

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 2020

May

- 1-15 Pre-screening of 4-H Senior Portfolios
- 3 Virtual Communication Fair Awards Ceremony, 2:00 pm, virtually
- 3 Oahu 4-H Organization Meeting, 2:30 pm-4:00 pm, virtually
- 15 Ahaolelo 2020 Conference Interest Deadline
- 19 4-H Senior Portfolios Due
- 25-29 4-H Spirit Week—a Social Media Campaign, go to <https://manoa.hawaii.edu/ctahr/4h/> for more details

June

- 1 4-H Recordbooks Due to Oahu 4-H Office
- 7 Executive Board Meeting, 2:00-4:00 pm, virtually
- 19 Achievement & Recognition Ceremony 6:30 pm, virtual, more details to come

Inside this issue:

- Message from the Presidents 1
- First 4-H Virtual Communications Fair & Award Ceremony 2
- Project Spotlight: Educational Activities for Stay-At-Home Learning 3
- Mahalo to the 2020 Virtual Communication Fair Judges! 3
- Practice Good Hygiene 4
- Learn How to Sew Your Own Face 4
- Oahu 4-H Organization Executive Board Officers 5
- Beyond This Moment: Ahaolelo 2020 5
- 4-H Volunteer Training Opportunity: 4-H Military Partners Conference 2020 5
- 4-H Senior Portfolios & 4-H Recordbooks Deadline Extended 6
- Other Opportunities 6

Message from Oahu 4-H Organization President

Congratulations 4-Hers for hosting and participating in our first virtual Communication Fair Event. A round of applause to the Communication Fair chair club, (drumroll) Maunawalea Club. And a special round of applause to all the participants!!! The presentations went well. This was a successful event demonstrating how 4-Hers are able to learn by doing! Thank you all for putting on this awesome event!

The virtual awards ceremony will be on Sunday, May 3, 2020 at 2:00 pm via zoom. Christine will send out the zoom meeting ID and password to log into this virtual awards ceremony.



We all are doing our part and staying at home. Some of us are working from home or going to school via Zoom or other video conferencing software. We still have more time to work on our gardens. Every year, I host a Green Day for church. However, due to COVID19, we postponed this event to hopefully hold Green Day in the Fall

2020. I planted mint for Green Day which was originally scheduled on April 18th. Since Green Day has been rescheduled, I have lots of mint.

Share your garden pictures that we can post in our next newsletter! Email your picture to ken214@hawaii.rr.com, and write a short text about what you planted and why?

Do you have sewing skills? If you have materials to sew a face mask, contact Christine, she is coordinating this endeavor.



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

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

Hey 4-Hers! Hope everyone is staying healthy and practicing social distancing during this time. We are working on some great things to keep everyone engaged with 4-H and to keep our community strong in light of the current circumstances. Some 4-Hers have been busy making masks for healthcare workers. Others have been growing vegetable gardens at home. The Ahaolelo Planning Team is working to make our statewide conference for teens virtual. Even during this Covid crisis, we are still making a difference the 4-H way. Keep up the amazing work everyone!

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

First 4-H Virtual Communications Fair & Award Ceremony



"Parachute Deployment System for Bottle Rockets" presentation by Ben, Friends of the Family Club.

Many 4-Hers had been preparing for months for their participation in the 4-H Communications Fair, which was held by Zoom on Sunday, March 29. The presentation and demonstration sections happened virtually, because the coronavirus has shut down physical meetings for the present. All of the 4-Hers who had presentations and demonstrations prepared, as well as the judges and spectators, participated via Zoom. We were asked to turn off our sound and pictures so that the people presenting would have a clear connection. First, the kids presented, and then judges and audience members were allowed to ask questions. At the end, the posters and photographs were shown. The presentations and demonstrations were recorded and sent to the judges. We hope to see our results at the next Zoom meeting.

