

Lafayette 4-H Hotline

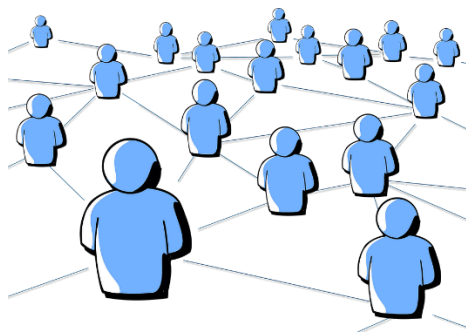
Self-Awareness

This year, our lessons are all about character! What is character? Character refers to the combination of a person's features and traits that make them who they are. We will be discussing different topics that make up a person's character. The first character trait we will be discussing is self-awareness.

Self-Awareness is the skill that helps you to:

- Think about how you think and process ideas
- Care about what other people think and feel
- Know why you choose to do things

Self-awareness begins when you can recognize and name your emotions, strengths, and challenges, and likes and dislikes. Self-awareness can help you determine if you made a good decision, can provide the desire to check over your work at school, and can help you to be kind and understanding with others. You are practicing self-awareness when you realize your work on a school group project affects others in your class, or even when you talk about your feelings. How have you practiced self-awareness today? Asking others what they see in you is one way to become more self-aware. However, we as human beings often do not do this because it may make us feel uncomfortable and fear what others may say.



Fall Fest: Virtual Edition!

The weather is getting cooler, the days are getting shorter, fall has arrived! And with the arrival of fall comes the arrival of our annual Lafayette Parish 4-H Fall Fest! This year, as with many events, Fall Fest will occur virtually.

Fall Fest entries are due Monday, November 30th at midnight! Send entries to Ms. Cassie at cphillips@agcenter.lsu.edu. Results will be announced in the following weeks! See attached rules for complete contest details. Good luck to all competitors!



November 2020

Lafayette Office

1010 Lafayette St., Ste. 325

Lafayette, LA 70501

Phone: (337) 291-7090

Fax: (337) 291-7099

www.lsuagcenter.com

Points of interest:

- Self-Awareness
- Fall Fest: Virtual Edition!
- Louisiana Commodity Sale
- Junior Leaders: Calling 8th-12th Graders!
- Pumpkin Decorating Contest
- Clover Corner
- The Science of Fashion Workshop
- Shooting Sports Update
- Horse News
- Service-Learning
- Upcoming Livestock Shows



Louisiana Commodity Sale

Just in time for the holidays, the Lafayette Parish 4-H Foundation will be sponsoring a Louisiana Sweet Potato, Rice, and Pecan Sale! Prices are as follows:

- Orange or White Sweet Potatoes (10 lbs): \$10.00
- Orange Sweet Potatoes (40 lbs): \$25.00
- Peeled Pecans (1 lb bag): \$12.00
- Peeled Pecans (3 lbs box): \$30.00
- Aromatic Rice (2 lbs bag): \$5.00
- Aromatic Rice (5 lbs bag): \$10.00
- Aromatic Rice (20 lbs bag): \$25.00
- LSU AgCenter Gardening Calendar: \$12.00

All checks should be made payable to the 'Lafayette 4-H Foundation' and can be mailed, along with an order form, to the Lafayette 4-H Office:

Lafayette 4-H Office
1010 Lafayette St. Suite #325
Lafayette, LA 70501

Order deadline: Friday, November 4th

Pickup date: Tuesday, November 17th

Pickup location/directions: Second Harvest Food Bank: 215 E Pinhook Rd: Head east on Pinhook toward the Evangeline Thruway, take left on East Vermillion, then left on Forrest St, and then left on Refinery Street. Line up on right hand side of road closest to Second Harvest. Turn in gate and drive through.

Pickup time: 2:00 p.m. to 5:00 p.m.



Junior Leader: Calling 8th-12th Graders!

Lafayette's Junior Leader 4-H Club is made up of older 4-H'ers from across Lafayette Parish who are in grades 8th-12th. Do you have teens 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, November 16th 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.

Award Applications

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

Golden Clover: 7th Grade and 8th Grade

Emerald Achievement: 11th Grade and 12th Grade

Honor Cord: 12th Grade

These award applications are due December 15th, 2020 to the Lafayette 4-H Office. Details can be found on the applications.

Clover Corner

Hi to our Newest 4th & 5th grade Members!



Welcome to 4-H! My name is Clover and I've been in 4-H for many, many years. I'm so excited that you have joined this great club and I hope you have a great year. I wrote you a note on the inside cover of your *Discovering the World of 4-H* booklet, special for all 4th and 5th grade 4-H members. Read it as soon as you can get started. The booklet has about 40 pages. If you work on it at a steady pace or about 10 pages a month, you'll have everything finished by the February 28th deadline. Look for my note in each Hotline, so I can help you keep up with your book. I know the book inside and out, therefore, I'll give you hints on what to do and when.

