

Oahu County 4-H
Youth Development Program
1955 East West Rd.,
AgSci 217
Honolulu, HI 96822
(808) 956-7196

A program of



COOPERATIVE EXTENSION SERVICE
COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES
UNIVERSITY OF HAWAII AT MĀNOA

Oahu 4-H Newsletter

September-October 2020

September

- 8, 19 Virtual 4-H 101 Training,
5:30-8:00 pm, see page 2 for more
details
- 13, 17 Virtual 4-H Curriculum Training,
1:30-3:30 pm, see page 2
- 13, 20 Personal Development 4-H SPIN
Club (Virtual), 4:00-5:00 pm
- 20 Oahu 4-H Organization Meeting,
2:00-4:00 pm (Zoom)

October

- 4 Virtual Children and Youth Day,
10:00 am-3:00 pm
- 5-9 Virtual National 4-H Week
—Fall Break—
- 10 Virtual 4-H Rally Day
- 13, 18 Personal Development 4-H SPIN
Club (Virtual), 4:00-5:00 pm
- 18 Executive Board Meeting,
2:00-4:00 pm (Zoom)

Check the updated calendar on the Oahu
4-H webpage at:

[http://manoa.hawaii.edu/ctahr/4h/
programs/programs-by-county/oahu/](http://manoa.hawaii.edu/ctahr/4h/programs/programs-by-county/oahu/)
Facebook: [https://www.facebook.com/pg/
oahu4h/](https://www.facebook.com/pg/oahu4h/)

Instagram: @oahu4h

Message from Oahu 4-H Organization President

Hey 4-Hers! Hawaii is headed back to school, but for many of you this school year is going to look a lot different. While at home learning and social distancing, remember the 4-H's:

HEAD - Make sure to study and work hard in school even though you can't go to class in person.



HEART - Be kind to your family. Things are hard for them right now too, and while you're all together, getting along is really important.

HANDS - Help around the house. Keep things tidy. Working hard to have a clean environment will help with concentrating for school and other things.



HEALTH - Remember to exercise and eat well, even though it can be easier to relax and snack.

Even though things have changed, we still have a lot coming this year in 4-H so be ready!

Nora Black

Oahu 4-H Organization President

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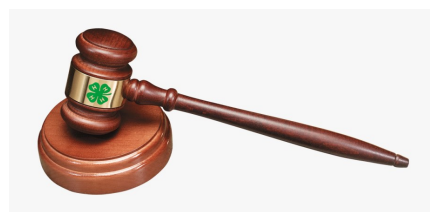
Oahu 4-H Organization Meeting

Calling all Oahu 4-H youth members and volunteers (both Livestock and Non-Livestock clubs)! You are invited to join us at our first organization meeting with our new Executive Board! For voting purposes, please make sure to assign no more than one adult volunteer leader and 2 youth members to be able to represent your 4-H club at the meeting.

Sunday, September 20th at 2:00 pm-4:00 pm via Zoom

An agenda and Zoom registration link will be sent by email to the club leaders and volunteers. They will share the message to their clubs.

Hope to see all of the Oahu County 4-H Clubs at this Zoom meeting!



Virtual Fall 2020 SPIN Clubs

Fall 2020

Our Fall SPIN clubs are scheduled for:

Personal Development

Sundays on Sept 13 and 20; Oct 13 (Thursday only) and 18; Nov 1 and 15; Dec 6 at 4:00-5:00 pm

Youth will engage in fun, hands-on activities and games focusing on goal setting, team building, and communication skills. They have the opportunity to make new friends too! (For children 9-13 years old)

Cost: FREE



SPIN
SPecial INterest Clubs

Basic Sewing

(9-13 year olds, cost to be determined)

Fashion Design/Communication

(age and cost to be determined)



Certain dates may be subjected to change

Please complete the [4-H SPIN Club Interest Form](#) if interested in any possible 4-H SPIN Club.

If interested in the Personal Development 4-H SPIN Club, please complete the interest form before by
Wednesday, September 9th.

After completing the interest form, an email will be sent to you with more information and the link to the online 4-H Enrollment system.

