



Oahu 4-H Newsletter

October-December 2022

October

- 1 4-H Open Enrollment & Re-enrollment
- 2-8 National 4-H Week
- 13 Oahu County 4-H Livestock Committee Meeting, 7 pm
- 14 4-H Archery Level 1 Leaders Certification Training, 5-8 pm
- 15 Oahu 4-H Organization Meeting, 6-8 pm at Urban Garden Center (UGC)
- Livestock & Horse Club Re-enrollment Deadline**
- 17 Oahu 4-H Shooting Sports Council Meeting, 6:30-7:30 pm via virtual, volunteer meeting to follow
- 29 4-H Officer Workshop, 4-6 pm at UGC

November

- 15 Oahu 4-H Shooting Sports Council Meeting, 6:30-8 pm via virtual
- Oahu 4-H Re-enrollment Deadline**
- 18 Executive Board Meeting, 6-7:30 pm via virtual

December

- 3 December Fun, 4-6 pm, location TBD
- 10 Keiki Open Market, time TBD at UGC

Message from Oahu 4-H Organization Presidents

This 4-H year was a big year for us! We transitioned from online to in-person, restarted some old traditions like Ahaolelo, did a ton of new projects, and even finished off with an in-person Communications Fair, Farm Fair, and Achievement Ceremony.

A big thank you to Aunty Christine for helping, encouraging, and supporting all of us through everything.

Thank you for allowing me to be president this year, and I hope to continue to see everyone at all this coming year's events. Please welcome Kairi as your new 2022-2023 president.



Rylie Ann Hashizume
Oahu 4-H Organization Outgoing President



Hello everyone!

I am looking forward to working with everyone this year and experiencing a different job as an officer! I hope we will be able to make more events for everyone to enjoy. If we all participate in the meetings and share our ideas, we can have an exciting year!

Kairi Hanakawa,
Oahu 4-H Organization Incoming President

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Next Oahu 4-H Organization Meeting

Next Oahu 4-H Organization meeting will be on:

Saturday, October 15th, 6:00-7:30 pm

***Until 8:00 pm is Volunteer Leader's Meeting**

Urban Garden Center

955 Kamehameha Highway

Meet with your new Executive Board Officers, participate in a fun activity, and have a voice in some of the upcoming activities for Oahu County 4-H!

Please make sure that your 4-H Club sends at least 2 youth and an adult to represent your club at the meeting. 4-H Volunteers are welcomed to attend and share their voices too!

Recommended if 4-H volunteers attend from 6:00 pm

Any questions, email Christine at chanakaw@hawaii.edu.

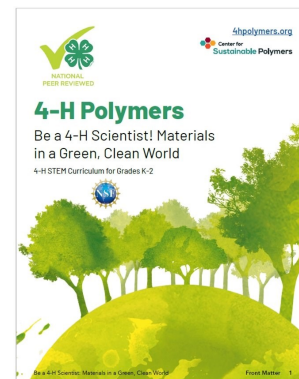
4-H Curriculum Spotlight: Polymers

Youth can learn more about polymers through 3 different curriculums that are age-appropriate:

Grades K-2, ages 5-8

Be a 4-H Scientist! Materials in a Green, Clean World is an inquiry-based science curriculum focusing on the following concepts: materials; plastics; the three R's: Reduce, Re-use, Recycle; and the work of scientists and engineers. The curriculum is designed to build foundational skills of science and engineering: observation, asking questions, sorting and classifying, and communicating.

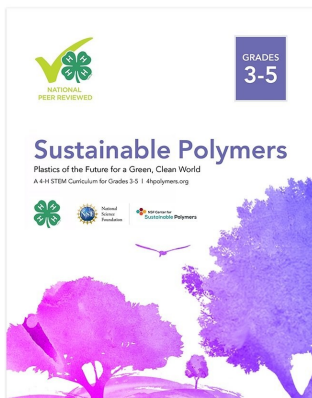
It contains six learning modules intended for delivery in out-of-school time facilitated by an educator (trained volunteers or program staff). Modules also include a "Science At Home" activity to be completed by parents/other adults and children at home. Are you interested in learning more about the curriculum, straight from the author and a 4-H educator? Watch a webinar all about the curriculum, available [here](#).



