

Lafayette 4-H Hotline

Communicating with Empathy

Communication is when you verbally or nonverbally express a message to others. How and what you express in the message is important. A simple equation for communication is:

$$\text{speaker} + \text{listener} = \text{communication}$$

When communicating with others, it is important to consider peoples' perspective while respecting their feelings. This is an example of communicating with empathy. Empathy is the ability to understand and share the feelings of another.

This month, we are going to discuss how communicating with empathy will strengthen relationships. Words are very powerful. The way we talk to people and what we say has lasting effects on others. Words can be perceived by people differently as a response to our tone and/or choice of words. For example, if your friend said, "My grandma is sick". What do you think would be your response? What could you say to make your friend feel better? How could you respond showing empathy?

Some examples would be: "I'm so sorry to hear about your grandma, is there anything I can do to help your family?", "My grandma was recently sick, so I understand how you may be feeling.", "You were there for me when I needed you, I am here for you now." When we communicate with empathy our feelings and others' feelings are supported and valued, therefore, strengthening relationships.

January 2021

Lafayette Office

1010 Lafayette St., Ste. 325

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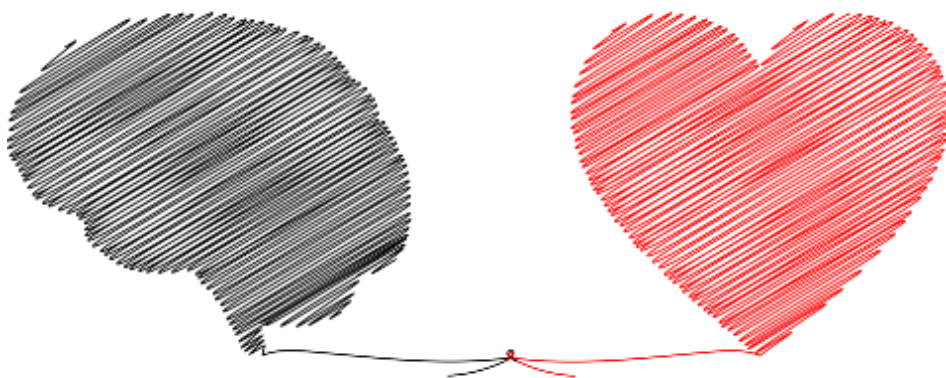
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Points of interest:

- Communicating with Empathy
- Junior Leader Meeting
- Clover Corner
- Fashion, Talent, and Arts Show
- State Rabbit Show
- It's Livestock Time
- Service Learning
- Character Word Search
- New Year's Traditions



Junior Leader Meeting

It's not too late to join Lafayette 4-H's Junior Leader club, a club made up of 8th-12th 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? Any seniors that wish to apply for scholarships should be an active member of this program.

The next Junior Leader meeting of the school year will be Monday, January 11th at 6:00 p.m. All 4-H'ers in grades 8th to 12th are invited to attend. Contact Mrs. Victoria at vdupuis@agcenter.lsu.edu if you are interested in attending the Junior Leader meeting.



Clover Corner

Hi 4-H Members!

I am back again as promised and checking on your 4-H work. I hope that you were able to complete some of the activities in your book over your holiday break from school. I have made lots of suggestions in the December Hotline and if you finished all the work, you are doing a great job!

Last month, in the Discovering the World of 4-H book and the Exploring the World of 4-H book, you worked on pages that talked about being a good Citizen to others. This month, we will focus on Science, Engineering, and Technology or SET as we like to call it in 4-H. That means that in the Discovering the World of 4-H book, you will work on pages 20-36 where there are activities that will teach you all about ATV and Hunter Safety, fishing gear, types of products that come from animals, pet care, and photography. In the Exploring the World of 4-H book, you should be working on pages 23-34 which covers activities on parachutes, balloon jets, insects, environment, growing your own tree, and forestry.

If you came to the Project Book Workshop on December 23rd at 4-H Office, you were able to complete many of these activities! That is a great way to be sure that you are finished your record book soon!

Keep in mind all the great opportunities for you in 4-H as you work through the activities in your record book. Remember to keep your record book neat and clean and decorate it if you wish. Pictures are always a good idea. See YOU next month!

