

Oahu County 4-H  
Youth Development Program  
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AgSci 217  
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(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

November-December 2019

## *Message from Oahu 4-H Organization President*

Adaptability is a trait that all 4-Hers should strive for. There are lots of changes in our 4-H calendar. The Parliamentary workshop scheduled for November 3 was postponed to January or February 2020. The Oahu County 4-H Food Show scheduled for December 14, 2019 was moved to January 12, 2020. Please make these changes in your calendar.

I would like to wish all of you a Happy Thanksgiving! We have so many things we should give thanks for. I would like for all of you to write a letter to someone who has made a difference in your life. Or call your grandmother or grandfather to thank them for their love and support. Tell your mom and dad, "Thank you for your love and support."

The 2020 Food Show will feature dishes served during the holidays and comfort food. I hope you have been working hard to determine which holiday dish or comfort food you will be preparing for the 2020 Food Show. I'm looking forward to sampling delicious holiday entries and comfort foods on January 12, 2020.

As the holidays are just around the corner, remember to prepare foods safely by practicing these four safety tips. **Clean-** wash your fruits and vegetables before serving. Also, clean your work surface that will use to prepare your dish. **Separate-** don't cross contaminate, keep ready to eat foods separate from raw animal products. **Cook-** cook your food to proper temperature. For example, hamburger meat should be cooked to an internal temperature of 160 degrees F and poultry to 170 degrees F. **Chill-** cool cooked foods to 70 degrees F within two hours and 70 degrees F to 40 degrees F within four hours. Enjoy the holidays by having safe and wholesome meals. Happy Holidays!



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

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

Hi, my name is Nora Black. This is my 4<sup>th</sup> year being part of the Manawalea 4-H Club. I was recently selected to be the Leader-in-Training president for the 4-H county council. I am so glad to have this opportunity, and I'm excited to learn all the new skills that come with this position.

Ahaolelo is a statewide 4-H conference directed toward teens. The planning for Ahaolelo is currently underway. We have two teen representatives from each island who meet via zoom (online) conference once or twice a month to plan everything for this conference. Unfortunately, the second Oahu rep is unable to continue, leaving us with an open spot for a new Oahu rep. If you are a 4-H member in 9<sup>th</sup> to 12<sup>th</sup> grade and would be interested in applying for the Ahaolelo planning committee, please contact Christine Hanakawa.



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

## *Oahu County 4-H Shooting Sports: Archery Club*



**Deadline to Register:** 11/5/19

### **Goal:**

Youth ages 9-19 (as of November 1, 2019) will learn the safe, appropriate and responsible use of archery equipment while gaining marksmanship skills. The archery shooting sports program also helps young people learn life skills and builds self-worth.

**Location:** Kualoa Ranch

**Session Dates:** Saturdays, Nov. 9, 23; Dec. 7; Jan. 11; Feb. 8, 22

### **Times:**

Ages 12-19: 12:00pm - 1:00pm

Ages 9-11: 1:00pm - 2:00pm

### **Cost:**

\$40 per child for all sessions (includes refreshments, equipment and repairs)

### **Registration:**

First come, first served to the first 12 youth in each club. Deadline is Tuesday, November 5th, but email [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu) to check for openings. There will be a waiting list in case of cancellations.



Go to <http://go.hawaii.edu/GWp> to see the list of forms to secure registration.

**For more information please contact:** Christine Hanakawa at 808-956-7196 or [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu)

*Kaci Masuda, 4-H Archery Leader*

## *4-H Curricula Webinar—What's New 2019*

Are you new to 4-H or have you been a 4-H leader for a while? Either way, check out what new curricula 4-H has to offer. Get ideas to Inspire Kids to Do with is short webinar that over views some new curricula and resources.

<https://youtu.be/FQ4TcNlXk90>

*Kate Eickstead*

## *Useful Website Resources*

<https://ohio4h.org/volunteers/cloverbud-leaders/click-it-print-it-do-it-activity-pages>

Click It, Print It, Do It . . . Activity Pages from Ohio State University has a list of many Cloverbud activities (for 5-8 year olds) to use at club meetings.

<https://4-h.org/parents/stem-agriculture/youth-stem-activities/> 4-H STEM Lab has a variety of STEM-related activities. Visit this website once in a while to keep up to date with new posted activities.



## *Save the Date for the Oahu County 2020 4-H Food Show*

The Farrington FCCLA/4-H Club is chairing this event which will be held on **Sunday, January 12, 2020** at Farrington High School, Rooms 121, 122, 125 at 4:00 pm-8:00 pm.

**Theme:** The 46th annual Oahu County 4-H Food Show: "Take Me to Your Holiday Get Together" (any holiday and comfort food recipes) Recipe categories are "Main Dish," "Dessert," and "Other."

