Self-Improvement

Self-Improvement is a never ending process. There is always something that both youth and adults can learn and/or change about themselves or something they do. How can we encourage self-improvement? We can encourage ourselves and others to:

* Try new things
* Face fears
* Do better than the day before

It is important to remember that we can encourage self improvement in others by reminding them of their worth. Everyone is special and unique in their own way & can contribute to the world in various ways.

Practice praising others for positive choices made and effort exerted. It’s not always about the achievement, a lot of hard work went into the project even if they didn't win.

Set goals and give yourself and others something to strive for and outcomes to look forward to.

Engage yourself and others in positive self-talk. Positive internal dialogue creates a positive attitude and helps to improve your self-esteem.
Volunteers are essential to the success of the 4-H program. We depend on volunteers to create positive learning opportunities for youth on several different topics. We are in need of volunteers for the following established clubs:
- Poultry
- Goat/Lamb

In addition, we are looking for volunteers who may be interested in starting a new club. We are hoping to create several SPIN (Special Interest) clubs in order to meet the need of youth in the community. These SPIN clubs must meet for at least 6 hours. This can be done in (6) 1 hour meetings, (3) 2 hour meetings or any combination that works for you.

**SPIN Club Ideas:**
- Cooking
- Sewing
- Wildlife
- STEM
- Sports

Do you have a passion for a specific topic? Let’s work together to turn it into a club!

**What does 4-H mean to you?**
Submit a letter, poster or video telling/showing what 4-H means to you and/or what your "spark" in 4-H is. These will be shared on social media, in the newsletter and through other publications.

Awards will be given in each of the age categories. (Cloverbud, Junior, Intermediate, Senior)

**Submissions are due by September 24th.**
Submit in person at the 4-H office or use this link: https://uflorida-https://tinyurl.com/7vnd48u9

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**The National 4-H Week Centennial Scavenger Hunt** is back! Explore Charlotte County during National 4-H week and win some cool prizes. Look out for more information at the beginning of October.
## 2021-2022 4-H Club Offerings

### Outdoor Adventure
- September 29th
- October TBD
- January 11th
- March 12th

### Books & Birds
- **Poultry**
  - August 26th
  - “CLINIC”
  - September 8th
  - October 13th
  - November 10th
  - December 15th
  - January 19th
  - February 9th
  - March 9th
  - April 13th

### Art Club
- September 15th
- October 12th
- January 22nd
- February 16th
- March 16th
- April 20th
- May TBD

### Goat/Lamb
- September 20th
- October 26th
- December 10th
- January 14th
- February 22nd
- March 11th
- April 13th
- May 15th
- June 16th
- July 18th
- August 21st

### Beef & Breed
- September 28th
- October 25th
- December 23rd
- February 20th
- March 27th
- April 20th
- May 24th
- June 20th
- July 24th
- August 21st

### Volunteer’s Needed
- Do you like working with kids? Do you have a hobby or special skill that can be taught to the youth of Charlotte County? If so we have an opportunity for you!

### HOT OFF THE PRESS

**2021-2022 4-H Club Offerings**

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**Connect With Charlotte County 4-H**
- **VOLT**
  - August 26th
  - National 4-H Week
  - October 3rd
  - Club Kickball Tournament
  - October 16th
  - Officer Training & Installation VIRTUAL
  - Fair Booth Drop Off
  - January 20th
  - 9:00AM - 7:00PM
  - 4-H Clay Shoot Fundraiser
  - January 22nd
  - Charlotte County Fair
  - January 19th - February 6th
  - County Events
  - March 31st
  - Record Books & Awards
  - Forms Due
  - May 6th
  - Awards Banquet
  - June 2nd

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4-H is a family, if you're new to the family or if you have been a member for years. You will always carry a piece of the Clover bud with you at all times. In honor of that we are doing a paper quilt.

The quilt will grow and change as people add to it. Feel free to decorate the square with that 4-H means to YOU!

You will find the template attached as well as printed copies in the office.

If you would like to participate please bring your finished quilt pieces to 514 East Grace St.
Upcoming 4-H Family Fun

4-H Club Kickball Tournament

OCTOBER 9, 2021
10AM–2PM

Food will be provided

PLEASE FOLLOW QR CODE TO REGISTER

An equal opportunity institution

Contact us:

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https://www.facebook.com/charlottecounty4h/

https://sfyl.ifas.ufl.edu/charlotte/

Join General Reminders
Text: @cc4hu to 81010