



# Lafayette Parish 4-H Hotline

April 2007



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

## April 2007

- 1 Horse Possession Date
- 2 Area Cookery Contests, Crowley, LA
- 4 Showing Character Mtg. 4-H Office
- 10 Let's Go Fishing Clinic, TBA
- 11 Bowling Against Dystrophy, Lafayette Lanes
- 11 Jr. Leader Meeting/4-H U Meeting, 4-H Office
- 12 Jr. Leader Po-Boy Sale, 4-H Office
- 12-14 Challenge Camp, Camp Grant Walker
- 16 4-H Scorecards Due to Leaders
- 17 Horse Entries Due, 4-H Office
- 17 Livestock Scholarship Applications Due, 4-H Office
- 18 4-H Garden Contest Applications Due, 4-H Office
- 18 4-H Scorecards Due, 4-H Office
- 18 Outstanding Senior Award Applications Due, 4-H Office
- 20-22 Cooperative Youth Conference, Camp Grant Walker
- 24 State Ambassador Contest, LSU
- 28-29 Ag-Magic, Parker Coliseum, Baton Rouge, LA
- 27-29 State 4-H Leadership Conference Camp Grant Walker
- TBA 4-H Horse Camp, TBA

## May 2007

- 3 Jr. Leader Banquet, 4-H Office
- 4 Barnyard Bash, Blackham Coliseum
- 4-6 Camp Counselor Training, Camp Grant Walker
- 7 Lafayette Parish Advisory Council Mtg.
- 10 4-H Honor's Night, Lafayette Middle School
- 15 4-H University State Officer Information Due, Baton Rouge, LA
- 30 Parish 4-H University Meeting, 4-H Ofc.
- 17 4-H Agents Quarterly Training, St. Gabriel
- TBA Horse Clinic
- TBA Cattle Hoof Trimming Clinic

## June 2007

- 6 4-H Day at the Capitol
- 7 Garden Contest Awards Reception & Clinic, 4-H Office
- 19-22 State 4-H University, LSU

Sincerely,

*Angie Arnould*

Angie Arnould  
Assoc. County Agent  
4-H Youth Development  
Lafayette Parish

*Jan Coussan*

Jan Coussan  
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 for your participation in any aforementioned activity, please contact the Lafayette 4-H office at 337-291-7090.

## Achievement Day

**Hats off** to all of the 4-H members, leaders, parents and guests who took part in the 2007 Lafayette Parish 4-H Achievement Day. It was a busy day with new activities for all.

A special **thank you** goes out to **Mr. Rick Poulan**, Principal at Lafayette Middle, for allowing us to use the beautiful facilities.

## Clovers To:

- \* All judges and junior leaders who helped with record books.
- \* All 4-H'ers who participated in the area cookery contests.
- \* All 4-H'ers who turned in completed record books.
- \* All judges, leaders and junior leaders who are assisting with Achievement Day.

## Character Counts

As we wind down our year in Character counts!, we can summarize all that we have learned through decision making.

How do we make decisions? Choices aren't made automatically, although often they are made habitually and without enough consideration for the consequences for other people. The decision-making process itself is complex.

Decisions happen quickly, but the results can last a lifetime. Ethics help by providing a code of values to help us with choices and actions. Ethics is a question of "What is the right thing to do?" The right thing to do isn't usually the easy thing to do. Learning to say "no" when you feel like saying "yes" builds character. It's hard. You'll have to think and you may have to give up some things you want.

How do we make good decisions? Before you do or say anything, think how the decision will affect the people who will be touched by it. We call these people "stakeholders" because they have a stake in the decision.

- \* Do the least amount of harm possible
- \* Don't sacrifice integrity, reputation and honor for expediency
- \* Core ethical principles (trustworthiness, respect, responsibility, fairness, caring and citizenship) are ground rules, not just factors to consider
- \* Be courageous
- \* The long run outranks the short run
- \* When you still can't decide, go with the choice that will produce the most good for more people.

These thoughts on Decision Making are constant, whether you are at home, in school, or out in the community. Measure *all* of your decisions by these ground rules.

