

# Lafayette 4-H Hotline

## Building Healthy Relationships

Good relationships are very important. We all possess a natural need to connect with others, and/or to belong to a social group. This sense of connection is usually established based on the people around us - family, friends, school mates, etc. But what if your relationships with family and friends are not as nourishing as you would like? Great News!! You can learn how to develop good relationships by practicing the following: (Write the acronym on the board or on flipchart paper.)

**F**riendliness starts with a simple "hello".

**R**each out to others.

**I**nclude others - Look for people who are left out and invite them to join you.

**E**ye contact - Giving eye contact demands attention from others.

**N**ames - Learn the names of others and try your best to remember their names.

**D**on't focus only on yourself. Think of other people. Be attentive and listen. Smile - Your smile combined with eye contact may start a friendship frenzy!

To have good relationships with others requires work on your and the other person's part. To have a friend, is to be a friend. Remember it's not all about what you say, it's also about your actions also. In life, you will always be building new relationships with others.

## Christmas Cookie Decorating Contest

The annual Lafayette Parish 4-H Christmas Cookie Decorating Contest is going virtual this year! The categories remain the same as they have been in the past. They are as follows:

- Most 4-H Spirit
- Prettiest Christmas Cookie
- Most Unusual Christmas Cookie

To enter in the Christmas Cookie Decorating Contest, you will need to bake and decorate your cookie, take a well-lit picture of your cookie, and submit your picture to Ms. Cassie at [cphillips@agcenter.lsu.edu](mailto:cphillips@agcenter.lsu.edu). When you submit the picture of your cookie, be sure to include your name, grade, school/club, and the category you are submitting your cookie in (Most 4-H Spirit, Prettiest Christmas Cookie, Most Unusual Christmas Cookie).

**Submit your entries by Saturday, December 19<sup>th</sup> at midnight to be entered!**

Each 4-H member can enter one cookie in each category, if they choose to. Remember, no store-bought cookies may be entered, and one cookie cannot be entered into more than one category. Good luck everyone!



## December 2020

Lafayette Office

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### Points of interest:

- Building Healthy Relationships
- Cookie Decorating
- Record Book Workshops
- Junior Leader
- Clover Corner
- Award Applications
- It's Livestock Time
- The Science of Fashion Workshop
- Service Learning
- Holiday Riddles



# Record Book Workshops

Record Book and Portfolio workshops will look a little different this year. Due to continuing restrictions, workshops will be held online. The Portfolio Workshop, which will include 6<sup>th</sup>-12<sup>th</sup> graders, requires no materials and will be conducted as seminar and question-and-answer session. To register for the Portfolio Workshop (grades 6<sup>th</sup>-12<sup>th</sup>), email Ms. Cassie at [cphillips@agcenter.lsu.edu](mailto:cphillips@agcenter.lsu.edu) and a link will be sent out.

Record Book workshops, which will be held for 4<sup>th</sup> and 5<sup>th</sup> graders, will also be held virtually. However, these workshops do require materials as they will be conducted in demonstration style (the 4-H agents will demonstrate how to conduct a specific activity in their book, members will follow along). Once you register for these workshops, Mrs. Victoria will send a list of materials that must be obtained prior to the workshop so that you may follow along with the activities. To register for the Record Book Workshops (4<sup>th</sup> and 5<sup>th</sup> grade), email Mrs. Victoria at [vdupuis@agcenter.lsu.edu](mailto:vdupuis@agcenter.lsu.edu) and a link, a list of materials, and the activities that will be covered during the workshop, will be sent out.

