Oahu 4-H Newsletter
September 2015 Issue

September
6  Oahu 4-H Executive Board meeting
8/9  OCONUS Webinar
15  4-H Dog Obedience Class
17  Motion Commotion Training – Catlin Clubhouse
22  NYSD webinar

October
4   Oahu 4-H Leaders’ Meeting, 1 pm Moanalua High School
4-10 National 4-H Week
7   National 4-H Youth Science Day
13/14 Army OCONUS calls
20/21 Navy OCONUS calls

President’s Message

Aloha 4-Hers! Our annual 4-H Food Show will be on October 24, 2015 at the Urban Garden Center with the theme “Spooktacular Recipe”. This is a wonderful opportunity for everyone to showcase their food prep talents as well as share their favorite recipe with their fellow 4-H’ers. Please note that there will also be a Food Show workshop on September 24 at Farrington High School Room 122. Everyone is invited to attend. Food Show forms are available at our 4-H Oahu County website. If you have any questions, feel free to email me at shainajenacosta@gmail.com

Shaina Acosta

2014-15 Oahu County 4-H Achievement & Volunteer Recognition Banquet
“4-H MAKES ME SMILE”

Thank you to the *Shooting Stars* for planning a wonderful Achievement banquet!

Congratulations to all the 4-H’ers who completed their project books this year (see article below) and to our graduating seniors who shared memorable moments of their 4-H club experiences. A big mahalo to all club leaders and resource volunteers for their tremendous support.

A special thank you to Sakaye Nomura for her 49 years of service as a 4-H club leader.
Welcome Kate and Nancy!

Kate Eickstead is the new 4-H program coordinator for the military 4-H program and will be supporting the Army and Navy 4-H clubs both in Hawaii and overseas in Japan, Korea, Kwajalein, and Singapore. She will also be involved in programming for guard and reserve youth. Kate has recently moved to Hawaii from Indiana and has worked for various youth organizations – Easter Seals, Boys Scouts and YMCA in program development and volunteer management. Kate is housed in Ag Sci in the Oahu Extension office.

Nancy Ooki was recently hired as a 4-H agent for Maui county. Nancy has worked previously at the University Center at UH Maui College, as a technology teacher at St. Joseph School; as a Site Facilitator at the Big Brothers/Big Sisters Mentoring Center in Wailuku in which she incorporated 4-H curriculum to align with the 4-H mission. She also has previous 4-H experience working with program assistants and leaders on the KAMP (Kindergartners Are Most Precious) orientation program; and she was the 4-H Leader for the Tech Surfers club on Maui from 2002-09.

2015 Oahu County 4-H Food Show

The Farrington FCCLA/4-H club is chairing this event which will be held on Saturday, October 24, 2015 at the Urban Garden Center (UGC))-955 Kamehameha Hwy, Pearl City, HI 96782 from 4:00 - 9:00 p.m.

**THEME** - The 44th annual Oahu County 4-H Food Show: "My Spooktacular Recipes"

1. **Halloween** - Turn your favorite recipe into a ‘Spooktacular’ Halloween dish. For example, turn your noodle dish to resemble “brains,” tint foods orange/black, turn your cheese cake into a pumpkin cheese cake, etc.
2. **Farm to Table** - Use a locally grown, or raised in Hawaii product. Purchase your ingredient/s from the Farmers’ Markets within your community, or any ingredient made in Hawaii.
3. **Ethnic** – What would be on the table of an ethnic feast? For example: Filipinos would serve: Pansit, Vietnamese: summer rolls, Italians: pasta

**RECIPE CATEGORIES** – The recipe categories are “Main Dish,” “Dessert,” and “Others” (appetizers soups, beverages, breads, salads etc.) All participants may enter up to two entries but
only one entry per category. For example, participants may not enter two dessert recipes, one for ‘Halloween’ and one from “Farm to Table.”

DIVISIONS**

Senior Division (14 – 19 year olds)
Intermediate Division (12 – 13 year olds)
Junior Division (9 – 11 year olds)
Cloverbud Division (5 – 8 year olds)
**Age as of January 1, 2016

WHO CAN PARTICIPATE? - All participants must be registered as a 4-H member with the Oahu 4-H Youth Development Program. New and returning members need to fill out the 4-H Youth Enrollment form (Y-1). Leaders must fill out the group enrollment form and volunteer form. Forms are available at http://www.ctahr.hawaii.edu/4h/Oahu/forms.htm.

