



# Oahu 4-H Newsletter

## May

- 2 Oahu 4-H Organization Meeting, 6-7:30 pm
- 8 County Livestock Judging Contest, 8 am at Kualoa Ranch
- 10 Giant Pumpkin Contest Registration Deadline**
- Senior Portfolio—Oahu 4-H County Deadline**
- 11 Hawaii State 4-H Livestock Council Meeting, 7 pm
- 12 Hawaii State 4-H Virtual Cooking Video Contest Registration Deadline**
- 15 Senior Portfolio—State 4-H Deadline**
- Photo Contest Deadline**
- Giant Pumpkin Contest Orientation, 2-3 pm via Zoom
- 19 Oahu Ola Pono Challenge May Workshop, 4-5 pm via Zoom
- 20 Oahu County 4-H Livestock Committee Meeting, 7 pm
- 21 Ahaolelo Registration Deadline**
- 22 Giant Pumpkin Contest—Soil Prepping 101 Workshop, 10 am at Urban Garden Center (UGC)
- 23 Oahu County 4-H Officer Elections, 7 pm-7:30 pm via Zoom

## June

- 1 4-H Recordbook Deadline**
- 16 Oahu Ola Pono Challenge June Workshop, 4-5 pm via Zoom
- 19 Mindfulness and Youth Mental Health Volunteer Workshop, 4-5:30 pm at UGC
- 23-25 Ahaolelo Conference, 3:30-8 pm, see page 6
- 26 Virtual Achievement & Recognition Ceremony, 6:30-8 pm

May-June 2021

## Message from Oahu 4-H Organization President

Hey 4-Hers! Summer is nearly here and as the school year winds down 4-H is only getting busier. We have many events, contests and fun challenges planned so everyone keep your eyes out for more information on those!

For any older club members look out for information on our upcoming Ahaolelo conference. For anyone who participated in projects this year we hope to see you at our Achievement and Recognition Ceremony so we can acknowledge all your hard work!

Thank you, keep up the good work!

Nora Black,  
Oahu 4-H Organization President

## Volunteer Highlight: HDFS Interns are 4-H Volunteers

4-H has a wonderful partnership with the College of Tropical Agriculture and Human Resources (CTAHR) Human Development and Family Studies (HDFS) Internship program!

Almost every semester, Oahu 4-H was fortunate to have a HDFS intern as part of the program. For the Spring 2021 semester, Trisha Arashiro enrolled herself as a 4-H Volunteer and assisted with planning, preparing, and executing many programs such as:

- a 10-week virtual Learn, Grow, Eat and Grow gardening and nutrition sessions
- Oahu Ola Pono Challenge, a fun and engaging two-month long fitness and healthy living challenge that incorporates community service (plogging or picking up trash and walking or jogging) and taking photos or drawing pictures of what they encountered during their walk, jog or run

Trisha also helped with scoring and evaluations for 4-H county events such as the 2021 Virtual Fashion Revue and Oahu County Cooking Video Challenge. She participated in meetings with the Oahu 4-H Organization and the Ahaolelo Planning Team (which is currently organizing the statewide 4-H leadership conference).

As the spring semester ends, we gratefully appreciate all that Trisha has contributed these past few months! Thank you Trisha and congratulations for being a UH-Manoa CTAHR graduate!



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## *Oahu County 4-H Officer Elections*



To all Oahu 4-H Clubs and Volunteer Leaders,

Please join us for a special virtual election meeting on Sunday, May 23rd at 7:00 pm-7:30 pm. A Zoom link will be emailed to your 4-H Club Leader. Each 4-H Club in good standing will be able to send two 4-Hers and one adult volunteer leader are entitled to one vote each. Nominations for each office shall remain open until the election meeting. Nominees not elected to the office being sought may subsequently be nominated for other offices during the same election. Here are this year's current nominees:

### **PRESIDENT**

Hi, my name is Rylie Ann and I am running for Oahu County 4-H President. I've been in 4-H for 9 years now in the Friendship Magic 4-H Club. I have served for the past year as Treasurer and recently became acting Vice-President. If I am elected as the Oahu County 4-H President, I will do my best to make the meetings run as smoothly as possible and help make decisions to benefit the 4-H organization.

