

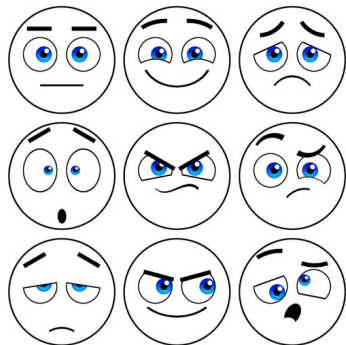
Lafayette 4-H Hotline

Nonverbal Communication

Many people believe what they say is all they are saying. In actuality, your body language can say more than the words that are being spoken. According to www.businessdictionary.com, the definition of nonverbal behavior is, "Behavior and elements of speech aside from the words themselves that transmit meaning." Non-verbal communication includes pitch, speed, tone and volume of voice, gestures, facial expressions, body posture, stance, and proximity to the listener, eye movement and contact, and dress and appearance. Research suggests that only 5 percent effect is produced by the spoken word, 45 percent by the tone, inflexion, and other elements of voice, and 50 percent by body language, movements, eye contact, etc.

At this month's club meetings, we will put this theory to the test as Members will experiment with different nonverbal communication cues and reflect on the reactions they get.

The content of this lesson will be mirroring the Reading Comprehension and Written Expression tasks for LEAP testing.



February 2023

Lafayette Office
1010 Lafayette St., Ste. 325
Lafayette, LA 70501
Phone: (337) 291-7090
Fax: (337) 291-7099
www.lsuagcenter.com

Points of interest:

- Nonverbal Communication
- Fashion Show
- 4-H Talent and Art Contest
- State Rabbit Show
- Project Books
- Summer Camp
- Achievement Day
- Strawberry & Fern Sale
- Mental Health Retreat
- Farewell



Fashion Show

This year Lafayette Parish 4-H will host the 2023 Fashion Show on Saturday, March 4th at the 4-H Office, 1010 Lafayette Street, Suite 325. Prejudging of all garments being entered will begin at 9 a.m. with the show beginning at 11 a.m. Members who would like to participate must contact Mrs. Nicole at ngerard@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules. Registration is required by February 24th, 2023 in order to participate.



4-H Talent and Art Contest

Do you have a talent you want to share with others? Created art that you want to display? The 2023 Lafayette Parish 4-H Talent and Arts Show planning is underway! All 4-H Members are invited to participate. You will need to review rules carefully so that your submission will be complete and turned in on time for judging. You will need to contact Mrs. Nicole at ngerard@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules.

We are planning for a virtual contest again this year. All contest entries will be submitted electronically using photographs and videos. Registration and entries are due electronically by midnight on Monday, March 6th.



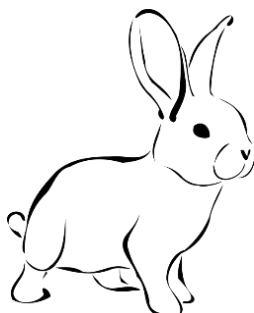
State Rabbit Show

The LSU AgCenter will be hosting the State Rabbit Show on March 4th at the State Evac Shelter in Alexandria, LA. All rabbits must be entered as animals in 4-H Online. All show entries must be entered in FairEntry at:

<https://www.fairentry.com/Fair/SignIn/17825>;

the link is currently open. Electronic payment is available in FairEntry, however, you may submit confirmation/invoice with check payable to "Livestock Show Office" to the Lafayette Parish Extension Office by February 17th, 2023, at 4:00 p.m.

Entry information has been sent out to 4-H Members in the rabbit project. For more information, contact our office at 337-291-7090.



Project Books Due!

How are those project books coming along? At this time, they should be close to completion (or completed!). **All record/project books are due to the Lafayette 4-H Office by Friday, February 24th.** Here are a few things to remember when working on record books:

- Put your name, grade, and school on the outside cover of your book (there may already be a sticker in place with this info; if not, please make sure to write it).
- **4th and 5th graders** - your entire book, including the projects in it, should be as complete as possible. Make sure to complete the end of the book and the questions that are asked there!
- **6th-12th graders** - make sure you turn in a portfolio with your record book. Your record book may be an entire book, or it may be an activity guide (smaller paper pamphlet).
- Awards at the parish level include ribbons and/or cash prizes. If your record book is chosen for the state competition, you can win award trips!

