



Inside the Issue

ELECTING CLUB OFFICERS

Successful club meetings depend on effective officers. Let us help you recruit and elect your new club officers.

PLANNING FOR NATIONAL 4-H WEEK

National 4-H Week will take place the first week of October. Start planning your 4-H week activities.

WHAT IS THE THRIVING MODEL?

This model predicts that youth who participate in 4-H programs thrive developmentally. This model explains how that takes place.

4-H ONLINE ENROLLMENT & RE-ENROLLMENT

It is that time of year again to enroll for the 22-23 4-H year. This year enrollment opened up on August 1st. Each year volunteers and members must re-enroll. It is extremely important to make sure all information entered in 4-H online is up to date. Please remind club member to make sure they have updated their family's email address, mailing address, and phone numbers. 4-H online is the data base that will be used for contact information throughout the year.

Don't forget to take your OYCS training. This training must be done each year before you can be approved as a 4-H leader.



v2.4honline.com

4-H THRIVING MODEL

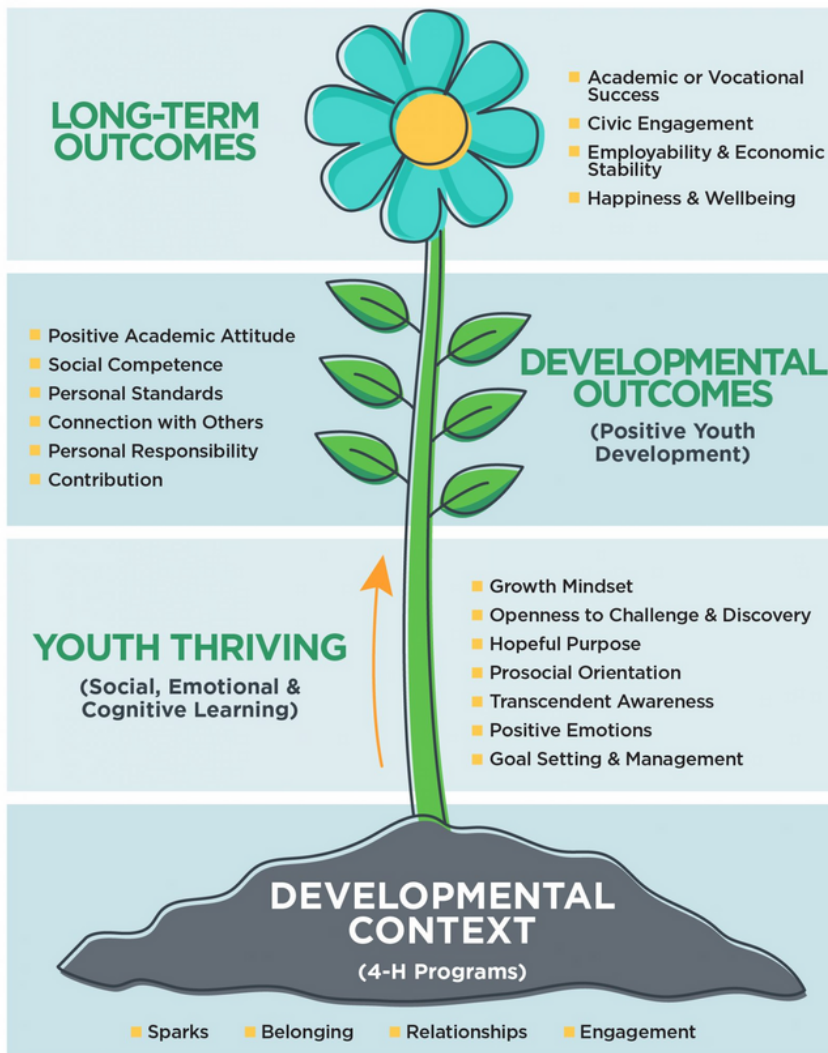
The 4-H Programs that youth are engaged in throughout their adolescence promote them to thrive now and in the future. This can be better understood through the use of the model below which identifies what thriving is, developmental outcomes and long term outcomes of a youth's participation in 4-H.

