



Oahu 4-H Newsletter

January-February 2022

January

- 8 Executive Board Meeting, 3-6 pm
- **Community Service Project—Collection Drive, postponed
- 9 4-H Livestock Beef Ear Tagging & Screening #1, 9 am
- 13 Oahu County 4-H Livestock Committee Meeting, 7 pm via Zoom
- 17 *Martin Luther King Jr. Day (Holiday)*
- 21 4-H 101 Volunteer Training, 6:30 pm-9 pm via Zoom



Message from Oahu 4-H Organization President

I hope everyone had a wonderful holiday season!

2021 was a challenging year, from doing zoom meetings to virtual events. Each one had it's unique challenges, but we were able to work through them together.

Coming up this year, we have a community service project where you can donate items at the Urban Garden Center, to give to a shelter and/or Shriner's hospital. Date and time to be announced.

Let's have a wonderful 2022!

Rylie Ann Hashizume
Oahu 4-H Organization President

February

- 4 4-H Curriculum Training, time and venue to be announced
- 14 *Happy Valentine's Day!*



- 19 Oahu 4-H Organization Meeting, 2-4 pm

Next Oahu 4-H Organization Meeting

Next Oahu 4-H Organization meeting will be on:

Saturday, February 19th

2:00 pm-3:30 pm

3:30-4:00 pm Volunteer Leader's Meeting via Zoom

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Please make sure that your 4-H Club sends at least 2 youth and an adult to represent your club at the meeting. Please contact your 4-H Club Leader for the agenda and Zoom Link.

Christine Hanakawa

Volunteer Trainings & 4-H UGC Work Day

4-H Volunteer Trainings will be available:

- 4-H 101 Training : **Friday, January 21st**, 6:30 pm-9:00 pm via Zoom—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.
- 4-H Curriculum Training: **Friday, February 4th**, date and time may be subject to change—learn by doing so that as a volunteer, you can help youth develop life skills and broaden their experiences! Also check out some of the new 4-H curriculum!

Sunday, January 23rd from 2:00 pm-4:00 pm at the Urban Garden Center will be a Community Service Work Day. Please email Christine at chanakaw@hawaii.edu for more information and if you and/or your family is interested in helping out in our garden!

Christine Hanakawa

2021 Collage



Many thanks to our wonderful 4-H volunteer leaders, alumni, our youth and their families, and all of our community partners and supporters! 2021 was a challenging year, but we were able to get through it! We look forward to the new 2022 year!

Project Spotlight: Bicycle Series

The activities in the Helper's Guide are designed for group learning and may be used at any time with the Level 1 or Level 2 books. Groups will organize group rides, practice bicycle skills, and play fun bicycle games.

Learner outcomes for the Bicycle Series are:

- Demonstrate safe cycling skills
- Repair and maintain a bicycle
- Plan and participate in cycling activities and events
- Practice the life skills of decision making, leadership, planning and organizing, and communications

Bicycling for Fun is for beginning riders who will learn the essentials for getting started safely and successfully. There are 15 activities on topics such as wearing protective equipment, fitting a helmet, identifying bike parts, choosing and fitting a bike, braking, identifying traffic signs, locating road hazards, and planning a bicycle trip. Grades 3-5.

Wheels in Motion is for youth to learn advanced skills as they explore their surroundings. There are 15 activities on topics such as shopping for a bike, performing specialized repairs and maintenance activities, shifting gears, riding a bike safely at night or in bad weather, learning about good nutrition for cyclists, and becoming involved in advocacy for bicycling. Grades 6-8.

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



Hiring: 4-H Camp Program Assistant

WE ARE HIRING!

Positions:

4-H Camp Program Assistant

Part-Time/Temporary Position

March 1st to July 1st, 2022

Requirements:

- ✓ High School Diploma
- ✓ Working cooperatively with the team

Sent your resume to :

kkeick@hawaii.edu

More information:

Email Kate at kkeick@hawaii.edu

Do you enjoy nature and play?

Looking to hire for a 4-H Program Assistant!

Join us in offering amazing camp programs!

The position is for 19 hours a week for 4 months. No experience needed, just a desire to learn! We will train you!

Send your resume to kkeick@hawaii.edu.

For more information, email Kate at kkeick@hawaii.edu.

Military 4-H Opportunities

Serve Your Community * Use Your Creativity* Have a Blast* Meet New Friends

4-H TEEN LEADERSHIP

Seeking Youth in grades 6th-12th to serve as Day Camp Leaders for the 4-H Air Force Spring Break Day Camp 2022!