Grades 3-5, 8 to 12 year olds

The themes of these modules touch on the prevalence and impact of plastics in everyday life. Plastics are versatile materials that come in different shapes, sizes, and exhibit different material properties. Scientist and engineers are working on new ways to create, use, and recycle plastics, so we can use plastics for their many advantages and lessen their effects on our environment.

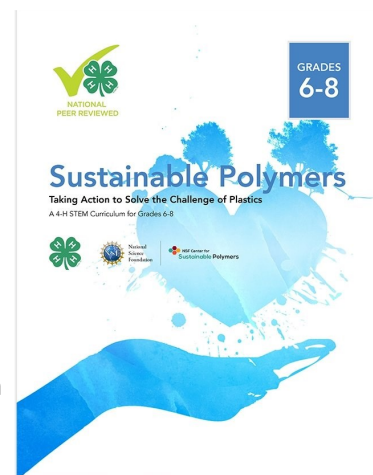
The curriculum is designed to build foundational skills of science and engineering: observations, asking questions and defining problems, planning and carrying out investigations, and communicating. It contains six learning modules intended for delivery in out-of-school time facilitated by an educator (trained volunteers or program staff). Each module will include "Tips for Facilitators" and the Science and Engineering Practices, as well as opportunities to use "I Wonder" Boards. In addition, these modules incorporate the SciGirls Strategies for gender equitable STEM learning. Modules also include "Science At Home" activities that may be completed by parents/other adults and children at home.



Grades 6-8, 11 to 14 year olds

This is a youth-driven curriculum focusing on the use and impacts of plastics and sustainability. The curriculum is designed to build foundational skills of science and engineering: observations, asking questions and defining problems, planning and carrying out investigations, and communicating. It contains three learning phases/modules intended for delivery in out-of-school time facilitated by an educator (trained volunteers or program staff). In each phase, youth will explore polymer science content through a guided activity and then become change agents through youth-driven projects.

The 4-H Polymer and Sustainable Polymers Curriculum are available for borrowing from the Oahu County 4-H Office, 956-7196, or email chanakaw@hawaii.edu. You can also purchase the curriculum online from <https://shop4-h.org>.



For a Cleaner World

Tribute to a 4-Her: A True 4-H Ambassador

Paul and I had the pleasure of teaching and working with Odysseus Tafuna with his 1st beef steer he purchased from Kualoa Ranch along with his mother Leona from the first year in the 4-H Youth Program an affiliate with the University of Hawaii, CTAHR, and the 4-H Cooperative Services. Ody impressed us with his ability to be articulate about difficult concepts like taming and halter breaking this steer, and later on its feeding program, and the texts and terminology in livestock evaluation. His passion for raising 4-H Food Projects was obvious. Throughout the past years to follow, Ody included raising poultry, a replacement rabbit, and did very well with his market lamb. Including in both community services and volunteerism with several years of personal development and leadership. At times there were loads of recycling that had benefited the Kualoa Keiki's 4-H Club.

Ody not only raised quality animals in good health but also attended the annual Oahu County livestock judging contest. To judge, evaluate, and then provide the reason why you placed each livestock species class.



"Ody" "Jiggly"

*Odysseus Tafuna will be deeply missed.
Thank you for being a part of 4-H!*



Ody of the Kualoa Keiki 4-H Club posing with his steer at the 2015 State 4-H Livestock Show at Kualoa Ranch

When called upon to help other 4-H members in the Oahu County and the Hawaii State 4-H livestock shows Ody's caring nature and personality allow him to work well with others in a team setting, as he always respects others' opinions even when they differ from his own. His choice was motivated by a desire to put himself in other people's shoes, view the issues from a new perspective, and gain a clearer sense of the issue from all angles, all qualities that made him an outstanding 4-Her. As he is also known for being a great 4-H ambassador in the public view at the 4-H shows.