Noa, Manawalea 4-H Club

To give judges time to "virtually" review the photography, poster, presentation, and demonstration entries, a separate awards ceremony was held on Sunday, May 3rd. It was conducted virtually through Zoom with Oahu 4-H Organization President Becky Kanenaka and the Leadership-in-Training youth officers, Nora (President), Rylie (Vice-President), Kairi (Secretary), and Mia (Historian), as the emcees.



"How to Make a Paracord Bracelet" demonstrated by Zachariah, Manawalea.

We would like to applaud all the youth who submitted entries and participated in the 2020 4-H Virtual Communications Fair. (Note above, the different ways of applauding virtually!) All of the participants received a colored ribbon for their entry. Here are the number of ribbons awarded for each category:

Category	Green Participatory Ribbon (Cloverbud 5-8 year old)	Red Ribbon (60-79 points)	Blue Ribbon (80-100 points)
Photography	5	9	14
Poster	2	0	4
Demonstration	2	0	1
Presentation	2	1	1

Congratulations to this year's youth who received purple ribbons in this year's 2020 4-H Virtual Communications Fair!

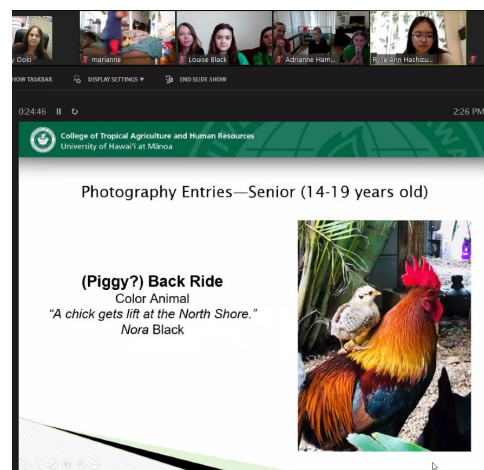
Photography: Nora, Manawalea, "(Piggy?) Back Ride"

Poster: Zachariah, Manawalea, "Connect Together"

Demonstration: Zachariah, Manawalea, "How to Make a Paracord Bracelet"

Presentation: Noa, Manawalea, "Dramatic Reading of Little Abigail and the Beautiful Pony"

Thank you to everyone who supported the youth through their Virtual Communications Fair journey. Also, a huge thank you to this year's judges. (See page 3 for the Judge Acknowledgements) We look forward to seeing you all for our next 4-H Communications Fair!



Project Spotlight: Educational Activities for Stay-At-Home-Learning

At this time, Project Spotlight will focus on a variety of resource links that any family and organization can use to provide youth engaging, hands-on, skill-building, and educational activities. Thank you to all of the hard working Extension Agents and Specialists who put together these wonderful resources for everyone at home!

[4-H At Home](#) National 4-H Council

[4-H Hale Learning](#) University of Hawaii at Manoa—"Hale," pronounced as "hah-lay" in Hawaiian and means "house" or "home"

[Learn By Doing Series](#) University of Alaska Fairbanks

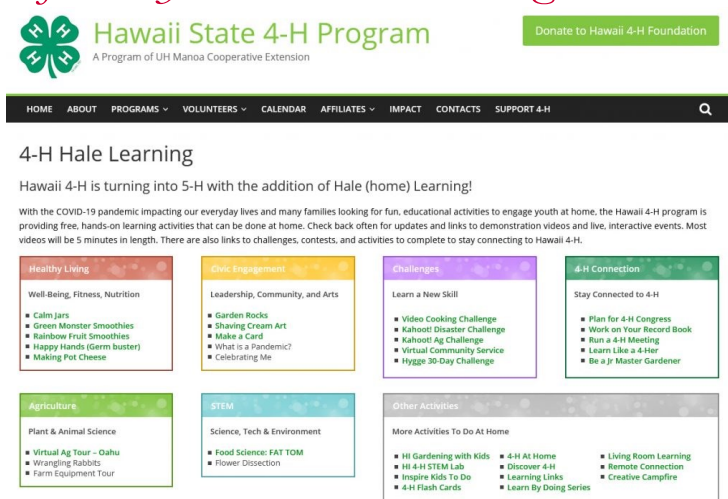
[Learning Links](#) Washington State University—Ideas for learning while schools are closed

