

HAWAI'I 4-H 2015 REPORT

YOUTH DEVELOPMENT PROGRAM

HEAD

10 4-H teens involved in the 2014-15 Engaging Youth, Serving Communities program which has

reached **150** youth through their programming efforts

Hawai'i 4-H partnered with **14** Hawai'i youth organizations to provide non formal educational programs to youth 5-18 years old

HEAD

HEART

14 military installations and bases enrolled **986** 4-H youth members in 4-H clubs supported by the Hawai'i 4-H program

20,620 volunteer hours contributed to youth programming by Hawai'i volunteers

HEART

\$394,305 in extra mural funds awarded to 4-H youth development educators in 2014-2015 to implement youth programs

100 animals raised and exhibited by **175** youth statewide

HANDS

667 youth enrolled in healthy living projects

\$186,862 in extramural funding secured for health related programs by Hawai'i 4-H in collaboration with CTAHR's Family and Consumer Science Department and Center of the Family

HEALTH

HANDS

HEALTH



Cooperative Extension Service
College of Tropical Agriculture and Human Resources
University of Hawai'i at Mānoa

The Hawai'i 4-H youth program continues to move forward! We've made efforts to solidify club and project standards and guidelines, and thanks to the 4-H members, volunteers, and families, the program has made strides in implementing our online 4-H enrollment system. Through the increased use of technology (website, webinars, and online meetings), Hawai'i Extension educators are able to share resources not only throughout their county but across the state as well. By developing partnerships with other youth-servicing organizations, we look forward to being able to serve more Hawai'i youth with hands-on learning experiences.

CITIZENSHIP

4-H Citizenship programs empower young people to be well-informed citizens who are actively engaged in their communities and the world. During the 2014–15 4-H year, **860** Hawai'i youth were enrolled in Citizenship projects.

Engaging Youth, Serving Communities (EYSC)—Hawai'i 4-H Mentoring Project

Mentoring teaches responsibility, leadership, and innovation through service. Research shows that teens thrive when they are at the center of civic action, learning how to be leaders and innovators, moving beyond the simple act of volunteering and becoming civically engaged. Teens learn best from real-world challenges experienced through volunteering and service-learning. Having teens as mentors is a proven model for delivering programs to younger youth. This cross-age approach is highly effective in building leadership and life skills in both teens and younger youth who receive the program. Younger youth respond well to teen instructors, who often are role models for them.

To expand and enhance 4-H programs in Hawai'i, the Hawai'i 4-H Mentoring Project provided training for Youth-Adult



Partnership (YAP) teams of two youth and one adult. Five teams took advantage of the training, which offered learning experiences and activities for mentoring with a focus on science, healthy living, and

citizenship. The teams used lessons from the mentoring training to create mentoring programs in their communities. Each YAP team projected an outreach of **25** youth (grades K–8) who completed a minimum of six (6) project hours in the mentoring program.



Evaluations indicated that 90% of the teen mentors increased their personal leadership, planning, communication, and teamwork skills. They expanded their civic awareness and the capacity to care and improve the lives of others. The adult partners on the teams gained satisfaction from seeing youth with fresh, innovative ideas and enthusiasm willingly accept leadership roles. Communities benefited by receiving mentoring programs for their youth. Ninety percent of the mentees valued the mentors and the program, increased their knowledge and skills in science and healthy living, and requested to participate in more experiential learning sessions.

#4-H Service

Three Hawai'i counties participated in the joint effort of the 13 western states' 4-H service project this past year. O'ahu County 4-H clubs put together **165** bags of school supplies and shared them with the following groups to distribute to their client students: homeless students from Kāne'ohe via Parks & Recreation, Kāne'ohe Community Family Center referrals from schools with a high free and reduced-price lunch percentage, Partners in Development's Ka Pa'alana

(Homeless Family Education Program for Leeward homeless and at-risk families), and DOE Homeless Liaisons for Windward District, Leeward District, Honolulu District, Central District, and O'ahu Charter Schools.



Kaua'i 4-H members put together **20** bags of canned goods that were

shared with the Kaua'i Food Bank and Kaua'i Food Pantry. East Hawai'i 4-H club collected **33** bags, including six bags of food donated to the Food Basket, eight of school supplies donated to Keaukaha Elementary, 13 of blankets donated to the Hilo Hongwanji Preschool, and six of stuffed animals donated to the Hilo Women's Club. Kona 4-H distributed **50** bags of parent-child interactive activities to five preschools and 25 families in the West Hawai'i area.

HEALTHY LIVING

4-H Healthy Living programs help 4-H youth learn how to lead lives that balance physical, mental, and emotional health. In this past 4-H year, **667** Hawai'i youth were enrolled in a healthy living project.