Odysseus Tafuna is certainly going to be missed. His talent, caring, intuition, dedication, and focused in his pursuits which is an impressive quality in a high school student will be remembered. . . .

Verna and Paul Egures,
4-H Volunteer Leaders

Clover J's Livestock 4-H Club and
Oahu County 4-H Livestock Committee



**Where many see challenge,
kids see **OPPORTUNITY.****



National 4-H Week

October 2-8: Opportunity4All

Take advantage of this important week to highlight the remarkable 4-H youth in your communities and showcase the incredible experiences that 4-H offers young people.



ENJOY THE OUTDOORS WITHOUT LEAVING A TRACE

Wherever you live, you're never too far from a beautiful outdoor space that you can visit and enjoy. Even cities have parks you can explore and get a taste of nature.

But it's important to remember that whenever we're enjoying the great outdoors, we're interacting with living things and the habitats of various animals. In this activity, we will learn how to 'Leave No Trace' when we take our fun into the outside world.
For Grades K-8.



EMOTIONAL WELLNESS

Have you ever noticed that when you feel great you do great things? That's no coincidence! Having positive ways to manage emotions can benefit a person's physical and mental health, which could help them to accomplish goals.

This collection explores ways that

emotions play an important role in each individual's health and success. The activities will help teens gain an understanding of different ways to express feelings, the importance of resilience, and ways to use our positive thoughts to accomplish goals.
For Grades 6-12.



ALLERGEN-FREE BAKING RECIPES FOR KIDS

Just about everyone loves delicious baked goods, but some people are allergic to the standard gluten-based flours used in most recipes. These simple alternatives from Kristin Osika, the 2021 4-H Youth-in-Action Winner, leave out the gluten but pack all of the scrumptious taste. Plus, they're easy and fun for kids—or anyone else—to make.
For Grades 6-12.



MUSTARD MANIA! A DIY BIOTECH BOARD GAME

The mustard you've had on a hot dog comes from strains of the wild mustard plant that scientists selectively bred over hundreds of years to get different desired characteristics (and today's mustard is created by grinding seeds from the mustard plant and mixing them with

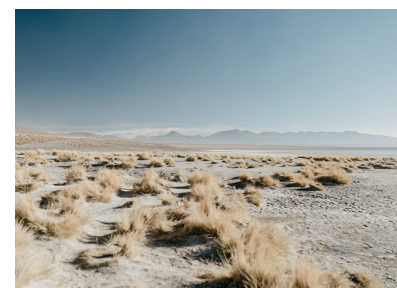
vinegar and salt). And that's not the only new vegetable, created through scientific breeding that you commonly see on your dinner plate.

In this activity, kids will play a board game and learn about wild mustard cultivars, and compete to visit six different gardens.
For grades 6-8.



ASK AN ELDER: WHAT IS YOUR CHILDHOOD FOOD STORY?

What's for dinner? The answer to that question has changed over the years. In this activity, you will interview someone who grew up at least 30 years ago to get a sense of how advertising, costs, accessibility, and trends have affected their food choices at different points in their life. What did older adults eat, plant, and cook when they were growing up decades ago, and what changes have they noticed? Let's find out.
For Grades 6-12.



DREADFUL DROUGHT

The Last Holdout farm and neighboring community of Cloverville are hitting hard times. They are in the middle of a drought! Fresh water has

(Continued on page 5)

4-H at Home

(Continued from page 4)

become limited, and water bills have increased for farms and families. Due to increasing global temperatures, the impacts of drought are becoming more widespread and severe.