For more information, call (808) 956-7196 or email chanakaw@hawaii.edu or go to the Oahu 4-H SPIN Club website at <http://manoa.hawaii.edu/ctahr/4h/programs/programs-by-county/oahu/spin/> to be updated on the current 4-H SPIN Clubs.

Christine Hanakawa

Upcoming Virtual Volunteer Trainings

As COVID-19 pandemic and stay-at-home/work-at-home orders continue with uncertainty, Oahu 4-H will be offering the following Virtual Volunteer Trainings via Zoom for volunteers and community partners:

Virtual 4-H 101

A general overview and resource guide for youth development staff or volunteers who are starting new 4-H clubs, working with existing clubs, or are new volunteers. Parents of 4-H members are also welcomed to participate!

4-H 101 merges the basic concepts and principles of effective youth development delivered in a non-formal (out of school) setting with the "nuts and bolts" information needed to manage a 4-H program. There will be a few hands-on learning experiences.

Tuesday, September 8th at 5:30 pm-8:00 pm,
[register here](#) or
Saturday, September 19th at 2:00 pm-5:30 pm,
[register here.](#)



Virtual 4-H Curriculum

A free workshop on a variety of 4-H curricula! This workshop is for new or returning 4-H volunteers, community agencies or organization staff, educators, and whoever works with youth and are interested in using the 4-H curriculum!

As an adult leader, you can help youth develop life skills and broaden their experiences! Also, be able to check out some of the new 4-H curriculum and learn how to convert activities to be engaging on an online platform!

Sunday, September 13th at 1:30 pm-3:30 pm,
[register here](#) or
Thursday, September 17th at 6:00 pm-8:00 pm,
[register here.](#)



Project Spotlight: Consumer Savvy Series

Become a savvy consumer! Youth will experience what it means to be a consumer through saving, spending, and sharing. They will also practice decision making, learn about advertising, and understand how to be a smart shopper online. Supplemental materials are available to help volunteers facilitate learning situations for various ages of youth. Numerous group activities are included to help youth develop essential life skills as they pursue interest in consumer education.

The Consumer Savvy curriculum is available to borrow from the Oahu County Office, 956-7196, or email chanakawa@hawaii.edu. It is also available to purchase from <https://shop4-h.org/products/leap-into-careers> through a new digital platform. This upgraded digital experience not only creates an accessible, engaging, and interactive reading experience where users can highlight text, take notes, create flashcards, and more, but it also helps to provide educational resources at a more affordable price. If you do not have access to the current 4-H Juried Curriculum project books, you can order these downloadable files at [Shop 4-H Digital Library](#).



Events Coming Up

October 4th from 10 am-3 pm Children and Youth Day (CYD) goes virtual! Go to <https://hawaicyd.org/>, more details to come. The Hawaii State 4-H Program will have a virtual booth and a STEM challenge video for families to participate in the comfort of their own home! Please stay tuned at our Hawaii State 4-H Website <http://manoa.hawaii.edu/ctahr/4h/> for more details! CYD will be our kick-off to start our National 4-H Week.

October 4th-10th Virtual National 4-H Week: More details to come soon.

October 10th Virtual 4-H Rally Day may be a joint event with the other counties. Rally Day is a time to showcase the different 4-H projects to the public. More details to come.

27th Anniversary
Hawaii children & youth day

VIRTUAL EXPERIENCE
Theme: PILINA
FREE - Sunday October 4, 2020 at hawaicyd.org
Register Now!

All attendees who register before 9/18/20 will be automatically entered into a drawing for \$100 Apple Gift Card

Nā Hopena A'o (The results of learning)
Hā: BREATH
Belonging
Responsibility
Excellence
Aloha
Total Well-being
Hawaii

GOLD SPONSORS

NATIONAL 4-H WEEK
OCTOBER 4-10, 2020

4-H Military Partnership Photography Club

Hawaii 4-H Military Partnership



Photography Club

Hey,
6th-12th graders,
Looking for something to do
during this time of social
distancing?

Join our 4-H Military Partnership Photography Club

This club is for military connected youth, from any branch, that want to learn photography, videography and blogging!