4-H Healthy Living Projects Focus on Mindfulness

On February 1, 2015, Kaua'i County was selected as one of seven sites across the country to test models of locally based early-warning systems for behavioral health issues through a project called CAPE (Community Assessment and Education to Promote Behavioral Health Planning and Education) and awarded a grant with Center of the Family for \$104,356. Based on bi-weekly surveys submitted by a wide cross-section of the Kaua'i community, immediate feedback could be compiled to identify new or growing behavioral issues impacting youth and adults on Kaua'i.

After collecting data from April to November, the top five issues that emerged related to youth were 1) stress and anxiety, 2) alcohol abuse among teenagers, 3)

tobacco/nicotine use including vaping/e-cigarettes, and 4) illegal drug use (methamphetamine and cocaine use among high school students).

Two models are currently being tested. The first is to increase knowledge about the potential harms of e-cigarettes in the Kaua'i youth population through Tobacco-Free Kaua'i. The second model will provide a two-day training for community leaders to develop mindfulness and skillful living techniques in which they will learn concepts and practices of mindfulness, scientific evidence, experiential practice and activities, and personal reflection, as well as how to teach these techniques to those whom they serve. The training will take place in January 2016 and will be conducted by Dr. Thao Le of the University of Hawai'i's Family and Consumer Science department.

In addition to the CAPE project, an additional grant of \$78,506 was secured for Dr. Le to concurrently provide mindfulness and skillful living trainings for Kaua'i public school teachers in 2016.

4-H SCIENCE, TECHNOLOGY, ENGINEERING, & MATH (STEM)

4-H science programs provide 4-H youth the opportunity to learn about Science, Technology, Engineering, and Math (STEM) through fun, hands-on activities and projects. A total of **1530** youth participated in 4-H STEM projects during the 2014–15 year.

Youth Grow Giant Pumpkins



This year Hawai'i 4-H gave away 644 giant pumpkin plants and 62 giant tomato plants to area schools and youth groups on the Big Island. This was the 4th year of collaboration with Kakela Farm Market, Waimea Towne Market at Parker School, and the Hawai'i Island School

Garden Network. The purpose of this annual project is to get youth interested in science and agriculture and to teach them to be sustainable.

Agricultural Careers Event

A grant from the Department of Labor & Industrial Relations provided a means of introducing jobs and careers available in the agricultural and natural resources



sector to 4-H livestock members and the general public. The Hawai'i County 4-H Livestock Association organized the first of two Agricultural Career events on June 14, 2015, at the Anna Ranch main hall in Kamuela, Hawai'i Island. There were **40** 4-H youth and family members participating. On September 24th, Hawai'i County 4-H Extension educator Becky Settlege, with the help of Hawai'i County CES administrator Russell Nagata and Junior Extension Agent Sharon Motomura, organized a second Agricultural Career event at the Komohana Extension Office. There were **143** students and their teachers from four local high school agricultural programs bused to the event. Between both events, participants had the opportunity to learn about 18 career areas within animal husbandry, agribusiness management, agri-science, resource development and management, horticulture, natural resource management, and production agriculture.

4-H Whale Project

The 4-H Whale Project was a short-term 8-week project designed to get young people ages 10–14 interested in marine science. Humpback whales cooperated by migrating through Hawai'i island while the program was in process. The program drew on the interests of **20** middle school-aged students who wanted to learn about different types of whales, the anatomy of the whale, whale characteristics, whale migration, and potential career options in marine science. These young people also gave back to the community by doing 12 hours of community service, which involved spending a

weekend in February and March helping to count whales for the Hawaiian Islands Humpback Whale National Marine Sanctuary. This effort was in collaboration with the Mokupapapa Discovery Center in Hilo and with Lava Ocean Tours, Inc., which provided the young people with an opportunity to end the project with a chartered boat trip on the ocean.



Livestock 4-H'ers Lead the Way!

The county 4-H Livestock program around the state had a good year, with a total of **175** members raising over 100 different large and small animal projects. Youth also had community support, with contributions totaling **\$279,760.30** from 4-H livestock sales in 2015. On the state level, we had **17** 4-H members competing



in the State Livestock Judging Contest representing Hawai'i County, Moloka'i (Maui County), and O'ahu

County. There were **38** 4-H'ers showing a total of 54 animals. These youth also received great community support during the sale, which brought in **\$80,731.15**.

Hawai'i Livestock 4-H members were the first Hawai'i project group to participate in an abbreviated 4-H Common Measures evaluation process. After participating in the livestock project, 4-H members reported that they had learned how to make ethical decisions, how to care for animals, how to keep records, how to set goals, and how to ask others for

help, as well as learning about their responsibility to produce safe food. The average value of responses for each statement ranged from 3.41 to 3.93 out of a possible 5.