The Developmental Context section of the model is the place where youth can belong and grow and includes things like youth sparks or things that really excite them, belonging, building relationships, and engagement. This stage is the foundation of the model.

The Youth Thriving section takes 4-H work and intentionally promotes social, emotional, cognitive, and behavioral habits of mind. There are 7 key indicators to determine if youth are meeting this stage.

The third stage, developmental outcomes, continues the use of high-quality positive youth development in all areas of 4-H. When a youth has mastered this stage, they will show positive academic motivation, social competence, high personal standards, ability to make connections with others, show personal responsibility, and contribute through leadership and civic engagement.

Youth who are truly thriving and reach the top of the flower, show long term benefits of their participation in the 4-H program.



Derived from K-State Research and Extension

4-H Name and Emblem Guidelines

Did you know the 4-H Name and Emblem are a Federal Mark, are protected by 18 USC 707, and are only intended to be used within the United States?

Guidelines for using the 4-H name and emblem include:

Numeral "4" separated from a capital "H" with a hyphen (not a dash, slash, or space.)

Do not use the 4-H emblem in place of the word "4-H" in a title or text.

Always appear as a whole or complete image.

Do not have another image superimposed over the top of the 4-H clover/emblem.

The 4-H clover/emblem should not be rotated or turned on its side.

The appearance, shape, and proportion of the 4-H clover/emblem should never be distorted.

Color of the Clover:

The "H's" on a green clover can be white, black, or metallic gold.

On a black clover, the "h's" should be white.

The "H's" on a white clover should be black or green.

The "H's" can be white, black or metallic gold on a metallic gold clover.

The "18 U.S.C. 707" notice should be printed in the same color as the clover leaves.

For more information on name and emblem scan the code below:

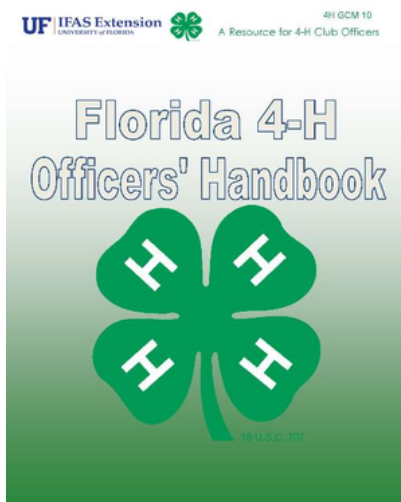


APPROPRIATE PROCEDURES FOR ELECTING CLUB OFFICERS

Each year, the members of a 4-H club are tasked with electing a new set of officers. It is best if your club has adopted bylaws which specifically state how and when club officers should be elected, but oftentimes, this may not be the case. If not, you can utilize these steps as a guide when working to elect club officers:

- **Review club officer duties** with the entire club. If your club has an age or years in 4-H requirement for any officer position, make sure that it is reviewed as well.
- **Open the floor for nominations** (self or others). If a nomination is made for someone other than themselves, the nominee must accept the nomination. Once all nominations are made, the President should **close the nominations**.
- Allow youth the opportunity to **"campaign" for their position**. This may include making signs, handing out campaign materials, speaking to the group to introduce themselves and tell about why they would make a GREAT club officer, etc.
- **Create a ballot** for the election beginning with the President position. If you do not want to create a printed ballot, you could write the names of those running on a white board or PowerPoint slide.
- **Use a "secret ballot"** to determine the winner of the election. This can be done by using small pieces of paper and having youth fold them and turn them in. After collecting the ballots, two members who are not running for the position and who are not related to anyone running should then count the ballots and report the winner to the president, who will present the results to the group.
- If there is only one candidate for a position, a quick way to cast the vote would be for the President to ask for someone to close the nominations and cast a unanimous ballot for that individual for the specific position.
- Continue this process for all of the positions your club is electing officers for.
- Once elections are complete, the President should **ask for a motion to destroy the ballots**. This is a great way to ensure that you do not have to keep them for any specific amount of time.