Club is free! Youth must have access to Google Classroom and use their own camera. This club is designed to allow for any type of camera to be used including phone and tablets.

The club will have weekly activities that will build photography skills. The club will have monthly zoom meetings to discuss photo projects. This club is flexible and allows participants to work on photography at their own pace.

Questions? Contact Kate Eickstead
4-H Military Partnership Coordinator
kkeick@hawaii.edu

Visit our website to register or scan QR code
<http://go.hawaii.edu/b7A>



COOPERATIVE EXTENSION
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The 2020 Back-to-School List for Teens' Emotional Well-Being

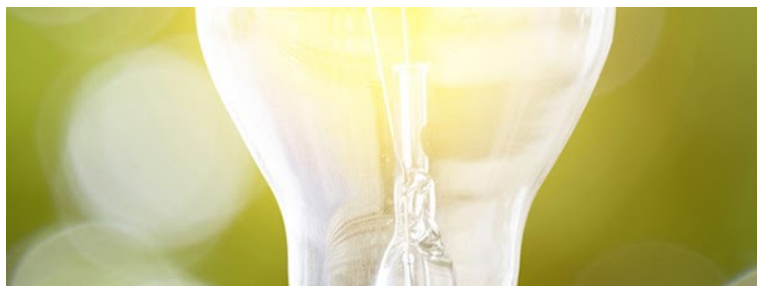
National 4-H Council Study was cited in the New York Times article on Teen Emotional Well-Being. Their recent Teen Mental Health survey found that 61% of teens reported feeling more lonely as a result of the pandemic. Learn more about back-to-school emotional wellness in an article from [The New York Times](#).



Other Opportunities

NEW STEM LAB ACTIVITY: DIY FLASHLIGHT

Check out the latest STEM Lab activity and share it with your 4-H'ers. The DIY Flashlight activity, sponsored by HughesNet, teaches easy at home circuits for kids ages 10-12 and would be a great addition to any campout.



Other Opportunities, continued

START THE 4-H STEM CHALLENGE WITH A FREE ACTIVITY

Journey to the Red Planet in this year's #4HSTEMChallenge, Mars Base Camp. The four included activities allow kids to explore Mars in exciting ways like targeting the perfect landing zone, building a rover and growing food to sustain their mission team. Get started right away with the FREE activity, Insight from Mars, that teaches kids to code using CS First and Scratch.



YOUTH FOR OAHU MINI-GRANTS

Middle school, high school, and college students are invited to apply for mini-grants to support service activities!

Youth For Oahu Mini-Grants can fund new or existing activities focusing on any topic (i.e. support for veterans, land and water preservation, intergenerational connections, healthy communities, etc.). Applicants are encouraged to involve additional youth volunteers while complying with CDC guidelines. Grantees must attend the Youth For Oahu Kick-Off on September 11th and complete projects by the end of October.

Mini Grant Categories

- Individual (up to \$100)
- Small Group – 2-6 youth (up to \$250)
- Large Group – 7+ youth (up to \$500)

Timeline

Applications will be accepted on a rolling basis, but you are encouraged to submit your idea as soon as possible.

Youth For Oahu Kick-Off (virtual): Sept. 11 at [10am](#) & [4pm](#)

- **Deadline to Apply: Sept. 18th at midnight**
- Mini-Grants Awarded: Sept. 21st or earlier
- Complete Projects by: Oct. 31st

Apply today at www.youthforoahu.org/grants

The Youth For O'ahu Mini-Grants is a student-led initiative to elevate youth voice through service and civic engagement. The initiative is backed by a growing coalition of community partners with financial support from Youth Service America and Blue Zones Project Hawaii. For more information, visit www.youthforoahu.org.

Foodland "Give Aloha" Program

1 – Make a donation to Hawaii 4-H Alumni Association (up to \$249) at any Foodland or Sack N Save checkout from September 1-30, 2020.

2 – Foodland and Western Union Foundation will match all donations up to a total of \$250,000 for all organizations combined.

Our Organization Code is 78365, Maui 4-H Organization Code is 78105.

Mahalo for your support! Hawaii 4-H Alumni Association

Hawaii 4-H Alumni Association

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