Several activities take a while to complete, so it's a good idea to start those activities now. A good place to start is to learn the 4-H Pledge, 4-H Emblem, and fun facts about the program on pages 1-3. The next section is on "Healthy Living." When *Discovering the World of 4-H*, you will learn about health and safety, fitness, and food and nutrition. It is very important to learn emergency numbers in the case of an emergency and to have these handy. You will learn how to measure ingredients, use equipment in the kitchen, follow recipes, to eat and plan healthful meals using My Plate logo or choosemyplate.gov. When *Exploring the World of 4-H*, you will learn the basics of child development, consumer decision making, nutrition, school bus safety, and manners. The 4-H personal development project helps you be your best! You will learn about manners and personal hygiene and be given tips that will prepare you to feel comfortable and be successful. Good manners show you are kind and thoughtful. Remember, being polite is always right!

The Science of Fashion: Upcoming Workshop!

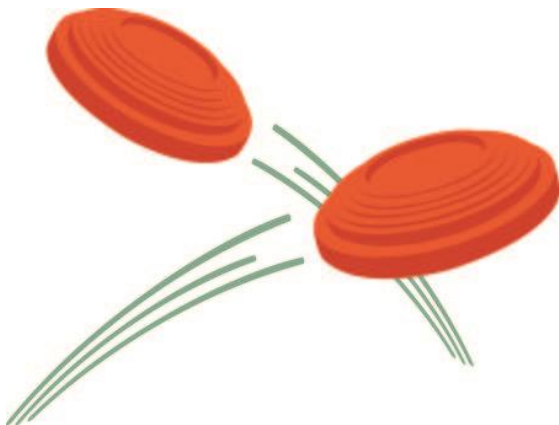
We are excited to announce that Lafayette 4-H will host a Science of Fashion workshop this fall. This workshop will cover elements of color, pattern, texture, and more! It will be virtual workshop held on **Saturday, December 5th from 10:00 a.m. to 11:30 a.m.** Pre-register for this free workshop by Monday, November 30th, by emailing Mrs. Victoria at 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.



Shooting Sports Update

A couple reminders to all 4-H members who are enrolled in the shooting sports project. There must be a certified instructor from your school in order to participate. Be on the lookout for information from Mr. Charles by mid-November with workshops, safety training, and practices if there is a certified instructor at your school. All participants must have completed the Louisiana Department of Wildlife and Fisheries' Hunter Education program in order to participate in the shooting sports program.



Horse News

The 4-H horse shows are set to take place next summer. Exhibitors must have enrolled in the horse project on their enrollment card, have acquired their horses by April 1st, and will also be required to enter their animal on the entry forms mailed out in April. The date for our parish 1st Year Exhibitor/family Meeting and our Grade Horse Clinic will be set soon.

All 4-Her's who enrolled in the horse project will periodically receive horse information, as well as their entry forms, through the mail. Contact Mr. Charles at (337)291-7090 with any questions about the 4-H Horse Program.



Service-Learning

Last month, we explained service-learning and how each step in the cycle leads to the next. This month, we will cover student and community ownership. It occurs where the process doesn't end with the completion of the service activity. An activity may be completed, but service-learning is a continuing process, where young people, and communities are always growing.

"YOUTH VOICE" means the inclusion of young people as a meaningful part of the creation and implementation of service opportunities. Youth voice enables young people to build upon service-learning and to act as advocates for social change.

When developing your project, remember to consider identifying various networks within a community, recruit, and target partners from the private, public, and citizen sectors in a community. Next, identify leadership within the community such as club officers, elected officials, etc. These groups can assist in advancing your project.

It's important to increase "youth voice" in our programs. Today's youth strongly believe that they can make the world a better place and they can, we have to allow them the opportunities. Next month, we will focus on identifying a genuine community need.

Dates to Remember

November 2020

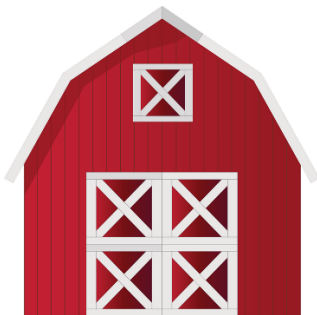
- 1 Exhibition Poultry Possession Date
- 2 First Day of Club Meetings
- 4 Commodity Sale Order Deadline, 4-H Office
- 6 Validation Kits Due and Possession Deadline for all Market: Goats, Lambs, Commercial Does, Ewes, and Heifers
- 6 Possession Deadline for Breeding: Beef, Dairy, Sheep, and Goats
- 16 Junior Leader Meeting
- 17 Commodity Sale Pickup, Second Harvest Food Bank
- 30 Fall Fest Submissions Due



Upcoming Livestock Shows

It is time to begin preparing if you plan to exhibit livestock at the 4-H livestock shows in January and February. All members planning to exhibit Beef, Dairy, Sheep, Swine, Goats, or Poultry will be required to complete entry forms to the 4-H Office by **NOVEMBER 15th!**

Livestock entry forms were sent through the mail in early November in our Barnyard Scoop Newsletter. If you need more information, please contact Mrs. Victoria or Ms. Cassandra at (337) 291-7090.



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
- TBA Record Book Workshop
- TBA Hoof Trimming Clinic



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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
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.