**Who Can Participate?** Youth who are Kindergarten to 12th grade (5-19 years old).

Please check for more information at the Food Show page on Oahu County 4-H's webpage: <http://go.hawaii.edu/hLG>

Farrington FCCLA

*Please note that the Food Show has changed dates from December to the January 12th!*



### *Technique Workshop*

The Farrington FCCLA/4-H Club will be providing a workshop to prepare for the upcoming Oahu 4-H Food Show! Please see more information to the right.

Another workshop will be available in December. Please check for more information at the Food Show page on Oahu County 4-H's webpage:

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

Farrington FCCLA

*WANTED: 2nd Oahu 4-H Representative for Ahaolelo Planning Committee*

Are you a 9th-12th grader? Oahu County is seeking a 2nd representative to participate in the Ahaolelo Planning Committee. As Nora shared in her message, the committee meets once a month through Zoom or online conferencing. Ahaolelo is a 4-day statewide 4-H conference for youth and will be held in July in Hilo on the Island of Hawaii. Please contact me if you are interested or have any questions at 956-7196 or [chanakaw@hawaii.edu](mailto:chanakaw@hawaii.edu).

Christine Hanakawa

YOU WILL BE EATING  
WHAT YOU ARE MAKING  
WORKSHOP WILL BE VIDEOTAPED

FOOOD!!!

**TECHNIQUE  
WORKSHOP**

FOR THE UPCOMING OAHU COUNTY  
4-H FOODSHOW

**NOVEMBER 20, 2019  
6 P.M - 7:10 P.M  
GOVERNOR WALLACE RIDER  
FARRINGTON HIGH SCHOOL**

**ROOM: A122**

Address: 1564 North King Street, Honolulu, Hawaii  
96819

RSVP BY NOVEMBER 17, 2019  
Linda Uyehara: (808)-554-2582

**PRIZES  
WILL  
BE  
GIVEN!**

**HOSTS:**  
SYDNEY ARZADON  
JAMAICA ESCALANTE  
CHRISTIAN SEGUNDO



## Project Spotlight: Game Changers



The Game Changers Kit has 3 activities that teaches youth computer science (CS) skills through game play and puzzles centered around topics they care passionately about. They will:

- Pitch Your Passion—online activity that teaches youth to use CS and animation to advocate for a cause or issue they care about using CS First and Scratch.
- Program Your Playground—an unplugged activity where youth use CS skills like decomposition and conditional logic to design their own versions of tag and invent new sports and games.
- Hack Your Harvest—an unplugged activity where youth will use CS concepts like automation optimal efficiency to solve and create logic puzzles related to agriculture or any topic youth can think of.

Highly adaptable for classrooms, afterschool programs, clubs, and more! Materials are simple to reproduce. Ages 8-14, each kit is designed to accommodate up to 10 youth.

No prior experience with computer science and coding is needed. Go to <https://4-h.org/parents/national-youth-science-day/> for more information and to view resources and webinars. Game Changers 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/products/2019-national-youth-science-day-kit-game-changers>.

## Save the Date! PTC and YPF Trainings

**Are you interested in working with grandparents or youth?**

Join us for Powerful Tools for Caregivers (PTC) or Youth Club Facilitator (YPF) trainings!

PTC: JANUARY 27 & 28 | 8 AM - 5 PM

YPF: JANUARY 25 | 8 AM - 5 PM & ONLINE

CONTACT HEATHER GREENWOOD-JUNKERMEIER FOR MORE INFORMATION AND PROGRAM APPLICATION:  
[HEATHER8@HAWAII.EDU](mailto:HEATHER8@HAWAII.EDU) | (808) 269 - 7396



All GRANDcares classes and events are accessible for individuals with disabilities. For information or to request auxiliary aid or service, contact 808-244-3242/ TTY 800-222-1222 seven days before the workshop series begins.

*Sophie Dunn, GRANDcares Oahu Program Assistant*

## Other Opportunities

### 17th Annual Youth Xchange Statewide Student Video Competition

‘Ōlelo is pleased to announce the launch of our 17<sup>th</sup> Annual Youth Xchange Statewide Student Video Competition. This is a great opportunity to “**Empower Youth Voices**” through the use of media.

As the State’s largest student video competition, **Youth Xchange** continues to expand its outreach to schools and impact on student participants. Last year’s 1,062 entries was quite an accomplishment, but even more impressive was the breadth and depth of the messaging behind each entry and the sheer number of students—more than 2,243—who contributed to the contest. Thank you for continuing to encourage your students to focus and speak out on issues of concern to them.