[Virtual Home Learning](#) University of Nebraska-Lincoln

[Home Activities](#) University of Wisconsin-Madison

[Learn at Home](#) University of Maine

[4-H From Home](#) Rutgers, The State University of New Jersey



Mahalo to the 2020 Virtual Communications Fair Judges!

A great big "MAHALO" to all of the following judges, who volunteered their own personal time and supported our various entries!

Photography:

Rebecca Daly, Owner of photography videography company

Cher Takemoto, Moanalua High School Art Teacher, photography as a passion

Richard Mori, Hawaii 4-H Alumni Association President, photography as a hobby

Mark Berthold, UH-Manoa CTAHR Communications Director

Alexandra Bauer, UH-Manoa Communications Major, photography as a hobby

Mahina Smith, UH-Manoa Creative Media Major

Marissa Nash, UH-Manoa CTAHR Fashion Design and Merchandising Major

Rebecca Davila, High School Counselor, former Navy hospital biomedical photographer, photography as a hobby

Cindy Fukunaga, Oahu 4-H County Volunteer & Treasurer, avid iPhone photographer and taught photography to 4-Hers

Poster:

Susan Saka, Hawaii 4-H Alumni Association Member and Hawaii 4-H Foundation Board Member

Mary Wilson, CTAHR Human Development and Family Studies Major and Oahu 4-H Intern and Volunteer Leader

Demonstration and Presentation:

Jean Suzuki, Hawaii 4-H Alumni Association Member

Michelle Sakamoto, Project Manager and Safety and Health Officer of CCI Construction, 4-H Alumni



Christine Hanakawa

Practice Good Hygiene

With COVID-19 in mind, here are some resources to help with our overall health and wellness. One important thing is to practice proper handwashing techniques. It will help slow the spread of COVID-19 cases. The Center for Disease Control (CDC) recommends the following:

Wash your hands often with soap and water for at least 20 seconds. Especially wash your hands after you have been in a public place, outside or after blowing your nose, coughing, or sneezing. Don't feel like counting? Why not sing a favorite family song or slowly say your ABCs?

1. Use soap and warm running water.
2. Rub hands together vigorously. Wash all surfaces including the backs of hands (tops), between your fingers, and underneath fingernails.
3. Rinse soap off hands in warm running water.
4. Dry your hands with paper towel.
5. Turn off the faucet with the used paper towel.



If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

For more COVID-19 Resources for Hawaii, go to <https://cms.ctahr.hawaii.edu/ER/COVID-19>.

Resources adapted from:

Forstadt, Leslie A. and Ouellette, Kristy. "Bulletin #4103, Social Distancing: What is it? Why Do it? And How to Make the Time at Home with Your Kids Fun!" Cooperative Extension Publications, The University of Maine, <https://extension.umaine.edu/publications/4103e/>, April 28, 2020.

Harvey, Jane S., "Bulletin #4067, The ABCs of Hand Washing." Cooperative Extension Publications, The University of Maine, <https://extension.umaine.edu/publications/4067e/> April 28, 2020.

Mary Wilson, UH-Manoa HDFS Intern for Oahu 4-H

Learn How to Sew Your Own Face Mask!

Wear face masks when going out in public to help decrease the spread of COVID-19. Here are simple instructions to sew your own face mask.

FACE MASKS

Materials needed:

- Cotton fabric, a pretty print is best
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic) Cut the elastic 7" long and tie a knot at each end (DO NOT knot the ends of the flat elastic)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together—Cut 9"x6" (Adult) or 7.5" x 5" (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Sew across that top of the mask to the next corner.

