Oahu 4-H Newsletter
December 2015 Issue

December
1  Army OCONUS site calls
6  Oahu 4-H Leaders Meeting 1 pm
8  Navy OCONUS site calls

January
3  Oahu 4-H Executive Board meeting
19  Junkyard Robotics training for after school providers-UGC 9 am

President’s Message

Aloha 4-Hers! It is that time of the year again--Happy Holidays! May the sweet magic of Christmas gladden your hearts and fill every desire. Have a safe and meaningful holiday everyone! We'll see you all soon.

Shaina Acosta

4-H Pride

National 4-H Week was the first week of October. 4-H clubs around the globe kicked off the new 4-H year by celebrating National 4-H Week. 4-H week is a way to show off your 4-H pride and get everyone excited about the upcoming year! Helemano School Age Club celebrated with a Green Party. 4-Her’s made a healthy but delicious green veggie dip and ate it with green vegetables. They washed it down with some green 4-H punch. Singapore celebrated by displaying a 4-H booth at their program center. The booth showcased some past 4-H project and shared information of the 4-H program with the families of the program. Just because National 4-H week is over does not mean you can’t show off your 4-H pride. You can celebrate year round. How does your club celebrate 4-H?

Check out the new promotional video from National 4-H. It captures the essences of 4-H and will sure to fill you will 4-H Pride!

https://www.youtube.com/user/national4H
Helemano 4-Her’s cheers to 4-H!

Singapore shows their 4-H pride!

Kate Eickstead

4-HOnline Enrollment (please note: this does not apply to our military 4-H clubs)

Youth and/or volunteers who have not re-enrolled as yet are asked to do so ASAP!
http://www.ctahr.hawaii.edu/4H/4honline.html

Please let us know if you are having difficulties getting into your account. Email HI4Honline@gmail.com with your questions.

Claire Nakatsuka

Meet the Manawalea 4-H Club!

The Manawalea 4-H club is our newest 4-H club on Oahu to be chartered. Led by organizational leaders Elsbeth and Jesse Petersen, the club will be doing a variety of projects from cloverbuds, small animals, to sewing! Their club officers are President Katelyn Weiss, Secretary Lauren Messerly, Treasurer Irona Murphy and Historian Eric Weiss.

A warm welcome to our new 4-H members and volunteers!
4-H Project Trainings for After School Providers

Please help us spread the word that we will be offering 3 workshops to community based after school providers that are interested in using our 4-H project materials in their programs. Each of the 3 workshops will be held at the Urban Garden Center from 9 am – noon. There is no cost to attend. Registration will be accepted online at: http://extension/psu.edu/youth/cyttap For more information call 956-7196 or email nakatsuk@hawaii.edu

These are the workshop descriptions:

January 19, 2016
Junk Drawer Robotics
This curriculum has something for everyone. For the after school program age level, we will focus on the most basic engineering principles including sorting materials, exploring friction, and learning how to build things out of everyday objects. We will engage youth to use the scientific process to solve problems and record their steps. As the curriculum progresses, these activities can help older youth design and build their own robots. All of this takes place using a kit of everyday items and no computers.

February 2, 2016
Learn, Grow, Eat & Go! (Junior Master Gardener Curriculum)
LGEG is a 10 week unit of study that is hands-on and combines the interdisciplinary elements of nutrition, garden science, physical activity, food preparation and fresh vegetable tasting to improve health and wellness of children, families and the school community. It is made up of 20 base lessons geared towards 3rd-5th graders. If you service a younger population, this training can help you modify the lessons to suit your needs.

February 16, 2016
There's No New Water
This is a water curriculum based on the simple yet powerful concept that water is a non-renewable, finite natural resource that must be responsibly cared for. For our training, we will borrow materials and ideas that are specific to Oahu to help after school care givers investigate the water cycle, human interventions, understand watersheds and get kids interested in why water is so important.

The trainings will include six sequential lessons intended for delivery in the afterschool program setting facilitated by an adult. Curriculum materials and a project kit (as necessary) will be made available to workshop participants to use in their after school program.

Claire Nakatsuka
4-H Dog Obedience ‘Graduates’

Congratulations to Rylie Hashizume (Friendship Magic) and Alexander Allen for completing this fall’s dog obedience session. Both youth received ribbons for their accomplishments.

Youth wanting to take part in the next Dog Obedience session, please note that it will run from Feb. 16- April 19, 7 pm at 4655 Catlin Drive.

For more info and to register, contact Keith Allen at (907) 750-5466 or tracieandkeith@juno.com

Rylie with her dog Penny.

Project Spotlight

Join the Terrestrial Alien Defense Academy and figure out how to outsmart the aliens by doing experiments in your kitchen. Learn about what matter is and how it changes form; explore the different properties of matter; find out about acids and bases; and discover how everyday items and kitchen ingredients can be used in cool tests! Designed for beginners, but appropriate for all levels.

