

# FAB

Fun, **A**dvocacy, and **B**rainpower

## Community Relationships

July



**Agenda**



# Introductions:



# Ground Rules:



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



## Fun Games

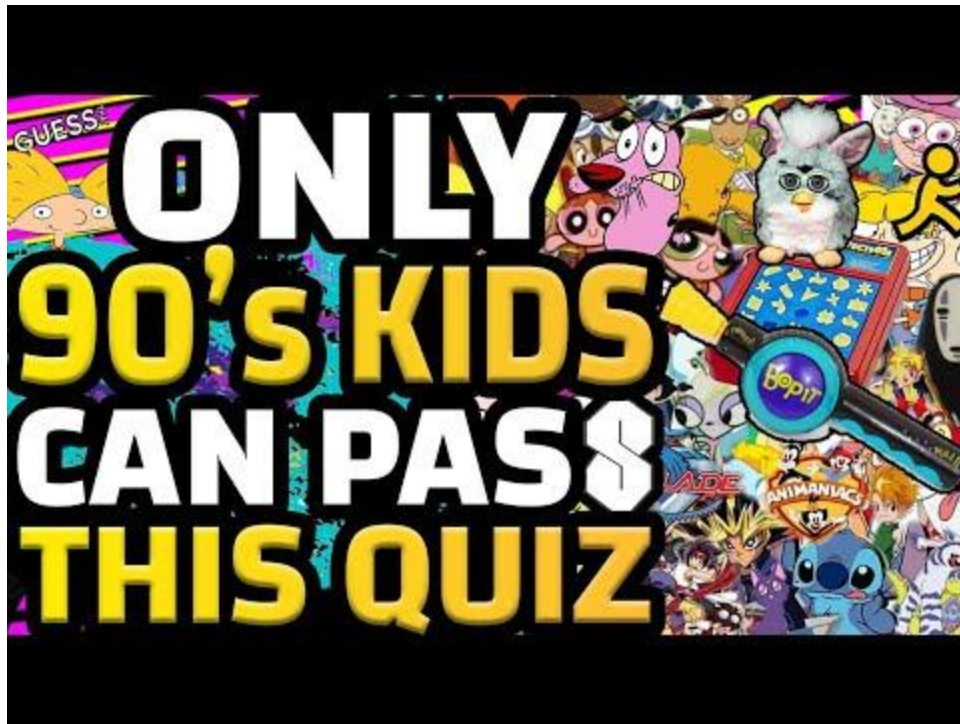
- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



## Games



**Game: Word Scramble**

**Unscramble the words below**



**Spishnoitaler**



**Tyinummoc**



**Tcepser**



**Ytilauqe**



**Answer Key: Community, Relationships, Respect, Equality, Communication.**

[Animal Emoji Quiz](#)

[Emoji Quiz game](#)



**Brainpower** – Information and  
Resources to Empower



**9 tips for building good work relation work relationships**

<https://www.betterup.com/blog/building-good-work-relationships#:~:text=Workplace%20relationships%20are%20the%20interactions,good%20work%20relationships%20are%20important.>



**Working relationships in the workplace**  
**Relationships in the workplace: the rule of three**

<https://www.linkedin.com/pulse/relationships-workplace-rule-three-chanel-lim>



## **10 Tips for Community Engagement and Advocacy**

[https://unconf.org/wp-content/uploads/reports/GrasstopsToolkitReport\\_10Tips\\_9-17.pdf](https://unconf.org/wp-content/uploads/reports/GrasstopsToolkitReport_10Tips_9-17.pdf)



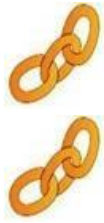
[Find Internships and Fellowships | icma.org](https://www.icma.org)



[The Importance of Community: Building Authentic Relationships in the Church - Church Notes](#)



[How to Build Partnerships with Community Organizations - Visible Network Labs](#)



[Building Stronger Communities: The Impact of Supportive Relationships • Dope Black](#)

[How Does Volunteering Help The Community?](#)

## Virtual Board



## **Cooking Ideas and Exercise**

### **Recipes**

# Quinoa Bowl



AUTHOR  
Custom

DIFF  
Ac

# Quinoa Bowl

Servings: 16

**you will  
need:**



2 cups of  
black beans



4 cups of  
quinoa



4 onions



4 bell peppers



8 tsp of  
vegetable oil



4 cloves of  
minced garlic



2 cups of corn



8 tbsp of lime  
juice



2 cups of sour  
cream

tools:



skillet



saucepan



knife



cutting board



teaspoon



tablespoon



cup



2 bowls



spoon

steps

1



Rinse quinoa



Put 2 cups of water in pan



Bring water to boil



Simmer 10-15 minutes



Add 4 tbsp lime juice. Cover and keep warm.

2



Dice 4 bell peppers



Dice 4 onions



Set to side until needed

3



Heat 8 tsp oil in skillet



Add onion and bell pepper. Cook 5 minutes



Add garlic, cook for 1 minute



Add black beans and corn. Cook for 4 minutes

# cinnamon roll pumpkins



you will need:



cooking spray



Pillsbury Grands cinnamon rolls



food coloring

## steps

1



heat oven to 350 degrees



grease baking sheet



open dough



put rolls on baking sheet



shape like pumpkins



# Pink Stuff



- 1 (21 ounce) can cherry pie filling

- 1 (14 ounce) can sweetened condensed milk
- 1 (20 ounce) can crushed pineapple, drained
- 1 cup chopped pecans
- 1 (12 ounce) container frozen whipped topping, thawed

Step 1 gather ingredients



Step 2. In a large bowl, mix together pie filling, sweetened condensed milk, crushed pineapple, and pecans.





Fold in whipped topping and refrigerate

## Exercises





### **Seated Chest Stretch:**



Sit upright and extend your arms out to the sides, then gently bring your shoulder blades together, feeling a stretch across your chest. This exercise improves posture and chest flexibility.

### **Seated Neck Rotation:**

Sit tall and gently rotate your head from side to side, feeling a stretch in the neck muscles. This exercise improves neck flexibility and range of motion.

### **Seated Hamstring Stretch:**

Sit near the front of the chair, extend one leg straight out in front of you, and gently lean forward, feeling a stretch in the back of your leg. This exercise improves hamstring flexibility.