### **VICE-PRESIDENT**

I am Kilinoe. I am 13 years old and an 8th grade at Kailua Intermediate School. I would like to be the Vice-President for the Oahu 4-H Organization because I want to be able to share 4-H with others. I am very organized and pay attention to details. I like to help others and make sure that they feel included. I am responsible and reliable and would make sure that I do my best to support the Oahu 4-H Organization.

### **SECRETARY**

Hi I am Kairi. I am from the Friendship Magic Club. I am a Freshman who is soon to be a Sophomore in high school. I have been in 4-H for at least 9 years. I am currently the Oahu County 4-H Secretary and I would like to be the Secretary again. I like to take and type out notes. I also like to help those who missed meetings and show them what they had missed.

### **TREASURER**

My name is Cara. I am part of the Happy Honus 4-H club. I have been doing 4-H since I was in first grade, and I am excited to be a County Officer. I'm excited to learn something new.

### **HISTORIAN**

My name is Tyree. I am currently your reporter. I have been in 4-H for a few years now and enjoy serving while being a part of my community. I am going into the 8th grade. As reporter I have done my best to supply reports for community news on 4-H information. I would like to keep doing my duty but switch over to Historian and add to my experience while using my creativity. As Historian I will be able to capture the here and now as a part of 4-H history. Pushing past some writing struggles and using my creativity and other abilities to do so.

Hi, I am Mia. I am an 8th grader at Moanalua Middle School and I am from the Friendship Magic club. I am the current historian, and I would like to run for historian once again. I think I am the best person for this position because I love photography and taking photos in general. I also like making the end-of-the-year slideshows and I have the software to make good and quality produced work. So I would like to ask for your support to vote for me! Thank you and have a wonderful day!

### **REPORTER**

I am Sydney and I would like to be the Reporter. I am thirteen and go to Punahou. The 4-H club I am in is called, "Happy Honus". I enjoy writing and photography so I think the role as reporter would suit me well.

*Christine Hanakawa*

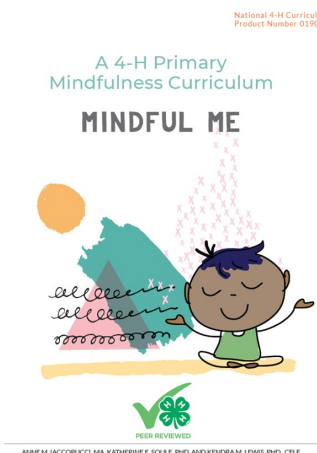
## Project Spotlight: Mindful Me

*Mindful Me: A 4-H Primary Mindfulness Curriculum*, introduces cloverbud youth members to basic concepts in mindfulness practices. The program promotes mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Specific outcomes from youth participation in the curriculum include short-term (skill development and knowledge gain), mid-term (increased stress management, mindful eating, etc.), and long-term (improved physical, emotional, and social health) benefits.

- Designed for the leader(s) and is intended to be used with ages 5-8.
- Ten experiential learning activities which are designed to be delivered weekly by trained teens or adult leaders.
- Includes a teen training, an overview of mindfulness, an exploration of neuroscience, introduction to related educational theories, and best practices for teaching cloverbud members.

Appropriate in a variety of settings: 4-H clubs, school settings, homeschools, camps, health classes, as afterschool or enrichment activities, etc.

The Mindful Me Curriculum 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>.



## 4-H Volunteer & Community Partner Training: Mindfulness and Youth Mental Health Volunteer Workshop

**Saturday, June 19th**

**4:00 pm-5:30 pm**

**Urban Garden Center**



Learn how to help youth practice mindfulness and manage their mental health!

Featuring:

Dr. Thao Le, Professor

Human Development and Family Studies

UH-Manoa, College of Tropical Agriculture & Human Services

RSVP by contacting Christine at [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

## 2021 Children's Mental Health Awareness Month

Now more than ever, the COVID-19 pandemic has highlighted the importance of caring for the mental health of children, youth, and families in our communities. Throughout May, you are invited to shine a spotlight on this vital topic in the following ways:

1. Beginning May 6, 2021, wear **green** and share how you take care of your mental health on social media.
2. Check out the [events calendar](#) and register for virtual events.
3. Share mental health resources available to children, youth, and families (click "Learn More" to view resources).



## Oahu County Giant Pumpkin Contest



### Oahu County 4-H presents: GIANT PUMPKIN CONTEST

Youth in grades K-12 are invited to grow a pumpkin over the summer to see how big their pumpkin can get.