Curriculum authored by The Ohio State University.

This curriculum is available from 4-H Mall.

Other Opportunities

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....

Katie's Krops Grants
Deadline: December 31

Katie's Krops is excited to offer grants to youth between the ages of 9 and 16 in the United States to start vegetable gardens with the harvest donated to feed people in need. The winners will be awarded a gift
card to a garden center in their area (up to $500), support from Katie's Krops, and a digital camera to
document the garden and the harvest....»

Citizenship Washington Focus: Presidential Inauguration

Next November, the nation will elect the 45th President of the United States. Where will you be in
January 2017 for the presidential inauguration?

Citizenship Washington Focus has a rich history of teaching high school age 4-H’ers citizenship and
leadership in our nation’s capital. For more than 50 years, thousands of students have experienced the
life-changing power of 4-H CWF. This has happened with the support of our nation’s land-grant
universities and Cooperative Extension System, 4-H professionals, parents, volunteers and our federal
partners at the National Institute of Food and Agriculture within the United States Department of
Agriculture.

New in 2017 - we are excited to extend the program to the Executive Branch of the federal government
and let students experience Inauguration Day in Washington, D.C. Citizenship Washington Focus: D.C.
Presidential Inauguration will take place on January 17-21, 2017. Delegations will experience
Inauguration Day, a behind the scenes look at the nation’s capital, educational programs and experience
their own Inauguration Ball.

Registration opens  closes on June 30, 2016. Space is limited so get your delegation registered today.

For further information please visit www.4HCWF.org.

2016 National 4-H Beekeeping Essay Contest
Sponsored by: The Foundation for the Preservation of Honey Bees, Inc.

2016 Essay Topic: “Bees and Pollination. How Important is it?”
Beekeeping has had its five minutes of fame for the past five years. Now more than ever, people are
asking “What will happen if the bees are gone?” Your paper should research and help answer this
question.

Survey your community to see what is being done. Include your state in your survey to see if there are
any programs they are using for pollination or any other program that could aid the honey bee.
The scope of the research is an essential judging criterion, accounting for 40% of your score. The
number of sources consulted, the authority of the sources, and the variety of the sources are all
evaluated.

Personal interviews with beekeepers and others familiar with the subject are valued sources of
information and should be documented. Sources, which are not cited in the endnotes, should be listed in
a “Resources” or “Bibliography” list.

Note that “honey bee” is properly spelled as two words, even though many otherwise authoritative
references spell it as one word.
Rules Overview: (failure to meet any one of the requirements will result in a disqualification)

- Students interested in writing an essay, should contact their local 4-H offices for contest details. The state selection must be done through the 4-H system.
- Preparation for National Judging: Typewritten or computer-generated double-spaced, 12pt. Times or similar type style, on one side of white paper following standard manuscript format.
- Must submit an essay, 750 to 1000 words, on the essay topic
- Essays will be judged on (a) scope of research- 40%; (b) accuracy- 30%; (c) creativity- 10%; (d) conciseness- 10%; and (e) logical development of the topic- 10%
- All factual statements must be referenced with bibliographical-style endnotes.
- A brief biographical sketch of the essayist, including birthdate, gender, complete mailing address, email address, and telephone number, must accompany the essay.
- Each state may submit ONE entry only.
- Deadline for National submission is: March 4, 2016.

Eligibility:
Contest is open to active 4-H Club members only. 4-H’ers who have previously placed first, second, or third at the National level are NOT eligibility; but other state winners are eligible to re-enter. Students must write on the designated subject only. There will be NO exceptions.

Awards:
First Prize: $750.00
Second Prize: $500.00
Third Prize: $250.00
The National winners’ essays will appear in an issue of the American Beekeeping Federation’s Newsletter.

*Each State Winner, including the National winners, receives an appropriate book about honey bees, beekeeping, or honey.
If you have any questions, please contact Regina K. Robuck, Executive Director, Foundation for the Preservation of Honey Bees at 404.760.2887 or reginarobuck@abfnet.org.

Healthy Living Summit

The National Youth Summit Series is proud to present our third annual Summit on Healthy Living. The Healthy Living Summit will take place on February 12-15, 2016 at the National 4-H Conference Center.

There is a growing health crisis across the United States and the time is now to work as a community to take on the challenge of better health for our citizens. 4-H has accepted this challenge and as a team we are ready to make it happen! Trained teams of youth and adults can truly make a difference in communities to promote healthier choices for young people and their families.

By being part of the National Youth Summit on Healthy Living you will gain new information and tools to get started in your own community. Youth will be provided with quality training, hands-on learning opportunities, contacts with agencies and materials to take home.
If you would like to be part of this great work, more information and registration information can be found on our website.