FOOD SHOW FORMS - Forms are available at:
http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Forms.htm

Recipe Submission. For inclusion in the cookbook, follow the Recipe Template and submit all recipes by e-mail and hard copy to linda@uyehara.net with subject heading “Food Show Recipe 2015-16.” Recipes are due on Friday, October 2, 2015 to the Honolulu Extension office (Ag Sci-UH Manoa).

WORKSHOP – This year’s workshop will be held at Farrington High School, Culinary Arts room A122, Thursday, September 24, 2015 at 5:30-6:30 pm. The topic: Clarification of the new theme questions on the Individual Entry Form (FS-2) A light meal will be served.

Farrington FCCLA 4-H Club

Oahu 4-H Leaders’ Meeting
Sunday, October 4, 2015

Please do not forget that our next meeting is planned for Sunday, October 4, 2015 1 pm at Moanalua High School, room F201. Agenda items include: enrollments for the 2015-16 year, Food Show report and planning for the Communications Fair.

National 4-H Week
October 4-10, 2015

Are you all ready for National 4-H Week? Help promote 4-H and invite others to get involved in 4-H club work!

WRLF Service Project

Thank you to all of the Oahu 4-H clubs, Hawaii 4-H Alumni Association and the Honolulu Alumnae Chapter of Alpha for providing donations for our WRLF Community Service in a Bag project! We were able to put together a total of 165 bags of school supplies and gently used books! The bags that were in
either the 4-H plastic bags or donated backpacks were given to the following groups to distribute to their client students:

Homeless students from Kaneohe via Parks & Recreation and Kaneohe Community Family Center referrals from schools with a high free & reduce lunch percentage.

Partners in Development's Ka Pa'alana (Homeless Family Education Program for Leeward homeless and at-risk families)

DOE Homeless Liaisons for:
Windward District
Leeward District
Honolulu District
Central District
Oahu Charter Schools

With gift card donations, we purchased protractors, folders, pencil sharpeners, and transparent tape. Thank you to the Friendship Magic 4-H Club who brainstormed a list of items that were not donated or needed more of. The wonderful thing about putting the bags of school supplies and books together enabled the girls to critically think of what these children would need when they are living in a tent, on the beach, or a space with very limited resources.

Everyone I delivered the bags and books were grateful on behalf of their children or clients. Thank you again for your support!

Christine Hanakawa
Friendship Magic and Green Lightening club

Get Ready for 4-H National Youth Science Day!

National 4-H Council and 4-H National Headquarters are pleased to announce the 2015 4-H National Youth Science Day Experiment, Motion Commotion. Developed
by Oregon State University Cooperative Extension, Motion Commotion will enable youth **ages 10 and up** to explore the physics of motion and distraction.

The 2015 National Youth Science Day Experiment, *Motion Commotion*, empowers youth to explore the physics of motion and distracted driving. Developed by Oregon State University Cooperative Extension, this exciting activity will combine a speeding car collision and a distracted driving demonstration in a simulated activity that investigates the physical and human factors of motion.

The two-part experiment will test young people's knowledge of science, speed and safety by:

- Constructing a simulated runway to analyze the speed, momentum and kinetic energy of a car in motion, and will explore the science behind the car’s collisions
- Leading an experiment that uses the same physics principles to demonstrate the consequences of distracted driving

**Kit Contains:**

- 2 Rulers
- 2 Race Cars
- 4 ft Rubber Base
- 8 oz Green Modeling Clay
- 4-H Clover & *Motion Commotion* Stickers
- 1 Facilitator Guide
- 5 Youth Guides

The kit is now available for an introductory price of $21.95. *Motion Commotion* kits will ship to customers in Mid-July, at which point kits will be available at their standard price of $23.95. Go to [http://www.4-h.org/4-h-national-youth-science-day/](http://www.4-h.org/4-h-national-youth-science-day/) for more information.

Register Your Local 4-H NYSD Event

It's here! The 2015 *4-H National Youth Science Day* How-To video is available for viewing. Discover the laws of motion and physics, while learning how to conduct the exciting Motion Commotion experiment with your 4-H club! Also, be sure to purchase the 2015 National Science Experiment kit, currently available on the 4-H Mall website, and register your event here!

