



Oahu 4-H Newsletter

November

- 1 Hawaii State 4-H Alumni Association Meeting, 6 pm
- 5 4-H Shooting Sports Certification Training, Part 1 of 2, Virtual Training (Required in order to complete hands-on training), 6-9 pm
- 11 4-H Shooting Sports Archery Level 1 Certification Training, Part 2 of 2, in person, 8 am-5 pm at Waimanalo Research Station
- 15 Last Day for 4-H Re-Enrollment on Z-Suites**
- 18 Oahu County 4-H Livestock Committee Meeting, 7 pm via Zoom
- 20 Oahu 4-H Organization Meeting, 2-4 pm via Zoom
- 25 THANKSGIVING DAY (Holiday)



December

- 25 Christmas (Holiday)
 - 31 Last Day for New Livestock Member Enrollment
- Merry Christmas!**



November-December 2021

Message from Oahu 4-H Organization President

Happy Fall everyone! The holiday season is approaching fast, can you believe the year's almost over? Thank you to everyone who participated in the 4-H Spirit Week in October! It was great being able to see photos of what all of our 4-Hers have done. Look on the 4-H Facebook or Instagram to see all the



entries for the Pumpkin Decoration Contest. They were all very creative and unique. Please save the date for the next 4-H Organization meeting!

Rylie Ann Hashizume
Oahu 4-H Organization President



Congratulations Pumpkin Decorators!

Grand Champion Pumpkin Decoration goes to Rylie from Friendship Magic 4-H Club who submitted her "Constellations" pumpkin for a well-thought out and creative entry!



Jayden from Friendship

Magic 4-H Club received Runner-Up for his "Big Nose" pumpkin for a funny and creative use of the pumpkin stem as the nose!



Our only giant pumpkin entry was submitted by Matthew for his "Mr. Pimple" pumpkin to participate in the Cloverbud Showcase. He was able to display his giant pumpkin at his school.



Inside this issue:

Message from the President	1
Congratulations Pumpkin Decorators!	1, 4
In Loving Memory—Rose Saito	2
Project Spotlight: Shopping Savvy	3
Oahu 4-H Organization Meeting	3
Life Skills Behind Blogging	3
Recap n 4-H Spirit Week, October 4th-8th	4-5
Meet Our 4-H Military Members	5
Cooking Demo with Celebrity Chef Aaron Sanchez	5,6
4-H at Home Activities	6

(Continued on page 4)

In Loving Memory—Rose Saito

Rose Saito was born and raised on Maui. She started working at CTAHR as an Extension Home Economist in 1974 and retired in 2014, after 40 years of service.

During her tenure in Oahu County, she developed exceptional educational programs which focused on 4-H youth development. She expanded her 4-H program to integrate more senior citizens (retirees) as volunteers, as she believed retirees had a wealth of knowledge and a strong willingness to share their vast experiences. She trained volunteers in the areas of food and nutrition so they could assist with her outreach programs in schools and local communities, teaching youth basic life skills. Her work was recognized with a Distinguished Service Award by the National Association of Extension Home Economists.

Rose was a lifelong educator and engaged herself with all aspects of County Agent work. She never stopped learning new things. She served as an excellent role model in working across academic departments and disciplines. In addition to working on 4-H and family consumer science issues, she worked with young agricultural Extension agents in developing standards for food processing and taste testing, ex. poi, Māmaki/green tea, eggplant, daikon, hydroponics lettuce, etc.

Rose loved to cook and eat local kine grinds. She baby sat her grandchildren, swam at the local community center, and enjoyed traveling in her free time. She looked forward to traveling with Chef Alan Wong on his many Connoisseur's cruises. After returning from her travels, Rose would prepare a gourmet lunch buffet for

faculty, ag technicians and starving students at the research station using locally grown ingredients infused with different ethnic foods from her travels. Nothing was wasted, food trimmings were fed to her beloved vermicomposting worms.

Rose touched many lives at CTAHR. We are deeply saddened to hear the news of her passing. Her passion for education, food and youth development left a lasting impression on many hearts. Her colleagues will dedicate a tree in her honor at UGC, a place where she dedicated a lot of her time. We will

surround it with love, aloha and some of her prized vermicompost.

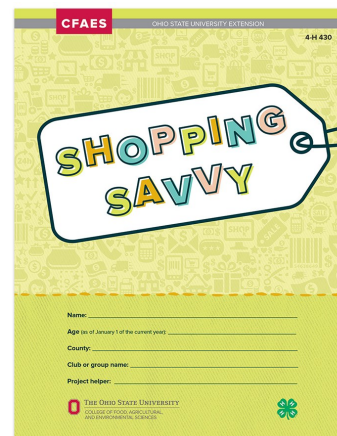
*Jari Sugano,
Oahu County Extension
Administrator*



Project Spotlight: *Shopping Savvy*

Christmas and the New Year is coming around the corner and it will be time to take out the old and bring in the new clothes!! This fun and informative project is for members with some clothing project experience. After members take stock of their current wardrobe, they compare different brands of the same clothing item, study current fashion trends, learn proper clothing care and, of course, go shopping! This project does NOT involve sewing or clothing construction skills.

The Shopping Savvy Curriculum is available to borrow from the Oahu County Office, 956-7196, or email chanakaw@hawaii.edu. You can also buy online from <https://shop4-h.org>.



Oahu 4-H Organization Meeting

Saturday, November 20th at 2:00 pm-4:00 pm via Zoom

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.



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. The first hour to hour and a half will be the general meeting and meeting for 4-H volunteers to follow. We are looking to make decisions on a December community service project and plans for the Food Show and Communication Fair for 2022! Hope to see all of the Oahu County 4-H Clubs and Volunteers at this Zoom meeting!

