



Inside the Issue

LIFE SKILLS: CARING

The 4-H program focuses on teaching youth life skills. Caring includes creating nurturing relationships, sharing, having empathy and concern for others.

CLUB OFFICERS

Take a look at how to make your club officers more effective. Use different techniques to plan, train and allow youth to lead club meetings.

CULTURAL AWARENESS

Everyone is different and people from all cultures bring something different to the table. Be aware of the culture in your club and think about how to include everyone.

ENHANCING YOUTH BELONGING

Help youth feel accepted, connected and included in your 4-H club. Whether you are implementing a SPIN club or a year around club, this video can help you gain a better understanding of the importance of creating a sense of belonging for the youth in your club. Check out the video by using this link or scanning the QR code on your phone!

<https://tinyurl.com/up3h5bne>



REMEMBER, YOU BELONG HERE





POSITIVE RELATIONSHIPS WITH CARING ADULTS

Creating a positive relationship with a caring adult is an important part of the 4-H experience. A caring adult does more than just show up to a meeting. A caring adult acts as a guide, advisor and mentor to the youth they interact with.

By having a positive relationship with a caring adult, all other essential elements are possible. Within the 4-H program, we search for adults who are autonomy-oriented rather than control-oriented. These adults allow youth to run meetings and make age appropriate decisions.

How can you create positive relationships with the youth in your clubs or 4-H programs?

- Address youth members by their first name.
- Know what you are interested in outside of 4-H and try to incorporate some of those activities if possible.
- Listen to what the youth are saying rather than promoting your ideas.
- Collaborate with youth to plan, implement and evaluate the club program.



CULTURAL AWARENESS

People from different areas of the world, live by different cultures. These cultures contain norms and expectations for behavior, rules, rituals and even language. In addition, cultures bring together commonly held beliefs and attitudes. Culture defines who we are and creates a sense of belonging for not only those immersed in it but also those that understand or are familiar with it. When we think about 4-H, 4-H members, leaders and families have a culture of their own. This culture can be confusing to youth and families just joining the program, just as cultures apart from our own would be confusing to you and I.

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Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.

-Robert Alan

Tips to create an inclusive club culture

- Implement the use of ice breakers and activities to allow youth to get to know one another.
- Distribute club calendars with descriptions of events.
- A list of commonly used words or terms with definition. New families will not necessarily know what a haul-in is, but when explained they will understand they can bring their animal to the fairgrounds to weigh it.



MAKE OFFICERS MORE EFFECTIVE

As an Adult Volunteer, don't do everything yourself even if you want to. Use your club officers to lessen your load by helping to plan club meetings and activities.

This can be done by engaging your club officers in planning meetings during the summer and before each club meeting. This can be accomplished through zoom or in person meetings. It is essential to establish an agenda for your club officer planning meetings so that everyone can stay on task and accomplish the goals set for each meeting.

In order to run effective meetings, whether they are officer meetings or actual club meetings, all officers will need to know and understand their officer roles by participating in a club officer training.

As we work to continue taking things off the Club Leader's plate, we ask that you stay tuned for online training modules for each club officer. Club officers can complete these trainings at home and at their own pace. They will receive a certificate when they complete the training.



I CALL THIS MEETING TO ORDER...

Parliamentary procedure is a system used to conduct meetings based on Robert's Rules of Order. By using parliamentary procedure, your 4-H club can hold orderly meetings and accomplish their goals in an effective, fair and efficient manner. This process allows everyone to have a voice during discussion and a say when voting.

Common Terms Used With Parliamentary Procedure

Agenda	An agenda is a list of items to be discussed at a formal meeting. It is made in advance, usually by the president. It can be shared with the meeting group before the meeting.
Aye	Aye is said to express approval of a motion. When said during a vote, it means that the person agrees. It means yes.
Floor	When someone is given permission by the president to speak during the meeting, that person has the "floor."
Majority	Majority is at least one member over half of the members. Example: the majority of a group of 10 is at least 5 (half of 10) +1.
Motion	A motion is an idea that someone attending a meeting wants the whole group to contemplate or act on.
Nay	Nay is said during a vote if the member disagrees with a motion. It means no.
Parliamentary Procedure	Parliamentary Procedure is a set of guidelines that defines how to properly conduct a business meeting.
Presiding Officer	The presiding officer (usually the president) is the person in charge of conducting a meeting.
Second	The presiding officer will ask for a "second" when a motion is made. Asking for a second is basically asking if anyone else agrees that the made motion should be considered.