Motion Commotion – 2015 NYSD Project

October was a big month for 4-H STEM, as the eighth annual 4-H National Youth Science Day was in full effect. This year’s project was Motion Commotion. Nine sites affiliated with Hawai’i 4-H held 4-H NYSD events totaling approximately **350** youth participants.



Catlin, Hickam, Fort Shafter, Helemano, Camp Zama, Camp Walker, Atsugi, Yongsan, and

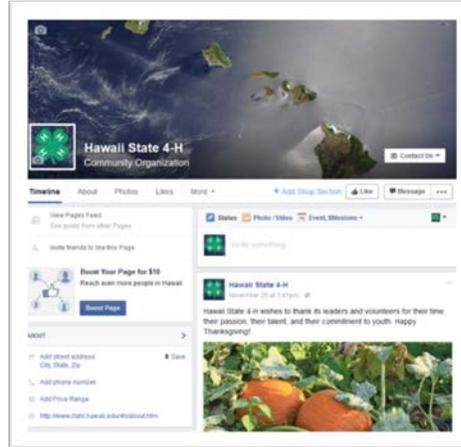
Singapore School Age programs joined the commotion this year and held this experiment at their program sites.

Youth participated in hands-on activities that connected Newton’s Laws with distracted driving. Developed by Oregon State University Cooperative Extension, this exciting activity combined a speeding car collision and a distracted driving demonstration in a simulated activity investigating the physical and human factors of motion.

The two-part experiment first tested 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 exploring the science behind the car’s collisions. Participants then led an experiment that used the same physics principles to demonstrate the consequences of distracted driving. On a 5-point scale, the youth participants’ average rating of their knowledge gain about safety concepts was a 3.71, concept of Newton’s Law as 3.71 and basic concepts of physics as 3.14.

Volunteer Recruitment

In August 2015, the overall marketing plan for Hawai’i state 4-H was reviewed by the entire staff. The consensus was to focus on attracting, recruiting, and supporting adult volunteers in order to expand and strengthen the base structure for program 4-H building.



The volunteer marketing approach will include expansion of social media, development of one-page flyers for volunteers, coordination of a shared calendar, and creation of presentations for public workshops and orientations.



Be on the lookout for new Hawai’i 4-H marketing tools that reflect the national 4-H Grows campaign.

4-H ‘Ohana Members in the News



Former Kauai 4-H'er Is Pageant Contestant

Kaua’i 4-H alumna Megan Souza is using her 4-H skills to enter pageants! A 4-H graduate in 2012, she was a member of the Kaua’i 4-H Livestock Club for 9 years and raised chickens, lambs, hogs, and

steers. Besides raising livestock, Megan was a member of the Kaua'i Youth-Adult Partnership team who planned and carried out a project called Get Moving for Health (GM4H) in 2009-2010. The GM4H Challenge encouraged youth to get physically active and log their progress to win prizes.

Now a student at the University of Hawai'i at Hilo majoring in Kinesiology and Exercise Science, Megan entered the Miss Kona Coffee pageant in early November 2015. Her platform focus was on sports safety and the prevention of sports-related accidents, while encouraging physical activity for students. Although she did not place, 4-H has taught her to keep striving for what she believes in, and she will be entering the Miss Garden Island/Miss Paradise Kaua'i pageant on January 30, 2016. Her platform will be "Get Moving for Health!" We are proud of Kaua'i's 4-H alumnus, Megan Souza!

Hawai'i Business Magazine Features 4-H Volunteer

Christine Hanakawa, 4-H club leader on O'ahu, is featured in the October issue of the *Hawai'i Business Magazine*. The article shares that



Christine enjoys working with families and young people as a program coordinator for Parents and Children Together. Christine also brings the same passion to her role as a co-leader for two clubs—Friendship Magic and the Green Whales. Read the article at: <http://www.hawaiibusiness.com/good-neighbors-with-christine-hanakawa-empowering-youth-through-4-h/>

Kaua'i Farm Bureau Honors 4-H Family

When 4-H volunteer Roy Oyama was selected by the Kaua'i Farm Bureau to be honored at this year's Kaua'i County fair, he told the Farm Bureau that he was not doing it alone.... his family needed to be recognized

too. He said if his family was not included, he was not



Photo credit: Dennis Fujimoto-- the Garden Island.

going to attend! He explained, "We all work together, and without the 4-H program, we wouldn't be this strong." So his wife

Gladys and all three of his daughters were there. He spoke of how the girls grew up in 4-H and although they first learned about animals, the 4-H program kept them in line and got them to understand life.

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