Christine Hanakawa

Life Skills Behind Blogging

Our 4-H Virtual Photography club is exploring blogging. Participants of the club decided to take their skills to the next level by learning how to take their photos and tell a story through blogging. Not only is photography a main theme in our club but we are able to add in creative arts, design, writing skills, computer skills and media literacy into our club, besides not to mention, time management, self discipline and organization that goes along with learning something new.

Our club is working on creating a 4-H Club Blog as a final project with some members creating their own personal blogs.

We can't wait to share our 4-H Blog when it goes live. Stay tuned!

Join our Club! Our club is always recruiting! Our club is flexible and allows youth to work at their own pace. To learn more go to our webpage! Or contact Kate at kkeick@hawaii.edu.

Leaders and volunteers, if you are interested in learning more about photography and blogging feel free to contact Kate at kkeick@hawaii.edu to talk story about this project area for your club.

<http://manoa.hawaii.edu/ctahr/4h/4h-hale-learning/hawaii-military-4-h-virtual-photography-club/>

Kate Eickstead



Continued...Pumpkin Decorators

(Continued from page 1)

“Jack” pumpkin (on the right) was submitted by Kaycie for the Cloverbud Showcase. This is her first County Contest to participate as a new 4-H Cloverbud with Friendship Magic. She did an awesome job decorating her pumpkin!



Also, welcome to our semi-new Cloverbud, Dallas from the Clover J's Livestock 4-H Club, entering his “Black Night” pumpkin (on the left). He is starting his 2nd year with 4-H. His dark and cool pumpkin is part of the Cloverbud Showcase for the 2021 Pumpkin Decoration Contest.

All of the participants did a wonderful job in decorating their pumpkins! We hope to have another contest next year in person!

Many thanks to the University of Hawaii at Manoa's College of Tropical Agriculture and Human Resource Oahu County Extension for the prizes and goodie bags and to the Hawaii FFA—Hannah, Siyoung, and Vheena for judging this contest! Also a big mahalo to the Giant Pumpkin Contest Planning Team for extending this extra contest to show off these artistic and creative ways to show off pumpkins!



Christine Hanakawa

Recap on 4-H Spirit Week, October 4th-8th

October 4th—Wear green and white



October 5th—
Find a 4-leaf clover



October 6th—
Wear a 4-H
clover club
uniform or
something with
a 4-leaf clover

(Continued on page 5)



Projects 20/21



Photography
STEM
Junior Master Gardener
Cooking

Leadership:
4-H Photography Club President



Hawaii 4-H

Meet Our Military 4-H Members

Meet: Kaylie Hara

Branch of Service: Navy



4-H Highlights

My highlight of this year was finding a new skill I never knew I had.



What I ❤️ about 4-H

I love that 4-H has so many options on things to learn about. I've learned a lot in many different 4-H clubs.

1st Year in 4-H!

Continued...4-H Spirit Week

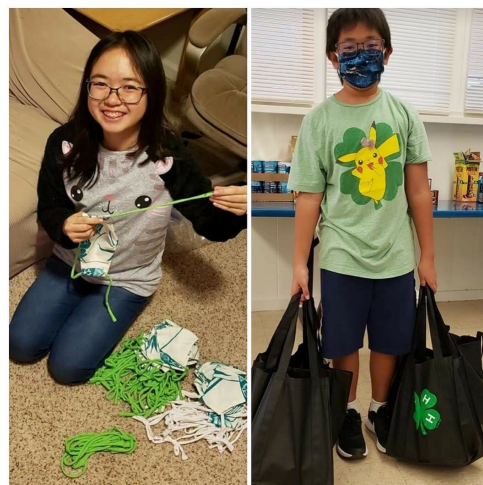
(Continued from page 4)



←October 7th—First Year in 4-H photo
[Debbie Eguire's first year as a 4-H volunteer leader]

October 8th—Wear your 4-H accessories—>
[Sewing 4-H masks and using 4-H tote bags for the Collection Drive last year]

Thank you to the Oahu 4-H Organization for hosting a fun 4-H Spirit Week!



Cooking Demo with Celebrity Chef Aaron Sanchez

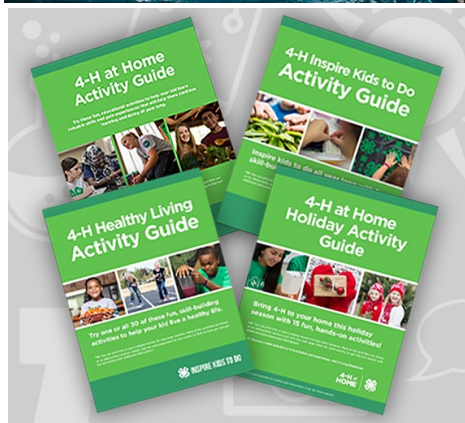


View a recording of a cooking demo with celebrity Chef Aarón Sánchez and NC 4-H'er Guillermo Estrada. They are teaming up to make chicken with a "Chipotle Love" sauce and sauteed hominy with pico de gallo. Yum! Thanks to support from the Walmart Foundation. [Click here or the "Food & Fiesta" graphic above to view the video recording!](#) This is a wonderful chance to view a professional and celebrity chef demonstrating a recipe. Take notes and prepare for our Oahu 4-H 2022 Food Show or Cooking Video Challenge!



GET IN GEAR

Assemble and test different gear sets to see how small actions can create big movements.



FOOD SYSTEMS DETECTIVE

Find out where your food comes from, and where it goes when you're done with it! For kids in grades 7-10.

4-H AT HOME ACTIVITY GUIDES

Get your free activities to spark curiosity in your kids! Check this link once in a while to see any new additions to the activity guide list! There are over 150 fun, hands-on, educational activities for kids of all ages.

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.