Again, put an elastic with the edge out.

5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are in the same direction.
8. Sew around the edge of the mask twice. Be sure that the fabric design is placed horizontally.



Non-N95 pocket Fabric Mask Instructions can be downloaded at <https://www.deaconess.com/How-to-make-a-Face-Mask/Documents-Mask/Mask-Information>.

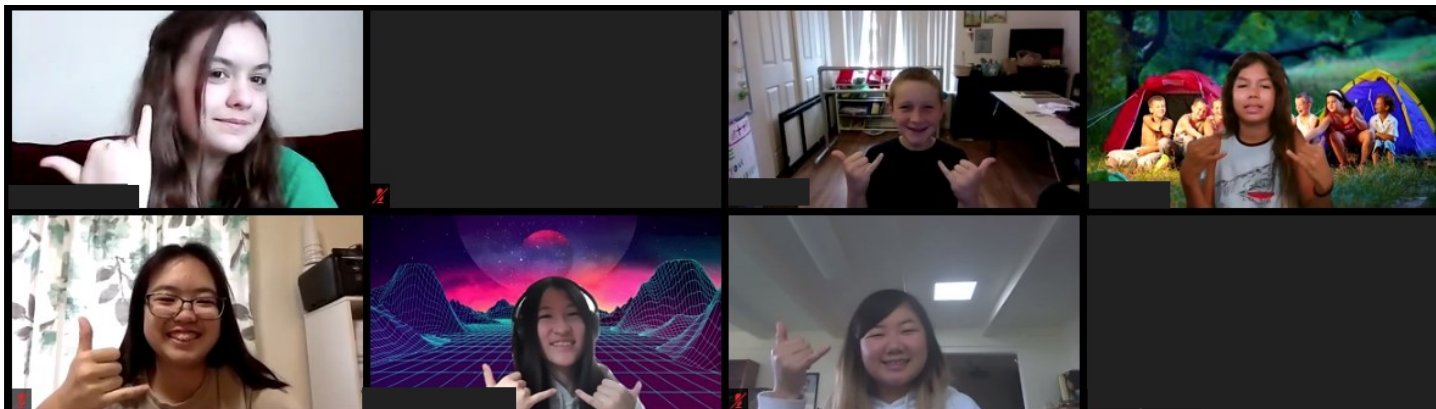
If you would like to sew masks as a community service project, please go to the website:

<http://manoa.hawaii.edu/ctahr/4h/2020/03/25/virtual-community-service/> for information on CDC compliant face masks and instructions for the N95 pocket Olson Mask V07. There is also a list of organizations who are in need of donated masks.

Mary Wilson, UH-Manoa HDFS Intern for Oahu 4-H

Oahu 4-H Organization Executive Board Officers for 2020-2021

Congratulations to our new
Oahu County 4-H Youth Executive Board Officers!!



President: Nora Black

Vice-President: Ethan Hammond

Secretary: Kairi Hanakawa

Treasurer: Rylie Hashizume

Historian: Mia Jones

Reporter: Tyree Estabilio



We're Going Virtual!

Due to COVID-19, we have switched to a
One-day Zoom Conference

Featuring activities, workshops & speakers for youth

Saturday, July 18th 2020
9:00 a.m.—2:30 p.m.

Welcoming 4-Hers rising 9th-12th grade.
(Current 8th-12th graders)

Please complete our interest survey by May 15th
<https://forms.gle/FkTxJTw8XuyuHsS59>

If you require an auxiliary aide or accommodation due to a disability,
please contact Becky Settlege, Hawaii County 4-H Agent, at 808-969-8213 by 5/15/2020

4-H Volunteer Training Opportunity: 4-H Military Partners Conference 2020: Staying Connected, Advancing Together

May 21-22, 2020 FREE!

