy thrive when we all



work together for the common good. Even though youth participation rates (volunteering, voting, and joining) are at or near record-high levels, we're still leaving 3 of every 4 young people out of actively participating in our democracy. Participation rates are even lower among youth from low-income and minority communities.

YSA is working to change that. Starting in 2020, we're focusing our work on increasing these rates to 50% by USA250 on July 4, 2026, on the way to 100% a decade later so that no one is left behind. The Youth Service Zone program is one of our strategies to achieve this goal. Funded by the Corporation for National and Community Service, YSA's Youth Service Zone grants offer organizations and schools an opportunity to work

*(Continued on page 6)*

## Other Opportunities...

(Continued from page 5)

collaboratively to increase the youth volunteer rates in their community.

Each zone will receive a grant of \$15,000 (\$5,000 to each of the three collaborative leaders) to support program activities. Applicants may work locally (city, county, school district), regionally, or statewide, and must be based in the United States. The geographic area of each proposed Zone should include at least 100,000 residents. We expect to award 5 grants to statewide Zones and 5 grants to local or regional zones (city, metro area, county, school district, etc.).

Each collaborative applying will be required to have 3 organizations of different types from the following options committed to leading this initiative:

### At a city/county level:

- school district / LEA
- youth development collaborative (e.g., Ready by 21 Initiative, America's Promise Community of Promise/Grad Nation initiative, Community Schools, etc.)

- citywide afterschool or mentoring program
- volunteer center or United Way
- Mayor's office/Chief Service Officer
- local higher education consortium

### At the state level:

- state education agency
- state afterschool network
- state mentoring network
- high school activity league
- statewide nonprofit association
- state service commission
- state Campus Compact

Other types of tax-exempt organizations can serve as collaborative leaders, but the types above are preferred. One representative of each of the three collaborative leaders will also be required to participate in a training (tentatively scheduled for June 8-10 in Washington, DC). Travel expenses (flight, lodging, meals) will be covered by YSA.

Grant application closes — **March 27, 2020**

For more information, go to [www.ysa.org/grant/zones/](http://www.ysa.org/grant/zones/).

## Let's Go to Santa's Workshop



This workshop helped to educate 4-H members about food presentation and food safety. We worked with adults and members who were interested in entering the annual Oahu County 4-H Food Show which was held on January 12, 2020 at Farrington High School. Our group used recipes that were simple to allow the members to be creative with their food plating. We also developed an awareness of how to keep hot foods hot and cold foods cold. This food safety principle is very important. We also taught everyone how to fold napkins, have centerpieces, and where to put their silverware. The 'My Plate' dietary guide was explained individually and in small groups to give members personalized instruction regarding the completion of the entry form for the Food Show. We felt that everyone had fun and at the same time was able to prepare for the Food Show, many were awarded blue ribbons for the Food Show.

Florie Anne Primero,  
Farrington FCCLA 4-H Club



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