Farmer Bastian and his neighbors need your help to find ways to adapt to drought conditions and conserve water so it is available for only the most important uses. Use problem solving skills to help the farm and community find ways to conserve water and adapt to the dry environment.
For Grades 3-6.



RAINBOW IN A JAR: CREATING LIQUID LAYERS

You may not know this, but some liquids are more dense than others. Put simply, density is a measure of how closely packed a given material is. In this activity, kids will stack various household liquids on top of each other to create a rainbow in a jar and learn

the ins and outs of liquid densities along the way!
For Grades 3-12.



DRAWSTRING TREAT BAGS

This simple and fun craft activity is great for intermediate sewers! Family and friends will love getting a special treat in these festive drawstring bags.
For Grades 5-8.

Tasty Popcorn Ideas

Popcorn brings back memories of going to the movies and eating it with butter poured over-YUM. After watching Mahealani Richardson cook "Healthy Popcorn" on Cooking Hawaiian Style, I now buy popcorn kernels and cook it on the stove in a pot with a little olive oil and a handful of kernels. After the oil is heated, the kernels are all popped in about a minute over medium low heat. Mahealani used coconut oil and sprinkled some salt. I learned that movie theater popcorn does not actually contain butter but they use "butter oil" so that the popcorn does not get soggy. However, that artificial butter contains unhealthy chemicals. Real butter would actually be a healthier choice.



I usually top it off with furikake and Sakura Arare (rice cracker). Sometimes, I add a little condensed cream and sprinkle matcha powder to make matcha latte popcorn. Sometimes I add Caramel Ice Cream Topping in keeping with Harry Potter's Butter Beer. Now that we spend most of our time at home, I make "healthy popcorn" almost daily as it is quick and easy to make and so delicious because of the toppings.

I hope you enjoy making your own popcorn whether it be stovetop or air popped. Please share your favorite toppings so that we can get more ideas for enjoying popcorn throughout the year.

If you would like to share your ideas, please submit them at <http://go.hawaii.edu/22t>.

Excerpts from an email received by Lani Hee, a Friend of 4-H

Looking for Outdoor Community Service Projects?

4-H Clubs, 4-H Volunteers, Community Organizations, Youth Groups:

Contact Christine (chanakaw@hawaii.edu) if you are looking for a community service project and would like to help out at the Urban Garden Center in Pearl City! Here are a few projects that could use your help: [painting stepping stones](#), [painting rocks](#), [decorating sides of a garden bed](#), [preparing soil prior to planting a tree](#), [design a 4-H project garden \(culture, STEM, and Cloverbud\)](#), [trimming heliconia and other overgrown plants](#).



Recruiting

Local Innovators and Future Entrepreneurs 4-H Club

L.I.F.E.

Join us for our entrepreneurial focused 4-H Club! This is a pilot program and a kick start for a Keiki Open Market event that supports agriculture, food security, and positive youth development. The Keiki Open Market will provide youth an opportunity to market their harvested local fruits and vegetables or innovative products that they have developed.

Youth will learn about innovation, marketing, consumer science, public speaking, creativity, design and problem solving skills in a weekly meeting to build skills for the Keiki Open Market which youth will operate their market booth.

Club will meet weekly on Tuesdays from 5:30pm to 7:00pm starting October 17th to Dec 19th, 2022.

Meetings are at the Urban Garden Center
955 Kamehameha Hwy, Pearl City, HI 96782

First Keiki Open Market will be on Saturday Dec. 10th, 2022

Club is opened to youth in grades 7th to 12th.
Club is free to join.



Sign up at <https://forms.gle/fW27YUL4VkjZBq2f7> or scan the QR Code. For any questions, email Christine at chanakaw@hawaii.edu.

Operation Christmas Shoebox

Looking for a community service project this holiday season? Help the **Hawaii 4-H Alumni Association** put together shoeboxes filled with age-appropriate items for children who are Kindergarten to 6th grade. The Waialae Baptist Church will send these Operation Christmas Child Shoeboxes to children who are in need and from other parts of the world. Fill the box with items that children could use such as toys, books, toiletries, school supplies, etc. Items must fit in the shoebox. If you don't have a shoebox, you can still donate items in a bag.