**4-H Record Books Completed - 2015**

Hats off to all of our Oahu 4-H members who completed their record books this year:

Cloverbuds
Kash Alana (Leeward Paniolos 4-H Livestock Club)
Micah Austin (Helemano 4-H Club)
Rhianna Benford (Helemano 4-H Club)
Kanon Nakaahiki-Bourgeois (Kualoa Keiki)
Autumn Elling (Helemano 4-H Club)
Annika Farin (Sasebo Hario 4-H Club)
Rafe Fleagle (Kualoa Keiki)
Zoey Fleagle (Kualoa Keiki)
Hadassah Forkel (Helemano 4-H Club)
Dustin Hao (Kualoa Keiki)
Kairi Hanakawa (Friendship Magic)
Sage Hanakawa (Green Whales)
Jayden Hashizume (Green Whales)
Rylie Ann Hashizume (Friendship Magic)
Elizabeth Hayden (Rabbiteers)
Brandin Hightower (Helemano 4-H Club)
Keyanna Hightower (Helemano 4-H Club)
Maya Hughes (Koolauloa 4-H Livestock)
Hope Inatsuka (Shooting Stars)
Azizah Jones (Helemano 4-H Club)
Aureana Kia-Cox (Leeward Paniolos 4-H Livestock Club)
Tre’Veon Lesesne (Helemano 4-H Club)
Treston Lindsey (Livestock Wranglers)
Severina Macabata (Sasebo 4-H Club)
Cameron Maness (Helemano 4-H Club)
Alexiarae Medeiros (Leeward Paniolos 4-H Livestock Club)
Mathew Neville (Helemano 4-H Club)
Alexis Nihipali (Livestock Wranglers)
Damori “DJ” Pierce (Helemano 4-H Club)
Jamhi Puckett (Helemano 4-H Club)
Trinity Salas (Helemano 4-H Club)
Henry Silva IV (Leeward Paniolos 4-H Livestock Club)
Blaize Tafuna (Kualoa Keiki)
Constantine Tafuna (Kualoa Keiki)
Trenton Teves (Livestock Wranglers)
Ken Unawa (Sasebo 4-H Club)
Christopher Williams (Sasebo 4-H Club)
Summer Williams (Sasebo 4-H Club)
Allivia Wood (Kualoa Keiki)
Noah Wood (Kualoa Keiki)

Junior
Abigail Ana (Kualoa Keiki)
Madison Eguires (Livestock Wranglers)
Rylee Galino (Shooting Stars)
Eva Hughes (Koolauloa 4-H Livestock)
Faith Inatsuka (Shooting Stars)
India Nakaahiki-Bourgeois (Kualoa Keiki)
Ikaika Phillips (Clover J’s 4-H Livestock)
Hayshalee Silva (Leeward Paniolos 4-H Livestock Club)- *Lamb, Fancy Poultry*
Jayden Smith (Koolauloa 4-H Livestock)
Kayla Smith (Koolauloa 4-H Livestock Club)
Kekoa Snowden (Kualoa Keiki)
Odysseus Tafuna (Kualoa Keiki)- *Fancy Poultry, Beef*
Taeza Teves (Livestock Wranglers)

**Intermediate**
David Burch (Aliamanu MST)
Cassey Cabiles (Clover J’s 4-H Livestock)
Cristalynn Cabiles (Clover J’s 4-H Livestock)
Jaylin Collins (Aliamanu MST)
Sahmeeha Grimes (Aliamanu MST)
Austin Hanks (Koolauloa 4-H Livestock)
Caleb Heydon (Rabbiteers)
Charles Hughes (Koolauloa 4-H Livestock)
Isabelle Hughes (Koolauloa 4-H Livestock)
Jones Hughes (Koolauloa 4-H Livestock)
Styles Primacio (Clover J’s 4-H Livestock)
Jenaya Silva (Leeward Paniolos 4-H Livestock Club)
Kate Smith (Koolauloa 4-H Livestock)
Atticus Tafuna (Kualoa Keiki)
Richard Tafuna (Kualoa Keiki)
Shemar Tinsley (Aliamanu MST)
Nalia Tollefsen (Koolauloa 4-H Livestock)
Chloe Womak (Aliamanu MST)