Yours Truly,

Clover

Fashion, Talents, and Arts Show

Have a talent you want to share with others? Created art that you want to display? Sewed an outfit that you want to model in a fashion show? The 2021 Lafayette Parish 4-H Fashion, Talent, and Arts Show planning is underway! All 4-H Members are invited to participate. You will need to contact Mrs. Victoria at vdupuis@agcenter.lsu.edu or 337-291-7090 to receive more information about the rules.

Under the current restrictions, we are planning for a virtual contest. All contest entries will be submitted electronically using photographs and videos. If we are allowed to have larger in-person events in the spring, we will make adjustments and send those interested the updates. Registration and entries are due electronically by midnight on Monday, March 1st.

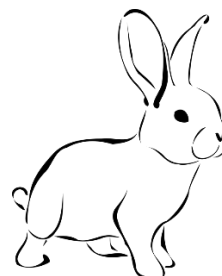


State Rabbit Show

The LSU AgCenter will be hosting a State Rabbit Show on March 6th at the State Evac Shelter in Alexandria, LA. Entries will be due to the Lafayette Parish Extension Office on February 19th, 2021 by 4:30 p.m. This is subject to change if further restrictions are imposed.

Entries information is being sent out to 4-H members in the rabbit project.

More information and entry forms will be sent to students in the rabbit project. For more information, contact Ms. Cassandra 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 20th, 2020. We hope you got yours in on time! If not, call the 4-H Office immediately. Upcoming activities include:

- Premier Exhibitor Written Exam and Skill-A-Thon: TBA (will be prior to parish show)
- Exhibition Poultry Blood Testing: January 6th, 2021 9:00 a.m. to 11:00 a.m.
- Lafayette Parish Livestock Show and Sale: January 21st to January 23rd (dates may shift)
- Acadiana District Livestock Show: January 25th to January 30th (dates may shift)
- LSU AgCenter State Livestock Show: February 13th to February 20th (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!



Character Word Search

Can you find all the word that relate to our theme for the year?

w d i i i b b e b r a f q x o j a r v i
f v i t w q v v c y w y c s x q b s n g
f r i e n d s h i p a h l i n l m t r x
b g z u s m o h q u r t w c p d e g y a
s s e n d n i k z o e a p q q g i k e n
c a r i n g o m a z n p m c r h e w c d
l f x c m p c o b g e m k i w e w y n g
c b s k q w g h j k s e t h h e a i m q
m j u x o n s h a g s y h l n q c m s k
w w z p i r s x u r h g h v b t m h m e
d v f k h s j i f a a f w m r a m u q x
y p l x b o n t r n i c d s a e t q c p
y a a l l x s o r b o t t b n i d w h r
t f n b m x l r i u p t s e w a q v n m
o s l f w d e h y t g b j c r f j y y a
b x h m i d t t s n o c r l b l u u l e
f z s m h a d u v f n m b c m p i y f u
t z h b r i h f z h b i e u n k k l i f
k i h r j r z u x w d b x o b q n r x o
i w y e t c e a u o b s b y u j v o h a

awareness
caring
character
emotions
empathy
friendship
integrity
kindness
talking
wise

Service– Learning Planning & Preparation

Youth voice is an essential principle in service-learning. There are many ways to engage youth in a service-learning project. Youth as planners—involved in creating a vision, setting goals, and determining objectives; identify community needs, develop action plans and timelines, recruit volunteers, conduct community outreach, and evaluate the outcomes of the project.

Youth can conduct fundraisers to support the project and decide how the funds should be spent. Youth can even play the role as policymakers to help sustain their community change. They can be directly involved in helping set policies that will change social problems.



Dates to Remember

January 2021

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



February 2021

1	First Day of Club Meetings
8	Junior Leader Meeting, <i>virtual</i>
13-20	State Livestock Show
14	Valentine's Day
16	Mardi Gras, <i>4-H Office Closed</i>
19	State Rabbit Show Entries Due
26	Scholarship Deadline, 4-H Office



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

New Year's Traditions

- The first New Year's celebration dates back over 4,000 years!
- Did you make a New Year's Resolution? 45% of Americans do (25% of them break their resolution by mid-January)
- In a non-pandemic year, over one million people gather in Times Square in New York City to watch the ball drop!



Sincerely,

Victoria Dupuis

Victoria Dupuis

Assistant Extension Agent, 4-H Youth Development

Lafayette Parish

CHARLES HEBERT

Charles Hebert

County Agent, 4-H Youth Development

Lafayette Parish

Cassandra Phillips

Cassandra Phillips

Assistant Extension 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.