## **Portfolio Workshop (grades 6<sup>th</sup>-12<sup>th</sup>):**

December 23<sup>rd</sup>, 2020 from 9:00 a.m. to 10:30 a.m.  
Email [cphillips@agcenter.lsu.edu](mailto:cphillips@agcenter.lsu.edu) by Dec. 17 to register

## **Record Book Workshop (4<sup>th</sup> grade):**

December 23<sup>rd</sup>, 2020 from 11:00 a.m. to 12:30 p.m.  
Email [vdupuis@agcenter.lsu.edu](mailto:vdupuis@agcenter.lsu.edu) by Dec. 17 to register

## **Record Book Workshop (5<sup>th</sup> grade):**

December 23<sup>rd</sup>, 2020 from 1:00 p.m. to 2:30 p.m.  
Email [vdupuis@agcenter.lsu.edu](mailto:vdupuis@agcenter.lsu.edu) by Dec. 17 to register



# It's NOT Too Late!

It's not too late to join Lafayette 4-H's Junior Leader club, a club made up of 8<sup>th</sup>-12<sup>th</sup> grade 4-H members from across Lafayette Parish. Are you a teen that would like to be involved in the community in a leadership role, but just not sure how to go about it?

The next Junior Leader meeting of the school year will be Monday, December 14<sup>th</sup> at 6:00 p.m. All 4-H'ers in grades 8<sup>th</sup> to 12<sup>th</sup> are invited to attend. Contact Mrs. Victoria at [vdupuis@agcenter.lsu.edu](mailto:vdupuis@agcenter.lsu.edu) if you are interested in attending the Junior Leader meeting.



## Clover Corner

*Hi 4-H Members!*

I'm back again as promised and am checking on your 4-H work. How is that book coming along? I made lots of suggestions in the November Hotline and if you finished all of the work, you're doing great!

December is a good month to work on some of the pages towards the front of the book. Last month, I suggested that you get a head start. If you haven't started, now is the time. This month, in both the *Discovering the World of 4-H Book* (pages 10-19) and *In the Exploring the World of 4-H book* (pages 13-22.), I will start on the importance of being a role model citizen in the "Citizenship" section on pages 10 thru 19. In this section you will learn about character education, communication, and demonstrations as well as theater arts. Citizenship focuses on 4-H members becoming well informed citizens who are engaged in their communities. This is done through civic education, public speaking, and community service. There are activities in this section that relate to the "Six Pillars of Character", identifying true friends, evaluating your character, tips on giving a speech and a demonstration as well as artistic expression. Use the holidays to do activities you have fallen behind. In January, finish the Science, Engineering and Technology Section as we target our outdoor skills projects areas of ATV, gun, and boating safety. I encourage you to be adventurous in learning how to care for livestock animals and pet projects. You can get started on these if you want to. Our program in December will tie directly into completing your book with tips on achieving your goal of a completed book. Remember to keep your record book neat and clean and decorate it if you wish. Pictures are always a good idea. Have a safe and Happy Holiday and see YOU next month!

Yours Truly,

*Clover*

# Award Applications

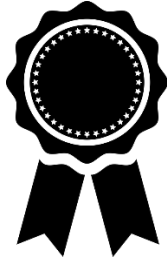
The following award applications were sent to select grade levels of 4-H members. They are as follows:

**Golden Clover:** 7<sup>th</sup> Grade and 8<sup>th</sup> Grade

**Emerald Achievement:** 11<sup>th</sup> Grade and 12<sup>th</sup> Grade

**Honor Cord:** 12<sup>th</sup> Grade

These award applications are due **December 15<sup>th</sup>, 2020** to the Lafayette 4-H Office. Details can be found on the applications. Please contact the 4-H Office with any questions at (337)291-7090.



# It's Livestock Time

The Lafayette Parish 4-H Livestock Show is fast approaching. Deadline for exhibitors to turn in livestock show entry forms was November 20<sup>th</sup>, 2020. We hope you got yours in on time! If not, call the 4-H Office immediately. Upcoming activities include:

- Premier Exhibitor Workshop #2: December 15<sup>th</sup>, 2020
  - Email Ms. Cassie at [cphillips@agcenter.lsu.edu](mailto:cphillips@agcenter.lsu.edu) to register
- Premier Exhibitor Written Exam and Skill-A-Thon: TBA (will be prior to parish show)
- Exhibition Poultry Blood Testing: January 6<sup>th</sup>, 2020 9:00 a.m. to 11:00 a.m.
- Lafayette Parish Livestock Show and Sale: January 21<sup>st</sup> to January 23<sup>rd</sup> (dates may shift)
- Acadiana District Livestock Show: January 25<sup>th</sup> to January 30<sup>th</sup> (dates may shift)
- LSU AgCenter State Livestock Show: February 13<sup>th</sup> to February 20<sup>th</sup> (dates may shift)

Due to the pandemic, the livestock shows, which are normally open to the public, will be restricted to participating members and their families. Follow us on social media to get plenty of show updates!