Teen Leader Training: Sunday March 6th, 2022
9am-2pm

Powerful Pollinators Day Camp: March 14th-18th
7:30am to 4:30pm

Both training and day camp
will be at Urban Garden Center

More Information Click [Here](#) or scan QR Code:

For more informatin contact
Kate at kkeick@hawaii.edu



You do not need to be a 4-H member or military affiliated to participate. Open to all Youth on Oahu in grades 6th to 12th.

Mentor Younger Youth * Share Your Skills and Talents* Learn Public Speaking and Leadership technique



Hawaii 4-H Military Partnership

Wounded Warrior Camp:
Adventure in Paradise
June 19th-24th, 2022

Dependents of severely ill, injured or wounded soldiers are invited to spend a fun filled week on the North Shore of Oahu.

Youth campers will enjoy recreation and respite at YMCA Camp Erdman. This adventure will include high ropes course, mindfulness exercises, swimming, hiking, crafts, and recreational camp games.

Through outdoor recreation and adventure, youth will learn from the setting and the environment Hawaii has to offer. They will have the rare opportunity to use Hawaiian studies and practices to learn about sustainability through a focus on 'āina a me kai (land and sea) as well as mālama pono'i (self-care). Join us this summer for an unforgettable adventure.

Camp is opened to youth going into grades 6th-10th in Fall 2022. If interested in attending camp please fill view our website and fill out Interest form. Scan QR Code to access website.

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

Please contact Kate Eickstead at kkeick@hawaii.edu for more information or questions.

Cost of camp and airfare is covered through grant partnership with the 4-H Military Partnership and U.S. Army. Families will pay only a \$30 registration fee.



Hawaii AgDiscovery



USDA and University of Hawaii at Manoa **Hawai'i AgDiscovery**

what: Learn about careers in agriculture

where: University of Hawai'i at Manoa

when: July 10–23

who: High students in grades 9-11

how: Apply Online: www.aphis.usda.gov/agdiscovery



Application Deadline March 31, 2022

@hiagdiscovery





FRESH CHEFS

What's better than cooking at home? Making meals that are both inspired and easy to make. This collection of recipes from the 4-H community hits those marks on every page.

Featuring nearly 50 recipes from 4-H'ers, supporters, and 4-H alumni — including celebrity chef, author, and Tennessee 4-H alumna Carla Hall — the Fresh Chefs digital cookbook includes healthy everyday recipes and celebratory dishes for youth and families to enjoy.

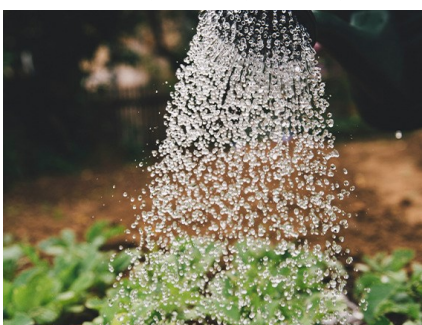
Dig in to discover recipes for every occasion, starting with a few of our favorites below.

Fresh Chefs was made possible by generous support from the Walmart Foundation.



RETHINKING SUGARY DRINKS

Learn which beverages are healthy and hydrating.



TEST OUT HYDROPONICS

Growing plants without dirt? Learn about the strange-but-true science of hydroponics.



LEAVE NO TRACE

Learn how to play in nature while protecting it at the same time.

Donate to the Oahu 4-H Organization Community Service

The Executive Board will be collecting donations and will deliver these items to those in need, either at a shelter and/or Shriner's Hospital. Donate the following items:

- gently used books--please tie 3-4 books in age appropriateness, i.e. preschoolers 3-4 year olds, 5-6 year olds, 7-8 year olds, etc.



- pre-packaged snacks (make sure that snacks are good before the expiration date)
- activity kits--make an activity kit for kids to make something, providing materials and instructions. If you can indicate what ages these kits would be used for. You can also get ideas from the 4-H at Home website and their Activity Guides: <https://4-h.org/about/4-h-at-home/> Here are some possible activity kits:
- 4-H Healthy Living Guide--Don't Worry Journal pg. 3
- 4-H Kids Inspire to Do Activity Guide--Paper Crafting pg. 14, Fun and Tempting Math pg. 14, Wind Energy pg. 16, Origami Cube pg. 16
- 4-H At Home website: [Solar Oven](#), [Smoes](#), [Drawstring Treat Bags](#), [Friendship Bracelets](#).

Drop off dates and times will be announced later. Email Oahu 4-H Organization at oahu4h@gmail.com for any questions.

Christine Hanakawa

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