This year’s contest includes the following general and expert categories:

- **Mini Documentary:** In-depth program of an event, issue, place, individual or group. (10 minute maximum)
- **Public Service Announcement (PSA):** A commercial length, informative but concise video about an issue. (30 second maximum, production credit or acknowledgement graphics do not count as part of the 30 second maximum)
- **Short:** A creative look at an issue using comedy, drama, music or a cultural setting. (5 minute maximum)
- **Junior Expert:** This category allows **students K through Middle school** with extensive video production skills to compete in a category that recognizes technical expertise using video. Youth Xchange winners who have won two or more times, students who have worked (for hire) professionally creating video, and/or students participating in or receiving help from other students in an advance video or digital media program must enter this category. (10 minute maximum)
- **Expert:** This category allows **high school and college students** with extensive video production skills to compete in a category that recognizes technical expertise using video. Youth Xchange winners who have won two or more times, students who have worked (for hire) professionally creating video, and/or students participating in or receiving help from other students in an advance video or digital media program must enter this category. (10 minute maximum) [NOTE: the **Magic of Community Engagement** category is sponsoring a contest for Expert]



In addition to the above five (5) general and expert categories, we are also pleased to have thirteen (13) sponsored categories, as follows:

- **808 No Vape**, sponsored by Hawai‘i Public Health Institute and the Coalition for a Tobacco Free Hawai‘i
- **Clean Energy**, sponsored by Hawaiian Electric
- **Commit to Be Fit**, sponsored by State of Hawai‘i DOH Chronic Disease Prevention and Health Promotion Division
- **Creating Peace**, sponsored by Rotary Club of Honolulu
- **Family Emergency Preparedness - Prepare NOW**, sponsored by Hawai‘i DOH Office of Public Health Preparedness
- **Free Speech**, sponsored by ‘Ōlelo Community Media’s 30<sup>th</sup> Anniversary Team
- **Jump Start Your Day with a Healthy Breakfast**, sponsored by State of Hawai‘i DOE and Hawai‘i Appleseed Center for Law & Economic Justice
- **Magic of Community Engagement**, sponsored by Hawai‘i DOE Community Engagement Branch. This category has a general AND expert contest.
- **Maka‘ala Kākou: Safeguarding Our Schools**, sponsored by DOE Communications Branch and DOE Safety and Security Branch

(Continued on page 6)

## Other Opportunities continued...

(Continued from page 5)

- **Preventing Bullying – Together with Aloha**, sponsored by DOE Office of Student Support Services
- **Storm Drain Dumping – See It, Report It**, sponsored by City & County of Honolulu Department of Facility Maintenance
- **The Value of Water**, sponsored by Honolulu Board of Water Supply
- **Traffic Safety**, sponsored by GEICO Hawai'i and State of Hawai'i DOH EMS & Injury Prevention System Branch

**NOTE:** Sponsored Category Flyers are available on our 2020 Youth Xchange webpage:

<https://olelo.org/yxc2020/>.

All entries must be uploaded to Olelo's OmniContest site by 11:59 p.m. HST on **Friday, February 7, 2020**. The 17<sup>th</sup> Annual Youth Xchange Awards Banquet will be held on April 14, 2020. Should you have any questions, please do not hesitate to contact a member of our team.

Mahalo nui loa!

### Youth Xchange Management Team

'Ōlelo Community Media  
1122 Māpunapuna Street  
Honolulu, HI 96819  
(808) 237-2189, ext. 8  
[www.olelo.org](http://www.olelo.org)

### Prudential Spirit of Community Awards

The Prudential Spirit of Community Awards honors young people in grades 5-12 for making meaningful contributions to their communities through volunteer service. Top honorees receive scholarships and an all-expenses paid trip to Washington, D.C. for national recognition events. Application deadline is November 5, 2019!

### November

- 1 4-H Re-Enrollment Due, Club Program Plans Due
- 2 Agriculture & Environmental Awareness Day—4-H Booth, Urban Garden Center, 9-11:30 am
- 10, 24 Clover Life Skill Builders 4-H SPIN Club, UH-Manoa AgSci 219, Sundays 2 pm-3 pm
- 10, 24 CHEFs 4-H SPIN Club, Moanalua High School, F203, 2:30-4:30 pm
- 17 CHEFs 4-H SPIN Club, Farrington High School (FHS), A122, 2:30-4:30 pm
- 9, 23 Oahu 4-H Shooting Sports—Archery Club, Kualoa Ranch, Saturdays, 12-1 pm for 12-19 years old, 1-2 pm for 9-11 years old
- 20 Technique Workshop (for the Food Show) FHS A122, 6-7:10 pm
- 28 Thanksgiving Day



### December

- 1 Clover Life Skill Builders 4-H SPIN Club, UH-Manoa AgSci 219, Sundays, 2-3 pm
- CHEFs 4-H SPIN Club, Moanalua High School, F203, 2:30-4:30 pm
- 7 Oahu 4-H Shooting Sports—Archery Club, Kualoa Ranch, 12-1 pm for 12-19 years old, 1-2 pm for 9-11 years old
- 25 Christmas Day—Merry Christmas!

Happy  
Holidays!

Have a wonderful Thanksgiving and Christmas holidays and an awesome start of the 2020 New Year!

From the Oahu 4-H Office

Steve Nagano

4-H Livestock Extension Agent

Kate Eickstead

Military 4-H Program Coordinator

Christine Hanakawa

4-H Assistant Extension Agent

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*[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.*