Derived from Michigan State University Extension



Icebreaker: Beachball Fun

A fun activity for your September club meeting icebreaker could be having some beach ball fun.

This activity is simple and can be done as a group or if needed you could break your club into smaller groups. Each group needs one beach ball that has been blown up. In each section of the beachball take a permanent marker and write questions. Youth will toss the ball around their group and they must state their name and answer the question that is facing them.

Sample questions could be:

- My favorite activity is?
- My favorite color is?
- Tell us what you like to do for fun?
- My favorite food is?
- What I would like to learn in 4-H this year is?

For younger youth that cannot read you could tape pictures of animals or food.

They would say their name and if the food faces them they would name their favorite food.



THE IMPORTANCE OF ETHICS

As youth prepare to show at County Livestock Shows as well as the Florida State Fair, they may find that they need to take the Florida State Fair Ethics training course. This program will instill the highest values of integrity and character development and will help develop responsible youth who know and understand the importance of proper animal care and management practices in producing a safe and wholesome food supply.

This three hour course provides youth with a better understanding of the following:

-The purpose of youth livestock projects

Youth will be able to describe the purpose of raising animals in association with a youth livestock program and real-world agriculture.

-The importance of ethics in youth livestock projects

Youth will understand the importance of sportsmanship and ethics in relation to raising their animals according to industry standards, within regulations, ethical standards, and more.

-Proper animal handling and management practices & the difference between animal welfare and animal rights

Youth will understand the importance of using the recommended handling and management practices when training and working with their animals and will follow the labels when administering medications to animals.

Youth will use their knowledge and experience to advocate for agriculture in a way that they can absorb without feeling challenged.

-How to become an ambassador for animal agriculture

Youth will use their knowledge and experience to advocate for agriculture in a way that they can absorb without feeling challenged.

Once youth complete the training, they will adhere to the Ethics Oath which requires them to complete their livestock project using the moral codes they have developed in accordance with animal agriculture practices.

In order to sign up for these courses, have youth visit floridastatefairag.com/ethics

***These courses are valid for 3 show years, therefore they must be retaken/renewed every 3 years.**



UPCOMING EVENTS & ACTIVITIES

State 4-H Events

4-H Day at the Swamp -
September 17th(Tentative)

State Leader's Forum -
September 9th - 11th

Southern Region Teen Leadership
Conference -
September 22nd - 25th

National 4-H Week -
October 2nd - 8th

Local Opportunities

Sweet South Swine Clinic
September 17, 2022
10 am @ Bronson Arena, Moore Haven, FL
Registration \$10 - Eventbrite



If you know of upcoming opportunities please email them to
kpopa@ufl.edu or tyceerprevatt@ufl.edu.

WELCOMING NEW 4-H MEMBERS

Think about how you feel the first time that you walk into a new workplace, a new gym, or a new sports group. Were you excited to meet new people or somewhat nervous that you might not know anyone? 4-H Clubs often possess a culture and familiarity among youth and families, leaving new members and their families with that uneasy feeling.

As we work to create a sense of belonging among members and their families, we need to think about a way to welcome and support new club members when they arrive at their first club meeting. With a sense of belonging, youth know that they are cared about by others and they feel a connection to the group as a whole. In addition, youth feel physically and emotionally safe while actively participating in the group.

Here are some suggestions of how to cultivate a sense of belonging within your club:

- Secure a list of club members from your 4-H Agent prior to the first club meeting. Delegate a returning youth member(s) or parent(s) to contact members before the meeting.
- Assign a 4-H member or Club Officer to be a greeter at each 4-H meeting and welcome everyone attending.
- Officers should mingle around the room and talk with all in attendance prior to the meeting.
- During the meeting, work with club officers to establish discussion questions that will encourage youth to learn from each other, synthesize, and use ideas collaboratively.
- Use a creative roll call that will allow members to answer fun questions.
- Include recreation and refreshments to allow youth to get to know one another in an informal manner.

