



Oahu 4-H Newsletter

March-April 2022

March

- 1 Livestock—YQCA Deadline for all animals except steer projects
- 3 Oahu County 4-H Livestock Committee Meeting, 7 pm via Zoom
- 5 Executive Board Meeting, 2-4 pm at Urban Garden Center (UGC)
Collection Drive Day 1, 3-5 pm at UGC
- 6 Collection Drive Day 2, 1-3 pm at UGC
- 12 UGC Work Day, 9-11 am at UGC
- 19 Cooking Video Challenge Entry Deadline
- 14-18 Military 4-H Spring Day Camp: Powerful Pollinators at UGC
- 20 4-H Livestock Hog Ear Tagging, 9 am
County Livestock Possession Deadline
- 25 UGC Work Day, 9-11 am at UGC

April

- 3 Cooking Video Challenge Awards Ceremony, 3-5 pm at UGC
- 4 Hawaii 4-H Alumni Association Meeting, 6 pm, Virtual and location TBD
- 9 State Livestock Eartagging & Steer Screening #2, time TBA
Oahu 4-H Organization Meeting, 2-4 pm via Zoom
- 24 Communication Fair (tentative)

Message from Oahu 4-H Organization President

Happy Spring!

Spring is the season of new beginnings, and also, warmer weather. Did you know Hawaii had record low temperatures this winter? I, for one, can't wait for spring to arrive. I hope you're keeping up with your record books, they're due in just a few months!

If you've already started your spring cleaning, consider donating to our collection drive at the UGC on March 5th and 6th. You can donate items like gently used books, stuffed animals, snacks, and even canned goods.



Rylie Ann Hashizume
Oahu 4-H Organization President

Next Oahu 4-H Organization Meeting

Next Oahu 4-H Organization meeting will be on:

Saturday, April 9th, 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

UGC Work Day

Saturday, March 12th and Friday, March 25th from 9 am-11 am at the Urban Garden Center will be a Community Service Work Day. If you and/or your family is interested in helping out in our garden, sign up at <https://www.signupgenius.com/go/10C0A4EA5AC29ABFA7-march>. The sign up site will have a list of different jobs.



Left: Big thank you to the 4-Hers who picked up rubbish and pulled weeds throughout UGC and the 4-H Project Garden in February. Thank you to the adult volunteers too!

Connecting with School Communities

This month, Oahu County Extension and 4-H hosted students from Pearl City and Waipahu High Schools at the Urban Garden Center. This event was created to teach youth valuable agricultural practices.

On Friday February 11th Pearl City students from the Culinary, Hospitality and Natural Resources Academies Club divided into sections to explore the gardens and attend workshops. Workshops included the creation of flower arrangements, harvesting of tea leaves and a close-up view into several methods of composting. When asked which method of composting was most interesting, students agreed on vermicompost. They also competed for the title of “best flower arrangement” and were able to get hands on with composting methods. Each group was able to create their own small compost containers meant for those with little or no yard space.

A Pearl City High School student shared that the UGC field trip changed their views about agriculture. “It changed my perspective of Agriculture in many ways. Because I was able to see how easy it is to connect to reusing everyday objects within our daily lives. I would be able to make mini composts at home with just brown paper bags and expired vegetables instead of just throwing it away. It just showed me how important and easy it is to apply it to my life and how much it can affect the environment if I do.”



Ag Extension Agents Josh Silva and Amjad Ahmad taught about the different types of soil and about soil health.

view of what it takes to create compost tea. Students also planted different types of lettuce in the vertical garden portion. Afterwards they sampled soursop, egg fruit and sapodilla grown on the property.

My feedback: It was wonderful to see the interaction between the mentors and students. I was excited to share information with them and learn from them. I learned new information about compost tea and different ways to process it before use. I was also fascinated about the vertical garden. I have never seen something like that. It was fun to see the students plant lettuce!



4-H Intern Samantha Garcia is showing students the vermicomposting bin at UGC.

Another student shared that they would replicate in their school agriculture field with “different compost methods definitely or even formatting the school garden similar to how they did it. One thing I found handy was having little faucets around the garden, for easier access to water.”

On February 14th Waipahu High School’s Natural Resource Academy students attended events at the Urban Garden Center. They participated in activities focusing on soil nutrient management, vertical garden workshop and fruit sampling from the gardens. Each workshop offered its own unique view of what agriculture can be. In the soil nutrient portion, participants got a

Samantha Garcia, 4-H Intern



Project Spotlight: Grill Master

Want to take a different step in cooking outside of your home? Progress from grill apprentice to grill master as you focus on the safe use of a grill while preparing delicious meals. By completing six activities and a selection of recipes, you’ll learn about appropriate portion sizes, cooking meat to safe temperatures, and using gas and charcoal accessories, all while learning to prepare a complete meal. Includes related recipes. Because of the grill, recommended for youth ages 11 and above.