Please call the 4-H Office at 337-291-7090 with any questions concerning record books. Good luck to all!



Summer Camp Update

Camp applications are being sent out this month to all 4th-6th graders enrolled in 4-H Online.

Applications are due to Leaders by **Friday, February 17th**.

You must have an administrator from your school sign the form verifying that you have no major discipline issues. 4-H Club Leaders will rank Members based on involvement and participation in 4-H.

Campers needing financial assistance are encouraged to take advantage of the 4-H Camper Assistance Program. This assistance program is available to Members on free or reduced lunch.

4-H Camp will be held **July 24th– July 27th, 2023**. Parents, please look at your summer schedule to see if there is a possibility you can attend as an overnight chaperone! Overnight Chaperone training takes about an hour and is good for five (5) years.



Achievement Day 2023

It is not too early to start making plans for the upcoming 4-H Achievement Day, Saturday, **March 25th** at David Thibodaux STEM Magnet Academy. It is our **BIGGEST** contest day of the entire year! For those Members or parents not familiar with Achievement Day, it is the culminating event of the year. It is an opportunity for Members to give demonstrations, showcase exhibits, take test, and participate in workshops. All 4-H'er's should receive a copy of the rules this month and start preparing. Make plans now to participate in Achievement Day and earn points for Outstanding 4-H'er of the year!

Strawberry and Fern Sale

The Lafayette Junior Leader Club and Lafayette 4-H Foundation are currently conducting their Louisiana strawberry flat and fern sale. Fresh Louisiana Strawberries are projected to be sold for \$25.00 per flat. Boston Ferns are being sold for \$25.00 per fern.

We are still working to confirm dates with the farm to make sure we have the freshest strawberries available. More information will be released as soon as it is available.

Profits (for the Strawberry and Fern sale) can be split between the 4-H Club and Lafayette Parish 4-H if the club is indicated on the order form. Please call the 4-H Office with questions.



Calling ALL Superheroes in Training!

Join the Louisiana 4-H Citizenship Board on a top-secret mission to conquer your inner villains. Journey through the valleys and mountains of feelings - the highs of joy, the lows of sadness, the raging rivers of anger, and much more. You'll experience it all in the Louisiana 4-H Mental Health Retreat sponsored by the State 4-H Citizenship Board.

Registration will open February 13, 2023, on 4-H Online under the title - *Mental Health Retreat - presented by the State 4-H Citizenship Board* and close March 3, 2023.

Registration Fee - \$15 per person - This fee must be submitted to complete registration.

Dates to Remember

February 2023

- 1 First Day of Club Meetings
- 11-18 State Livestock Show
- 14 Valentine's Day
- 15 Junior Leader Meeting
- 17 State Rabbit Show Entries Due
- 21 Mardi Gras Day, 4-H Office Closed
- 24 Scholarship Deadline, 4-H Office
- 24 Record Books Due, 4-H Office



Best Wishes to Mr. Paul

February marks a new beginning for Lafayette Parish 4-H! While it has been an honor for Mr. Paul to serve our community through 4-H since last academic year, he is transitioning to horticulture in Acadia Parish to continue to serve our region.

Every club meeting, contest, trip, and camp was a transformative experience for him. Our 4-H'ers are remarkable people and he so values every interaction.

He thanks all of you and hopes that you will join him in welcoming the new 4-H Agent to team up with Mrs. Nicole and Mr. Charles in the near future!

March 2023

- 1 First Day of Club Meetings
- 4 Lafayette Parish Fashion Show
- 4 State Rabbit Show, Alexandria, LA
- 6 Talent and Art Contest Entries Due
- 11 Parish Shooting Sports Tournament
- 15 Junior Leader Meeting
- 25 Achievement Day, David Thibodaux STEM



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

Sincerely,

Paul Bongarzone

Paul Bongarzone
Assistant Extension Agent, 4-H Youth Development
Lafayette Parish

Nicole Gerard

Nicole Gerard
Assistant Extension Agent, 4-H Youth Development
Lafayette Parish

CHARLES HEBERT

Charles Hebert
County Agent, 4-H Youth Development
Lafayette Parish

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.