DON'T FORGET

In order to keep members and their families coming back, you need to remember:

- *First Impressions are key.
- *Positive attitudes go much further than negativity.
- *Create a meeting with a purpose - give them information they need to be successful and keep them busy.
- *Appropriately balance your meeting to include business, education and recreation.
- *Youth may be more comfortable if you pair them with a buddy or mentor who has been in 4-H previously.



National 4-H Week October 2-8, 2022

Please encourage your clubs to participate in our social media campaign during National 4-H Week.

Sunday - Share a photo of your 4-H Family.

Monday - Post a collage that shows off all you do in 4-H.

Tuesday - Wear green or a 4-H shirt and post a picture.

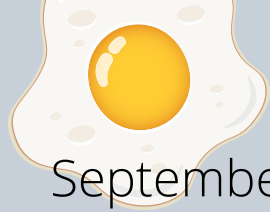
Wednesday - Share your favorite 4-H memory.

Thursday - Post a picture of your first year in 4-H.

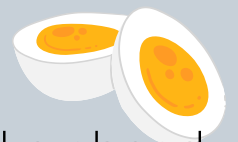
Friday - Post a picture of your favorite 4-H project.

Saturday - Show how you are making a difference in your community by posting a photo of your 4-H Service project.





Better Breakfast Day



September 26, is Better Breakfast Day. Here is a make ahead breakfast casserole that will make breakfast easy.

Did you know:

75% of people are not satisfied with the breakfast option.

54% would choose eggs for breakfast if time was not a factor.

43% of people say convenience is the largest factor of choosing their breakfast.

41% of people say a high protein option is top priority in their breakfast decision.

allrecipes!


Hash Brown and Egg Casserole

★★★★☆

This hashbrown breakfast casserole is my family's recipe that has been handed down through the years. We've always used the maple-flavored pork sausage but any kind is good. This casserole is a nice and cozy breakfast or brunch meal that everyone will enjoy. It's got the perfect taste with lots of cheese. Yum! Be sure to use a baking dish that is deep enough to cover with aluminum foil.

By MELISSAKOVACS07

Prep: 15 mins
Cook: 1 hr 20 mins
Additional: 5 mins
Total: 1 hr 40 mins
Servings: 6
Yield: 1 8x8-inch casserole



Ingredients

- 1 (2 pound) package frozen hash brown potatoes, thawed
- 1 pound pork sausage
- 1 small onion, diced
- 5 eggs
- ½ cup milk
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- salt and ground black pepper to taste
- 12 ounces shredded Cheddar cheese

Directions

Step 1
Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch square pan; add hash brown potatoes and arrange in an even layer.

Step 2
Place sausage and onion in a large skillet over medium heat. Cook and stir until the sausage is browned and crumbled, about 10 minutes; drain.

Step 3
Meanwhile, whisk eggs, milk, onion powder, garlic powder, salt, and pepper together in a large bowl until well combined; pour over the potatoes and sprinkle with 1/2 of the Cheddar cheese. Add sausage mixture on top and sprinkle with remaining Cheddar. Cover with aluminum foil.


Step 4
Bake in the preheated oven for 1 hour. Remove foil; return casserole to the oven and bake until a knife inserted into the center comes out clean, about 10 minutes. Let stand for 5 minutes before serving.

Nutrition Facts

Per Serving: 616 calories; protein 33.5g; carbohydrates 30.4g; fat 48.9g; cholesterol 259.5mg; sodium 1141.7mg.


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Derived from: <https://nationaltoday.com/better-breakfast-day/#surveys>



SEPTEMBER VOLUNTEER CHALLENGE

COMPLETE THIS SURVEY
FOR A CHANCE TO WIN
A 4-H PRIZE.



Contact Us

KRISTIE POPA

Charlotte County
4-H Extension Agent II
(941)833-3836
kpopa@ufl.edu



TYCEE PREVATT

Glades County
4-H Extension Agent/CED
(863)-946-0244
tyceerprevatt@ufl.edu