**Senior**
Sienna Burch (Aliamanu MST)
Jacob Cabiles (Clover J’s 4-H Livestock)
Tatjana Calimpong-Burke (Clover J’s 4-H Livestock)
Sasha Callistro (Just Us)
Jordan Carter (Aliamanu MST)
Mahealani Farrell (Livestock Wranglers)- *Hogs, Lamb, Fancy Poultry*
Braydon Hardon (Livestock Wranglers)
Sanoe Lee (Just Us)
Bre’en “Kuulei” Paakaula (Clover J’s 4-H Livestock)
Brelwyn “U’a” Paakaula (Clover J’s 4-H Livestock)
Bre’ze “Hoku” Paakaula (Clover J’s 4-H Livestock)- *Hogs, Beef*
Monica Porter (Livestock Wranglers)- *Hogs, Lamb, Beef*
Stone Primacio (Clover J’s 4-H Livestock)
Jessica Smith (Koolauloa 4-H Livestock)
Tanner Smith (Koolauloa 4-H Livestock)
Percy Tinsley (Aliamanu MST)
Senior Portfolio
Shaina Acosta (Farrington FCCLA/4-H)
Cheryysse Ulsa (Farrington FCCLA/4-H)

*Shaina and Cheryysee will be attending 2015 National 4-H Congress in Atlanta, Georgia as part of Hawaii’s delegation. 8 other senior 4-H members from across the state will be participate in this November conference. Congratulations to Shaina and Cheryysee for being selected for this opportunity!

Project Spotlight

Looking for new project lessons for Cloverbud members? North Dakota 4-H has project activity plans online at:
https://www.ndsu.edu/4h/member_information/cloverbuds/cloverbud_lessons/

Project topics include: animal science, gardening, electricity, science, citizenship, nature, insects, textiles, food preparation and more. Check it out!

Other Opportunities

National Youth Summit Series

The National Youth Summit Series brings together some of the best and brightest students to focus on maker, healthy living, and agri-science. Designed for high school students (grades 9 - 12), the Summits provide opportunities to learn technical skills, participate in hands-on activities and workshops, learn from leaders in the field, and visit professional and academic sites. Students attend in teams comprised of two to eight youth and are accompanied by an adult mentor/chaperone.

Maker
Nov 6-9, 2015

Agri-Science
Jan 15-18, 2016

Healthy Living
Feb 12-15, 2016

For more information and to register, visit: http://www.nationalyouthsummit.org/home/
September 11th National Day of Service and Remembrance

The goal of 9/11 Day is to provide a positive way for all people to forever remember and pay tribute to the 9/11 victims, honor those that rose in service in response to the attacks, and remind people of the importance of working more closely together in peace to improve our world. Learn more at www.911day.org and www.Serve.gov ...

Walmart Community Grant Program

Deadline: Rolling through December 31

Grants of up to $2,500 will be awarded to local nonprofit organization serving residents within the service area of individual Walmart stores. Grants will be awarded in the areas of hunger relief and healthy eating, sustainability, women's economic empowerment, and/or career opportunities....»

2016 4-H Citizenship Washington Focus and Leadership Washington Focus registrations are now open!

With summer 2015 officially a wrap we are pleased to announce the opening of registration for 4-H Citizenship Washington Focus and Leadership Washington Focus 2016! We are expecting strong attendance in 2016 and the early weeks are already filling up - it’s never too early to secure your delegation’s space!

Citizenship Washington Focus (CWF)

CWF is a program for 4-H'ers entering grades 10-12 that takes place at the National 4-H Conference Center, just one mile from the Washington, D.C. border.

- Week 1: June 5-11 - SOLD OUT
- Week 2: June 12-18
- Week 3: June 19-25
- Week 4: June 26- July 2
- Week 5: July 3- 9
- Week 6: July 10-16
- Week 7: July 17-23

Leadership Washington Focus (LWF)

LWF is a 4-H leadership program for 4-H'ers entering grades 7-9. The program will also take place at the National 4-H Conference Center.

- Week 1: June 20- 24
- Week 2: July 11- 15
- Week 3: July 18- 22
As the Director of Sales here at National 4-H Council, and a proud 4-H Alumna, I am continually amazed by our delegates and their growth through these programs. Youth truly leave as emerging leaders, focused on making a difference in the world and in communities around them.

For More Information or To Register:

Please visit the Citizenship Washington Focus & Leadership Washington Focus Website, www.4hcwf.org or www.4hlwf.org, for additional program details and for registration instructions. If you have any questions, don’t hesitate to contact me at (301) 961-2812 or via email at mmcneely@4hcenter.org. We look forward to hosting your delegation!

Christa Priesing
Director of Sales
National 4-H Conference Center