



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Club Manger's Checklist**

- Have new members and leaders complete enrollment forms and collect (OR assist families in getting enrolled on 4-H Connect)
- Introduce new members
- Hold elections for new officers and leaders
- Remind members about County Recordbook deadline
- Remind members about State 4-H Roundup registration deadline
- Remind members about registration deadlines for District Leadership Lab, District Horse Show, and any other Summer events and activities such as Texas 4-H Congress, Tech Camp, etc. (these events will vary from year to year)
- Recognize participants/winners in recent County and District events
- Remind members about the "Spring Fling" End of Year event
- County Council Delegate give report from meeting
- Plan and implement Community Service Projects

### **After Meeting**

- Turn in all member/leader forms (if applicable)
- Turn in monthly attendance sheet & reports (OR report on 4-H Connect Club Manager Login Site)
- Send results of election results to County Extension Office
- Set date(s) with the new officers to meet and plan club meeting agendas for the coming year and conduct leadership training

### **Cultivating Children of Character**

When the Great Scorer comes to mark against your name, He writes not that you won or lost, but how you played the Game.  
Grantland Rice, sportswriter

*Looking for some creative recognition ideas? Why not use the Six Pillars of Character and create special Character Awards to recognize 4-H'ers who have excelled as Children of Character! For example, Terrific Team Player Award (Teamwork). Champion of Caring Award (Caring), Model Citizen Award (Citizenship), Rockin' Responsibility Award (Responsibility), Ultimate Respect Award (Respect), Fabulous Fairness Award (Fairness).*



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Recreation**

### **Stress Circle**

**Concept:** Everyone has stress. Problems, deadlines, expectations of others, everyday demands, etc. all create stress in our lives. However, if it wasn't for stress we wouldn't get anything done. To some degree, stress motivates us to accomplish a variety of tasks. Stress, in and of itself, is not a bad thing. Stress creates problems for people when the expectations and demands of the day are greater than our ability to deal with them. This activity will give the participants a chance to experience different levels of stress.

**Time Estimate:** 15 minutes plus discussion time

**Materials Needed:**

- An object for each group ten people (the object will need to be small enough it can be passed around a circle from person to person such as a tennis ball or a small balloon)
- A list of categories

**Activity:** Divide into groups of about ten. Have each group stand in a circle or sit in a circle either in chairs or on the floor. Give each group a small object. Explain that you will be giving out a category such as vegetables or baseball teams and you will tell them how many items from that category they must list. You will be the one that decides how many items from the category they have to list. As soon as the category and number of items has been given, the person who has the object will start to pass it around the circle to the right. They must then begin listing a certain number of answers from the category that you gave them. They must give the correct number of answers before the object goes around the circle and returns to them. Only the person who starts the object may talk. If your group is made up of less than ten people and you feel the person answering needs more time, have the object go around the circle twice. If you have more than one group, you will have to appoint a judge for each group since the action will go too fast for you to hear each group. Rotate the judges in and out of the groups each round.

For the first couple of rounds, make the categories easy and the number of answers required short. For example, "Name three sports that are played with a ball", "Name four different kinds of cars", "Name four toppings that you can put on a pizza". Then increase the difficulty and the number of items that must be named. You want the activity to get progressively harder to simulate an increase in stress levels. By the end, the lists should be very difficult to complete, if not impossible. Choose your categories based upon the ability level and age of your group. Adjust the number of answers required in each round according to how many people are in the circle. If time allows, have each person be the one that has to give the answers more than once so everyone has an opportunity to have an easier and more difficult list. If you would like to create even more stress in the second round, have the person giving the answers stand in the middle of the circle while answering.



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## **May: Recreation**

### **Stress Circle (Continued)**

#### **Sample categories:**

- Use categories that relate to subjects that you are studying
- Sports played with a ball
- Toppings put on a pizza
- Different kinds of cars
- Different kinds of balls used in sports
- Comic book heroes
- Television shows
- Fruits
- Vegetables
- Animals with four legs
- Song titles
- Book titles
- Movie titles
- Presidents
- States
- Rivers
- Sports figures
- Music personalities
- Words that start with the letter “s”
- Foods you eat with your hands

#### **Discussion Ideas:**

##### **“What” Questions**

- How often did your group succeed?
- How easy was it to think up the correct responses?
- What category did you think was easy? Hard?
- What new category would you suggest?

##### **“So What” Questions**

- What made this activity stressful?
- Who was the person under the most stress?
- How can this activity be compared to stress in our lives?
- What are some things that create stress in our lives?
- What are the body’s physical signs of stress?
- What behaviors do we exhibit when we are under too much stress?
- Does everyone react to stress the same way?
- Are the same things stressful to everyone? Why or why not?

##### **“Now What” Questions**

- What are some of the ways we can make sure we don’t get too stressed out?
- What are some of the negative behaviors people use to reduce stress?
- What are some of the positive techniques we use to get through a stressful situation?
- How can we help others when they become stressed out?