Youth will learn about soil, growing needs, science and life skills through this fun gardening project.

It is recommended to have a minimum of 10'x15' space to grow a giant pumpkin. Youth will receive a mature pumpkin starter in June and will grow and care for their plant over the course of the summer. At the end, we will have a giant pumpkin weigh in to see who grew the biggest pumpkin in each age division. Youth can participate individually or as part of a group of up to 5 youth.

For more information please check out our webpage:  
<http://manoa.hawaii.edu/ctahr/4h/programs/programs-by-county/oahu/gardening/>

Spots are limited! Sign up today! Register by **Monday, May 10th**. Fill out form and submit a photo of your growing area when registering.

Individual Registration Form:

<https://forms.gle/cWNCWSJuDfAevj5X6>

Group Registration Form:

<https://forms.gle/2XWmCGdMnnX7uYpM7>

*All group members must complete the  
Individual Registration Form*

Questions?

Contact: Christine Hanakawa, Oahu 4-H Agent  
[chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu)



**COOPERATIVE  
EXTENSION**

UNIVERSITY OF HAWAII AT MĀNOA  
COLLEGE OF TROPICAL AGRICULTURE  
AND HUMAN RESOURCES



Visit the Giant Pumpkin Contest website at:  
<http://manoa.hawaii.edu/ctahr/4h/programs/programs-by-county/oahu/gardening/>  
for more information and registration links.

[Click here for the Giant Pumpkin Contest Flyer.](#)



### GROWING GARDENERS

In this fun video series, young kids will learn the basics about the plant life cycle and grow their own plants in a variety of ways.



### PARTS OF A PLANT

Learn the anatomy of plants and which parts produce you'll find on your plate in this video from Purdue Extension.



### PAINT A RAINFOREST

Kids will combine science and painting to learn more about rainforests and the world around them.



### LEAVE NO TRACE

Help kids learn how to explore and play in nature while protecting it at the same time.



## Hawaii State 4-H Virtual Cooking Video Contest

# BACK FOR 2021




### VIRTUAL COOKING CONTEST

The Hawai'i 4-H Virtual Cooking Contest is Back! Visit <http://go.hawaii.edu/AD6> to sign up for the contest or to contact your county agent for more information. Check out <http://go.hawaii.edu/AEf> on the GET Local website to learn about the contest.

If you require information in an alternative format, please contact us at: ADA-contact@ctahr.hawaii.edu  
The University of Hawai'i is an equal opportunity/affirmative action institution.

### GRADES 5-12

Create a video featuring a local commodity and the successful completion of a healthful recipe.

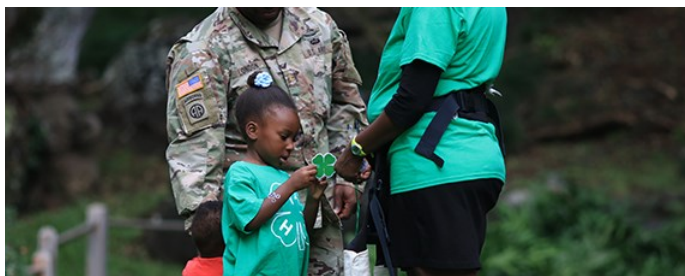
County winners will be selected to compete in a state competition.



[Click here to sign up for the contest.](#)

[Check out the GET Local Website to learn more about the contest.](#)

## The 4-H Military Partnership: Providing Stability in an Unstable World



Young people are resilient. However, there are moments they face that can turn their world upside down, especially for military kids. Luckily, 4-H fosters a sense of belonging and consistency during uncertain times. Read how 4-H is supporting our military-connected youth and families.

[Click here to read more.](#)

Article by Jennifer Sirangelo, President & CEO  
National 4-H Council

Photo by Dr. Sothy Eng, Professor  
University of Hawaii at Manoa, CTAHR, FCS

Photo above is one of the Oahu 4-H Families at the  
University of Hawaii at Manoa campus.

## 4-H Photography Contest

Oahu 4-Her's are encouraged to submit an entry for our contest! Submit your best photo of a tropical theme and a caption.

You will be judged and receive feedback from our youth judging team along with a 4-H placement ribbon for your age category. We will also be rewarding prizes for Overall Best, Best Use of Color, and Best for Digital Background.