Make sure to label what age or grade and "Operation Shoebox" and include \$10 for shipping, either cash or check payable to "Waialae Baptist Church."

Drop off items labeled "4-H" on a sticky note, either at UGC (955 Kamehameha Highway, Pearl City) between 9 am-3 pm or the Oahu 4-H Office (1955 East West Road, AgSci 217) between 9 am-1 pm).

Due by October 28th before 3:00 pm.

Contact Christine by email at chanakaw@hawaii.edu if you have any questions.

Janice Kondo & Carol Thamtrachai,
Hawaii 4-H Alumni Foundation

Other Opportunities

GROW O'ahu Professional Development & PDE3

Registration is now open for a series of **four hands-on workshops for PreK-12 educators on O'ahu** seeking to build their garden growing and garden-based teaching skills!

REGISTER HERE: <https://bit.ly/GROW-Oahu-2022-2023>

Participants will have the option of earning Hawai'i Department of Education (HIDOE) **PDE3 credits** (see course number MULT187445; SY22-23 section number 309179).

Cost: FREE + lunch will be provided each day. Participants may attend any one or more of the workshops. PDE3 course participants will attend all workshops with additional zoom sessions for support.

Contact lydi@hawaii.edu with any questions.

Budding Botanist Grant

The Klorane Botanical Foundation is committed to supporting programs that teach respect for the environment and protect nature through the preservation of plant species and biodiversity. This grant will help students learn about plants, explore their world and inspire them to take care of the life they discover in their local ecosystems.

Eligibility: Any public school, charter school, or private school serving students in grades K-12 in the United States that can demonstrate that at least 40% of their student population would qualify for free and reduced-price meals is eligible to apply. Applicants must be planning a new or expanding an existing school garden program designed to teach students about environmental sustainability and the importance of biodiversity. (Previous Budding Botanist winners are not eligible).

Award Packages: Twenty (20) schools will receive \$1,000. One winner will be selected to host a small garden celebration with the help of KidsGardening, Klorane, and the Klorane Botanical Foundation in either May or June of 2023. The school will receive an additional \$500 in funding.



How to Apply: Deadline for application submission is **Friday, October 14, 2022 at 11:59 pm PST**.

For more information, click [Budding Botanist Grant](#).



GROW O'ahu!

SCHOOL GARDEN BASICS TRAINING

School Year 2022-2023

A series of **FREE** workshops for PreK-12 educators (PDE3 credits available)

Day & Time: Saturdays, 9am-2pm
Lunch will be provided

Dates & Locations

Sep 17 @ GoFarm Waialua
Oct 29 @ KEY Project, Kahala'u
Jan 21 @ Waikiki Elementary
Feb 11 @ GoFarm Waimanalo

Hands-on learning will cover:

Soil health & composting
Crop planning & propagation
Irrigation & cover crops
Pest & weed management
Garden & food safety
Curricular integration

Presented by UH CTAHR, GoFarm, and O'ahu Farm to School Network

REGISTER TODAY!

<https://bit.ly/GROW-Oahu-2022-2023>

Questions: lydi@hawaii.edu
<https://manoa.hawaii.edu/ctahr/getlocal/>

Everyday Young Hero Awards

Always Accepting Nominations!

Each week, Youth Service America (YSA) selects one young person weekly who receive a letter and certificate of recognition and is highlighted in YSA's Youth Service Briefing e-newsletter and social media.

The chosen youth can have a project that is developed in or outside of the classroom, in conjunction with an organization or religious institution, or can be an initiative or organization they started on his or her own or with their friends. Projects can provide a direct service, be philanthropic, or raise awareness or advocacy around a particular community need.

[Submit a nomination today!](#)

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