MLK Day of Service: January 18, 2016

What are your plans to make it a day on, not a day off?

Martin Luther King, Jr. Day of Service is Monday, January 18. It is the only federal holiday observed as a national day of service - a "day on, not a day off" - and is an opportunity for people from all walks of life to work together to help solve our most pressing problems. The MLK Day of Service empowers individuals, bridges barriers, and moves us closer to Dr. King's vision of a "Beloved Community." To start your planning, listen to the MLK Day Prep Webinar from November 6: download the recording and view the powerpoint here. You can also learn about the day, get planning tools & resources, register your event, and more at www.MLKDay.gov

Underage Drinking Town Hall Meeting Stipends

The U.S. Department of Health and Human Services is offering an exciting opportunity for 4-H clubs around the country to be engaged in preventing underage drinking by conducting community-based town hall meetings and to receive a $500 planning stipend to support their efforts. The deadline for consideration is December 14th.

What is the Issue?

In 2010, underage drinking cost communities nationwide an estimated $62 billion. The cost to individuals and their families in terms of injury, death, and other consequences of underage drinking is immeasurable.

What is the Opportunity?

SAMHSA, the lead agency for the Interagency Coordinating Committee for the Prevention of Underage Drinking, has sponsored underage drinking prevention town hall meeting events every two years since 2006 as a way for communities to learn more about preventing this public health problem. Since the initiative began, SAMHSA has supported more than 7,000 of these town hall meetings.

SAMHSA is inviting 4-H clubs to hold town hall meetings to help prevent underage drinking. A 4-H club’s participation makes them eligible for a $500 planning stipend. SAMHSA has a limited number of stipends available, which will be disbursed on a first-come, first-served basis.

How do 4-H Clubs Apply for the $500 Stipend?
If you are interested in signing up to hold a Town Hall meeting, please submit the state, club name, contact person, and email to Amy McCune (amccune@nifa.usda.gov) by December 14th. That information will be shared with SAMHSA and SAMHSA will make the final determinations on stipends.

**Where do 4-H Clubs Go for More Information about Town Hall Meetings?**

SAMHSA is providing free online resources for planning, promoting, and conducting a successful meeting at its Town Hall Meeting Web site.

**For New Town Hall Meeting Organizers**

The following training video, in English and Spanish, provides a basic introduction on hosting a Town Hall Meeting to prevent underage drinking:

- How To Conduct a Town Hall Meeting (WMV—15:27 min.); or
- Cómo llevar a cabo un foro público (WMV—22:56 min.).

**What are the Town Hall Meeting Guidelines?**

Events can be conducted in a physical location or via the Internet and take any of several approaches (e.g., panel discussion, student presentation, roundtable, open-microphone community forum, or webinar). Regardless of approach, SAMHSA expects Town Hall Meetings to:

- Be open to the public;
- Inform participants about the consequences of underage drinking and evidence-based measures to prevent it;
- Provide for audience discussion of solutions to the problem;
- Engage community members in pursuing prevention actions; and
- Lead to results that can be measured and reported.

A Town Hall Meeting can be combined with another community event so long as underage drinking prevention is a key, related topic. For example, underage drinking prevention should be considered during any community discussion to prevent and reduce HIV/AIDS, school violence, drug abuse, or other public health problems and to promote the mental health of youth. No specific theme is required, so you are free to make up your own.

Remember that the purpose of a Town Hall Meeting is to mobilize communities around underage drinking prevention. Distributing brochures at a health fair, posting information about underage drinking prevention on a Facebook page, or holding an alcohol-free event for small groups of students does not achieve this purpose. If you are uncertain about your event plan, contact info@stopalcoholabuse.net with your questions.
What are the Stipend Guidelines?

The planning stipend is meant to help defray the costs of planning and holding an event. You may use the stipend to cover costs such as facilities rental, printing, and promotion. If guest speakers are unwilling to donate their services, the stipend may be used to cover their honorarium.

These stipends may NOT be used to pay for food and beverages, entertainment, door prizes, discounts, incentive giveaways, promotional products (e.g., T-shirts, baseball caps, or coffee mugs), or for anything not specifically related to planning and conducting Underage Drinking Prevention Town Hall Meetings.

A Town Hall Meeting might be conducted at a county fair or other community gathering that would attract a large audience. However, tacking a presentation on underage drinking onto some other planned activity may not qualify for SAMHSA support or recognition. If you are uncertain about your plan, contact info@stopalcoholabuse.net with your questions.

Social media can be used to help plan, promote, and report Town Hall Meetings. But a Twitter chat or a Facebook discussion would not be eligible for a SAMHSA planning stipend.