One Entry Per Youth

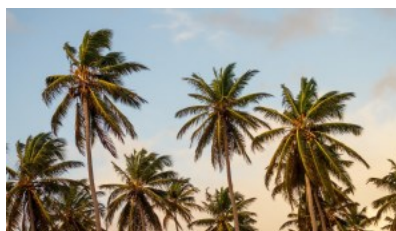
Entries due by May 15th, 2021 by 11:59pm

Youth from the Military 4-H Photography Club will judge the photos and give feedback to the participants.

For guidelines and more information, go to

<http://go.hawaii.edu/PAU>

or contact Kate Eickstead at [kkeick@hawaii.edu](mailto:kkeick@hawaii.edu)



*\*All photos need to be taken by youth. If editing is being done to photo, that also needs to be done by youth. The only adult assistance permitted is help with uploading and submitting entries.*

Military 4-H Virtual Photography Club, 2021 Photo Contest Chair

## 2021 Hawaii State 4-H Ahaolelo Conference

The conference is for all 4-H clubs with members currently in grades 8-12. More details to come through your 4-H County Agent.

Click <http://go.hawaii.edu/PA9> to register.

The deadline for registration is Friday, May 21<sup>st</sup>.

2021 Ahaolelo Planning Team

# 4-H

# 'Aha'ōlelo



📍 Where: In County/Virtual

📅 When: June 23, 2021 -  
June 25, 2021

🕒 Time: 3:30 pm - 8:00 pm

Overcoming Challenges, Shaping the Future

June 23

**Virtual**

Welcome  
Keynote Speaker  
Workshops  
Mixer/Game

June 24

**Virtual**

Welcome  
Keynote Speaker  
Workshops  
Mixer/Game

June 25

**In Person  
In County**

Welcome  
Service Project  
Ali'i Ceremony

If you have any questions or concerns, please contact Auntie Christine ([chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu)) or Auntie Nancy ([ooki@hawaii.edu](mailto:ooki@hawaii.edu)).

Please register using this link: <http://go.hawaii.edu/PA9>

## Other Opportunities



### What's Your Story

What do you think would happen if the toy company Schleich got together with 4-H to create the most fantastic animal tale of all time? Find out with the "Create Your Story" contest! Join in the fun by creating a story only you can imagine!

A story has been started for you, but we need your help with the rest! Tell us how you think the story should continue in a written story, a photo, video, song...any format will do. The more creative, the better!

We'll be asking for you to help us continue the story through three chapters throughout the year. The best stories for each chapter will be turned into videos that will be part of an epic, interactive "create your own adventure" video this fall! Ten finalist will be chosen for each chapter with two winners being selected for inclusion in the final interactive video by public vote on Facebook and Instagram. Each finalist will receive a \$50 Schleich prize package!

All stories are due by May 18th. [Click here to get more details.](#)



### Scholarships for Graduating Seniors

Check out the new scholarships available to 4-Hers! Be sure to check out the new scholarship from American AgCredit.



Hawaii 4-H  
Military Partnership  
Wounded Warrior Camp:  
Adventure in Paradise

### Hiring Summer Position

Join us this summer for a life changing experience. We are looking for a program assistant to help with our 4-H Wounded Warrior Camp. The camp is for dependent youth of wounded or fallen soldiers. This position is flexible but you must be available during the day from June 13-18th to lead 4-H activities at camp. Mileage to Camp Erdman is provided. Training will be provided.

[Please see camp website for more details.](#)

See Job Description [Job Description—Camp Program Assistant](#)

Please send resume to Kate Eickstead at [kkeick@hawaii.edu](mailto:kkeick@hawaii.edu).



### Karma for Cara Foundation Micro-Grants

The Karma for Cara Foundation is encouraging kids 18 and under to apply for funds between \$250 and \$1,000 to complete service projects in their communities. Whether it is turning a vacant lot into a community garden, rebuilding a school playground or helping senior citizens get their homes ready for winter, they want to hear what project you're passionate about.

Micro-grants will be distributed as gift cards to home goods stores, office supply stores, grocery food chains and toy stores.

Applications can be submitted at any time but are reviewed quarterly following these deadlines: January 1st, April 1st, July 1st, and October 1st.

*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](mailto: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](mailto:chanakaw@hawaii.edu) at least one week prior to the event.