[Reserve your conference spot no
later than May 15th right here!](#)

Any 4-H volunteer leaders and community partners who work with military-connected youth are welcomed to participate! The virtual meeting is to engage partners from Extension 4-H and Military Child and Youth Programs and Services to connect and advance our programming together. The virtual programming includes three sessions each day. The conference website will have additional recorded sessions will be available during that week. It will also support the needs of working with military-connected youth in 4-H programming. Registered participants receive access to the daily webinars as well as the recorded sessions via email the Monday prior to the conference. Go to <https://www.4hmilitarypartners.org/> for more details.

4-H Senior Portfolios & 4-H Recordbooks Deadline Extended

The deadline has been extended to **May 19th** for the **4-H Senior Portfolios**. If you would like to have the Oahu 4-H Office pre-screen and review the portfolio, please contact: Steve Nagano for Livestock Clubs at nagano@hawaii.edu or Christine Hanakawa for other clubs and Military 4-H youth between May 1st-15th at chanakaw@hawaii.edu. Submit final Senior Portfolios by email to your County 4-H Agent. Remember to have all of the necessary signatures before submission. The County 4-H Agent will sign and submit your final Senior Portfolio to the Hawaii State 4-H Office.

July 27th will be the new deadline for the **4-H Recordbooks**. This new deadline will give 4-Hers more time to complete their Recordbook. They do not have to complete their projects, but should have at least 6 hours recorded as working on their projects. Go to <http://go.hawaii.edu/o4A> to open an infographic on how to work on your recordbook.

Go to <http://go.hawaii.edu/AAN> to see details on obtaining your club leader's signature and submitting your recordbook during this "stay-at-home" time. Go to <https://manoa.hawaii.edu/ctahr/4h/volunteers/forms/> to access the Senior Portfolio and Recordbooks.

Christine Hanakawa

Other Opportunities

2020 4-H STEM Challenge

The race to land humans on Mars is on! The 2020 4-H STEM Challenge will explore sending a mission to Mars with the activity, *Mars Base Camp*. Developed by Google and Virginia Cooperative Extension, *Mars Base Camp* is a collection of activities that teaches kids ages 8-14 STEM skills like mechanical engineering, physics, computer science, and agriculture.

Stay tuned for more information about this year's challenge in the coming weeks!

View [FAQS](#) about this year's challenge or explore past 4-H STEM Challenge (formerly 4-H NYSD) [ACTIVITIES](#).

Calling 4-H First Responders

If you are a 4-H member, alumnus or club that is fighting COVID-19 in your community, National 4-H wants to hear from you.



Maybe your 4-H program is finding innovative ways to provide curriculum or other supplies to essential workers, or you know a 4-H'er that is delivering groceries to the elderly, or you are a 4-H alumnus working as a frontline healthcare worker.

[Share your 4-H first responder story and you may be featured on the 4-H website or social media.](#)

National Prevention Week

National Prevention Week 2020, May 10 – 16, is an annual



national health observance sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). National Prevention Week (NPW) is

dedicated to increasing the prevention of substance use and promotion of mental health, and celebrating the successful prevention efforts of organizations and individuals.

Each year, communities and organizations across the country come together to raise awareness about the importance of substance use prevention and mental health promotion. There are many ways for organizations and individuals to get involved during NPW, from hosting a prevention-themed event to participating in SAMHSA's social media challenge.

NPW 2020: #PreventionHappensHere

Participate in the social media challenge! Announce where prevention happens for you in three easy steps:

- [fill out this sign](#)
- take a selfie with it
- share it on social media with the [#PreventionHappensHere](#) hashtag



Daily Themes

In addition, every year NPW includes daily themes to focus on major substance use and mental health topics. The 2020 daily themes can be found at <https://www.getsmartaboutdrugs.gov/get-involved/national-prevention-week>.

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 Christine Hanakawa at 956-7196 or chanakaw@hawaii.edu at least one week prior to the event.