For additional information about Parliamentary Procedure, check out the Parliamentary Procedure handbook at: <https://tinyurl.com/zm6mjy48>



EXPLORING THE OUTDOORS

The month of June brings the end of the school year and a time when most 4-H clubs take their summer break. This month serves as Outdoor month. Take some time outdoors to recharge your batteries and fill your tummies before the new 4-H year begins. Check out this yummy shrimp recipe that can be prepared on the grill outdoors and enjoyed with friends and family.



Easy Grilled Shrimp is full of flavor and easy to make either directly on the grill or on skewers. No marinating required!

Prep Time 10 MINUTES	Cook Time 6 MINUTES	Total Time 16 MINUTES
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INGREDIENTS

- 1 pound jumbo shrimp peeled and deveined
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper

INSTRUCTIONS

1. Place the shrimp into a large mixing bowl. Drizzle with olive oil and lemon juice.
2. Sprinkle paprika, garlic powder, onion powder, oregano, basil, salt, pepper, and cayenne pepper over shrimp. Toss to coat. Cover and refrigerate while grill preheats.
3. Preheat an outdoor grill to high heat, about 500 degrees F. Soak wooden skewers in water, if using, 10 minutes.
4. Either thread shrimp onto skewers to cook, or place the shrimp directly on the grill individually. Be sure that your shrimp are large enough to not fall through the grates if you are not threading them on a skewer.
5. Cook shrimp for 2 to 3 minutes per side until they are no longer translucent. Serve hot.

NOTES <https://thestayathomechef.com/easy-grilled-shrimp/>



JUNE VOLUNTEER CHALLENGE

COMPLETE THIS SURVEY FOR A CHANCE TO WIN A 4-H PRIZE. EACH MONTH THERE WILL BE A NEW SURVEY AND A NEW PRIZE!

[HTTPS://FORMS.GLE/VZQWXU8XYIHFCDYX7](https://forms.gle/VZQWXU8XYIHFCDYX7)



4-H LIFE SKILLS: FOCUS ON CARING

Within the 4-H program, we focus heavily on providing an opportunity for youth to gain life skills which will help them be successful now and in the future. The 2nd H of the 4-H pledge focuses on using the heart for greater loyalty. Within the 2nd H comes the life skill of caring. When caring for others, you create nurturing relationships, share often and have empathy and concern for others.

As you work to establish an understanding of how to care, you can try to include these practices as part of your 4-H culture.

- Clarify and communicate your purpose or goals and allow youth to do the same. By communicating these, you can show that you care about what your youth do and also what their goals are for themselves.
- Empower and engage! Provide youth with tools to be successful and an environment where they feel empowered.
- Go off script. Give permission for youth to be human. Allow them the opportunity to share their thoughts and feelings on different topics.
- Establish deeper relationships with youth and have an understanding of their likes and dislikes.
- Listen, connect and share stories with your 4-H youth and their families.

VOLUNTEER WORD SEARCH

S E H K B A Y W B L H G B S D
 G F R K I H P E D D U N Y L C
 V G C U T S L L L I S L T H U
 S T R A T O H P D N H J V P L
 S F P S N R O E Y B D W T E T
 I M V G P S U H S H E C L U U
 E V I P I H S N O I T A L E R
 C N Z T B E Z H S G C E R Q E
 G M I S E R D E T P E C C A K
 L V E N U A W K J N N K E X G
 E Q H N L H G N I N N A L P J
 B I P L T S Z X N R O W V C M
 B L H H D O J H T N C E T A L
 A D V I S O R N O V H A O U P
 P A R L I A M E N T A R Y V D

WORD BANK

accepted
 connected
 guide
 parliamentary
 relationship
 advisor
 culture
 mentor
 planning
 share
 belonging
 empathy
 nurture
 positive

WORD BANK

4-H MISSION

4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

4-H VISION

A world in which youth and adults learn, grow and work together as catalysts for positive change.



Be You 

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