**From:** “Still More Activities That Teach” by Tom Jackson



# ENHANCING THE CLUB EXPERIENCE.....

## ***May: Community Service***

### **The Season for Safety**

With summer just around the corner, conduct a summer safety program. Examples of safety topics include:

- Tractor
- Bicycle / Skating / Skateboarding
- 4-wheeler (ATV)
- Swimming/swimming pool
- Babysitting
- Summer skin care
- Livestock (for the animal and owner)
- Camping/Hiking
- Basic First Aid/CPR (taught by qualified instructor)
- Food Safety (for such occasions as barbeques, family reunions, etc.)
- Fireworks
- Insect repellent use
- Heat stroke/exhaustion prevention
- Sports



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## **May: Flag Ceremony**

### **The History of Taps**

Of all the military bugle calls, none is so easily recognized or more apt to render emotion than the call Taps. The melody is both eloquent and haunting and the history of its origin is interesting and somewhat clouded in controversy. In the British Army, a similar type call known as Last Post has been sounded over soldiers' graves since 1885, but the use of Taps is unique to the United States military, since the call is sounded at funerals, wreath-laying and memorial services.

Taps began as a revision to the signal for Extinguish Lights (Lights Out) at the end of the day. Up until the Civil War, the infantry call for Extinguish Lights was the one set down in Silas Casey's (1801-1882) Tactics, which had been borrowed from the French. The music for Taps was adapted by Union General Daniel Butterfield for his brigade (Third Brigade, First Division, Fifth Army Corps, Army of the Potomac) in July, 1862. Many people do not know the words to Taps. As we honor our military who have bravely served and given their lives during this month when we celebrate Memorial Day, let us reflect on these words.

*Day is done, gone the sun,  
From the lake, from the hills,  
From the sky.  
All is well, safely rest,  
God is nigh.*

*Fades the light; And afar  
Goeth day, And the stars  
Shineth bright,  
Fare thee well; Day has gone,  
Night is on.*

*Thanks and praise, For our days,  
'Neath the sun, Neath the stars,  
'Neath the sky,  
As we go, This we know,  
God is nigh.*

If available, have someone play taps on the trumpet or you can play it from the link below:  
<http://www.tapsbugler.com/TapsPDFandsound.html>



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Ice Breaker**

### **Buzz**

1. Seat everyone in a circle- either on the ground or in chairs.
2. Begin counting. When the number seven or any multiple of seven appears, instead of saying the number, the one whose turn has come is to say, "Buzz." For example, one, two, three, four, five, six, buzz, eight, nine, ten, eleven, twelve, thirteen, buzz, fifteen, sixteen, buzz and so forth.
3. Try to have the guests count as rapidly as possible and eliminate from the ring all those who make a mistake.

#### **Debrief:**

- What makes this game difficult?
- In this game you had to replace a number with the word "buzz." What are some of the things that we must replace when we become Leaders/ officer/ role models? How can we replace them?
- Why is forming new habits so difficult?

#### **Conclusion:**

This game is difficult because it deviates from what is normal for us. We are accustomed to using the number 7, and to replace it with the word "buzz" is awkward for us. It requires extra concentration and is against what is natural for us. Forming new ways of thinking is the key to forming new actions and habits. We must set our minds on the goals we have set for ourselves.



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## *May: Inspiration and More*

### **The Winner**

Author: William Wilson Hare

What of the lad who never wins,  
but never quits the race?  
Who knows before the day begins,  
he's doomed to second place.

Two left feet; too many thumbs  
but still he plods ahead.  
He'll arrive to catch the crumbs,  
after the winners have been fed.

Who is this lad of average skills,  
who's most of the human race?  
One by one he'll climb life's hills,  
just trying to keep life's pace.

Source: [http://www.poetryamerica.com/read\\_poems.asp?id=262983&start=3](http://www.poetryamerica.com/read_poems.asp?id=262983&start=3)



# ENHANCING THE CLUB EXPERIENCE.....

## **May: Program Idea**

### **Limerick**

May 12th is Limerick Day. What is a limerick? A limerick is a five line poem that has this pattern – aabba. This means that lines 1, 2 and 5 are rhyming and lines 3 and 4 are rhyming. Here's an example:

*There was an Old Man with a beard,  
Who said, 'It is just as I feared!  
Two Owls and a Hen,  
Four Larks and a Wren,  
Have all built their nests in my beard!'*

How many limericks can your teens come up with in a half hour that relate to 4-H and their 4-H projects? Have groups of members test their rhyming skills come up with as many limericks as they can. Have each group perform their best limerick before a panel of judges. Present awards for humor, corny-ness and subject matter!

The website below provides the history and other information about limericks as well as numerous examples.  
<http://www.poetry-online.org/limericks.htm>