The Grill Master Curriculum is available for borrowing from the Oahu County 4-H Office, 956-7196, or email chanakaw@hawaii.edu. You can also buy online from <https://shop4-h.org>.



Hawaii 4-H Alumni / Weinberg High School Senior Scholarship

Scholarships of up to \$1,500 (\$750 for community or junior college) will be awarded to current 4-H members who have completed at least one year of 4-H work prior to March 1 of the year the application is received and have met the Weinberg family income requirements. The applicant will need to be enrolled full-time in their freshman year at an accredited college, university, technical, or trade school in the fall of the year the applications are due.

Contact Christine Hanakawa, Oahu 4-H Agent for the application form which is due on April 1st.

Photography in the Garden

WORKSHOP

SATURDAY APRIL 2, 2022

9AM TO 1PM

AT UNIVERSITY OF HAWAII
URBAN GARDEN CENTER

Celebrate Month of the Military Child with 4-H!
We will use the Urban Garden Center as our backdrop for a 4-H photography workshop. Learn photography skills, make friends, be in nature and learn about 4-H.

This 4-H Workshop is open to all Department of Air Force affiliated youth on Oahu in grades K-12th.

Workshop is free. Registration is required.

Covid-19 Vaccination or Negative Test Required for Participation.

Youth must bring their own camera and lunch.

Space is limited. Sign up by March 30th, 2022.

More information and Sign up at

<https://sites.google.com/hawaii.edu/4-hphotographyworkshop/home> or QR Code



Contact Kate Eickstead

Hawaii 4-H Military Partnership Coordinator

kkeick@hawaii.edu

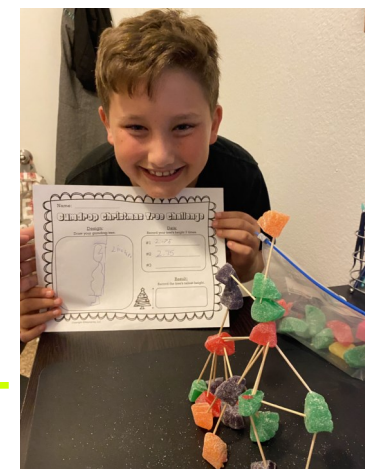


COOPERATIVE EXTENSION

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

The 4-H Military Partnership is supported by the U. S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters; U.S. Army Child, Youth and School Services; U. S. Department of the Air Force Child and Youth Programs; U.S. Navy Child and Youth Programs; and the Land Grant University Cooperation Extension 4-H Program through grant funding at Kansas State University. Funding for this project is made available through USDA Award 2022-48696-36671. All DAF 4-H Camp details will be posted on the KSU 4-H Military Partnerships website located at: <https://4-hmilitarypartnerships.org/events/camps>

The University of Hawai'i is an equal opportunity/affirmative action institution



December Hands-On Holiday Fun



We made Sassy snowmen together. We painted three small wood pieces. White one for the face and the others for the body. We tied them together and we made a snowman for the tree. We learned about our differences making us all beautiful. We should love ourselves and each other. Be nice. We experimented with our Gumdrop Christmas tree. this is to show engineering skills. We took gumdrops and tooth picks and built Christmas trees. We had a contest to see which one was bigger. Ikaika won! We made T-shirt dog toys We cut old shirts in to three strips, braided them and tied the ends. We made other types too. The donut one was cool too. The dogs will feel happy because they can smell humans on the shirts. They feel happy.

Dallas W., 9 years old
Clover J's 4h Livestock Club



2022 Oahu County Video Cooking Challenge Guidelines



Cooking Video Challenge

You do not need to be a 4-H member to participate

<p>Participants must be:</p> <ul style="list-style-type: none"> • Grades K-12 • Reside in Hawai'i or 4-H OCONUS <p><i>*Participants K-3 will be part of the Cloverbud Division and will receive Participatory Recognition</i></p>	<p>Submission must:</p> <ul style="list-style-type: none"> • Be 5-7 minute video • Feature a LOCAL commodity • Include safe food-handling • Include a photograph • Be submitted by Saturday, March 19th 	<p>Recipe must:</p> <ul style="list-style-type: none"> • Feature a LOCAL commodity (grown or raised locally) • Be a healthy recipe • Include nutrition information • Include the featured commodity in recipe title
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See the Get Local website for more resources, including a list of locally grown or raised commodities.

<http://manoa.hawaii.edu/ctahr/getlocal/index.php/educator/video-cooking-contest-for-kids/>

For more information
and access to the
workshop video and
forms, go to

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

Email
oahu4h@gmail.com
for any questions.

Video Requirements

- **Commodity**
 - Where the commodity is grown or raised locally
 - Background information on the commodity
 - Cultural and/or local connections
- **Safety**
 - Issues and guidelines for food handling
 - Kitchen safe skills are utilized
- **Nutrition**
 - Commodity nutrition factors are discussed
 - Commodity health benefits incorporated
- **Resources**
 - References for recipe, nutrition, and/or food safety information is listed or mentioned.