# The Science of Fashion: Workshop

The Science of Fashion workshop is fast approaching! We have extended the deadline to **register to December 4<sup>th</sup> at 4:30 p.m.** This workshop will cover elements of color, pattern, texture, and more! It will be virtual workshop held on **Saturday, December 5<sup>th</sup> from 10:00 a.m. to 11:30 a.m.** Pre-register for this free workshop by emailing Mrs. Victoria at [vdupuis@agcenter.lsu.edu](mailto:vdupuis@agcenter.lsu.edu).

The Science of Fashion Workshop is open to all enrolled 4-H members. The link to attend workshop, along with a list of optional supplies if you would like to follow along, will be sent to the 4-H members that pre-register. Fabric squares crafted during the workshop can be entered as part of the Fashion, Talent, and Art Show in the spring.



# Service-Learning: Needs Assessment

Last month, we discussed student community ownership in preparation of your project idea. This month, we are continuing the cycle on needs assessment. Students will learn how to identify a genuine need in their community and learning new things about it.

How would you begin to identify a project? You should begin by answering several questions. Who are they? What do they need? And Why? Some examples of questions may be: What does the community need? How can we choose a project that truly makes a difference? How do we go about planning the project? How do we implement the project? How do we evaluate our efforts?

A good way to get feedback from your community can be taking pictures of needs, surveys, focus group meetings, interviews, or even reading through the newspaper and identifying themes. Help people think about community planning and other issues that they might otherwise not consider. You should ask a variety of people, even those you don't know, to get a well-rounded picture of the needs, why is it important, and how the results will be used in a few short sentences and try to be unbiased. Next month, we will focus on preparation and planning.

# Dates to Remember

## December 2020

- 1 First Day of Club Meetings
- 4 Validation Kits and Possession Deadline for all Market, Commercial, and Breeding Swine
- 5 Science of Fashion Workshop, Virtual
- 8 Parish Broiler Pick-Up, TBA
- 14 Junior Leader Meeting
- 15 Golden Clover Awards Due, 4-H Office
- 15 Emerald Achievement Awards Due, 4-H Office
- 15 Honor Cord Applications Due, 4-H Office
- 19 Cookie Decorating Contest Entries Due, 4-H Office
- 23 Record Book Workshop
- TBA Hoof Trimming Clinic



## Holiday Riddles

Why did the gingerbread man go to the doctor?

- He was feeling crummy

Santa just ate his walking stick! How is that possible?

- It was a candy cane!

What do snowmen eat for breakfast?

- Frosted Flakes



## January 2021

- 5 First Day of Club Meetings
- 5 LSU Broiler Pick-Up, TBA
- 6 Exhibition Poultry Blood Testing
- 11 Junior Leader Meeting
- 18 Martin Luther King Jr. Day, 4-H Office Closed
- 21-23 Lafayette Parish Livestock Show and Sale
- 25-30 Acadiana District Livestock Show
- TBA Premier Exhibitor Test and Skill-A-Thon



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Follow us on Instagram: [@lafayette4h](https://www.instagram.com/lafayette4h)

Sincerely,

*Victoria Dupuis*

Victoria Dupuis

Assistant Extension Agent, 4-H Youth Development  
Lafayette Parish

**CHARLES HEBERT**

Charles Hebert

County Agent, 4-H Youth Development  
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*Cassandra Phillips*

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It is the policy of the LSU AgCenter, Louisiana Cooperative Extension Service that no person shall be subjected to discrimination on the grounds of race, color, national origin, religion, gender, age or disability. If you have a disability which requires special assistance or your participation in any aforementioned activity, please contact the Lafayette 4-H office at (337) 291-7090.