Happy Honus 4-H Club Fundraiser

Happy Honus 4-H Club is sponsoring a car wash and snack sale as a fundraiser. A portion of the sales price of this product or service will be used to promote 4-H educational programs such as a community service project. No endorsement of the product or service by 4-H is implied or intended.

Any questions, please email
jenegami@yahoo.com.

Happy Honus 4-H Club



THE HAPPY HONUS 4-H CLUB'S

**FUNDRAISER TO
SUPPORT KAILUA'S
TEEN SHELTER**

All proceeds will go to making care packages for the Kailua Teen Shelter

March 12, 2022

9am - 12pm

**Keolumana Methodist Church
Parking Lot**



Oahu 4-H Organization

Collection Drive

Gently Used or New Books • Activity Kits • School Supplies • Toiletries • Cleaning Wipes • First Aid Supplies • Pre-Packaged Snacks • Canned Food • Bottled Water



Spread the word and drop off your donations at:

Urban Garden Center
955 Kamehameha Highway, Pearl City
on Saturday, March 5th, 3- 5 pm
and on Sunday, March 6th, 1-3 pm

Please make sure that food items are expired after May 1, 2022.

4-Hers interested in volunteering on those days or need more information?

Contact: oahu4h@hawaii.edu

2022 Collection Drive

Here are some clarification and suggestions for the books and activity kits:

- 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.
- Activity kits—make an activity kit for kids to make something, providing materials and instructions. Put them in a gallon-size plastic bag or something that seals/closes. Also, please 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 S'mores](#), [Drawstring Treat Bags](#), [Friendship Bracelets](#)

Contact oahu4h@gmail.com for any questions or if 4-H members wanted to volunteer and help.

4-H at HOME

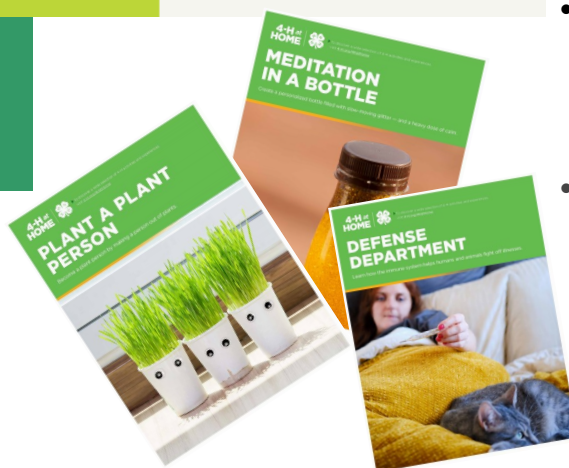


4-H AT HOME ACTIVITY GUIDES

Download over 100 activities to help kids continue doing and learning all year long! Best to do it at home, with your club or afterschool program, or even at school or a day camp!

Here are the different Activity Guides featured at 4-H at Home website:

- 4-H At Home
- Plant a Plant Person
- Food Systems Scavenger Hunt
- What is the Real Cost of Going to College?
- Expressing Emotions
- My Food Journal
- Meditation in a Bottle



- Pollinators Issue: The Ant
- Egg Carton Caterpillar
- Defense Department
- Make a Moo-Del of a Cow's Stomach

Also check out the other Activity Guides featured in the past few years:

- 4-H Inspire Kids to Do
- 4-H Healthy Living
- 4-H at Home Holiday



2022 Communication Fair

Stay tuned for the upcoming Annual
[4-H Communication Fair!](#)

4-Hers can participate in the following events:

Video Production

Photography

Demonstration



Open to Oahu County 4-H Youth Members, Military 4-H Partners, and other youth* who are interested in participating in various events of the Communications Fair.

*Youth who are from other organizations and agencies partnering with 4-H.

HAWAII 4-H GIANT FRUIT & VEGETABLE CONTEST

STARTS SOON - SIGN UP TODAY

Think you can grow a giant? We're seeking youth to participate in this year's contest. Go to the following site to sign up:
<https://forms.gle/KGT83aL94pKfquAL6>
(QR code to right will also take you to site)
Questions? Send email to: settlage@hawaii.edu
Deadline to Sign Up: March 15, 2022

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

Junior Master Gardener
growing good kids.

Save the Date: Water Safety Workshop



Sunday, April 10th

Youth can learn about water safety as summer comes around the corner! Look for more details coming soon at the [Oahu 4-H Website!](#)



2022 4-H Giant Fruit & Vegetable Contest Interest Sign-Up

<https://forms.gle/KGT83aL94pKfquAL6>

(QR code above will also take you to site) Questions? Send email to: settlage@hawaii.edu.

Oahu 4-H is looking for youth Kindergarten to 12th grade to grow giant pumpkins, sunflowers, and tomatoes.

Deadline to Sign Up: March 15, 2022

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.