## 4-H Camp

Four-H members in the 4th, 5th and 6th grades selected from this area will spend one week, **July 30-August 3, 2007**, at 4-H Camp Grant Walker near Pollock, Louisiana.

Invitations to camp will be sent out in a few weeks. 4-H's selected to go to camp will be sent a letter with registration forms, health forms and information about fees. Be sure to complete all forms thoroughly and turn everything in by the deadline.

## Outstanding Senior Award

Attention all 12<sup>th</sup> grade 4-H'ers! Lookout for an application for the Outstanding Senior Award in the mail. These awards will be given out at the 4-H Honors Program on **May 10<sup>th</sup>**. If you would like to be considered for this award, complete the application and get it back to the 4-H Office by **April 18<sup>th</sup>**. If you did not get an application, call the 4-H Office at 291-7090.

## Scorecards

The 4-H Scorecard for Awards was given out during March meetings. By now, everyone needing one should have received a copy. All 4-H members interested in being considered as an Outstanding 4-H'er must complete a scorecard. Scorecards must include your signature, your parent's signature and your leader's signature. Scorecards are due to leaders no later than **April 12<sup>th</sup>** and all are due to the 4-H Office no later than **April 16<sup>th</sup>**.

## Home Bank Awards

Each year Bank One recognizes outstanding 4-H clubs. Awards are based on participation throughout the 4-H year. The three ways clubs can receive points are: **1)** through local club activities, **2)** participation in parish-wide activities and **3)** by turning in completed record books.

Plaques will be awarded to the clubs receiving the highest points. These presentations will take place at the Honors Program on the 4<sup>th</sup>.

The emphasis of this award is on completed Record Books turned in this year. The percentage of Record Books will be calculated, along with the club's participation in parish and local activities. Please complete the attached scorecard and return it to the 4-H Office on or before **April 12<sup>th</sup>**.

## Lafayette 4-H on the Web

Have you ever misplaced a newsletter? Has there ever been a month where the mail delivery did not deliver a 4-H letter? We, the 4-H Agents, are hoping to increase our communication efforts with members, parents, and volunteers through the use of this new website. These efforts are being made to become more effective as well as efficient in communicating with you all.

You may access the new site by typing [www.lsuagcenter.com](http://www.lsuagcenter.com) then click on parishes on the right hand side of the page. Click on Lafayette and click on 4-H Youth Development. We have created a variety of channels that will be beneficial to clientele. These channels are: 4-H Camp, 4-H Challenge Camp, 4-H Hotline, 4-H University, Contest Rules and Forms, Contest Results, Events, Junior Leadership, Leader Update, Leader/Volunteer Development, Livestock Letters and Forms, Newline, and Photo Gallery. We will continue our efforts to develop the site into a resource for all youth and adults alike. Let us know what you think.

## Horse Entry Forms

Members in the horse project should already have received entry forms to enter their horses for the 4-H shows this summer. The entry forms, indicating what classes each horse will be entered in will be due back in the 4-H office by **April 15<sup>th</sup>**.

## Health & Fitness Program

The topic for this month's meetings will once again be a continuation of our Food & Fiber series. This month's topic will concentrate on starch in the diet, titled, "There's Starch in My Potato!"

Starch is a common form of complex carbohydrates which is something each of us needs to eat as a part of a healthy meal plan. Carbohydrates include dietary fiber (the part of food you eat that helps your digestive system function). Complex carbohydrates are part of an overall healthy diet. Eating more complex carbohydrates (like whole grain cereals) can lead to reducing your chances of having a chronic (life-long) disease.

## 4-H Honors Program

As recommended by our 4-H Advisory Committee, we will honor our Outstanding 4-H'ers at our 4-H Honors Program. This event is scheduled for **May 10<sup>th</sup>** at **Lafayette Middle School** in the auditorium. The top 100 4-H'ers in the parish will be recognized along with other awards won during the year.

Award of Excellence, Key Club winners, Outstanding Seniors and Brackin-Bowles Awards will be presented at that time also.

All 4-H'ers are to complete a **4-H Scorecard** which were delivered to you prior to April. We're asking all leaders to: **1) select one outstanding 4-H member from your club**, **2) send that name and all scorecards to the 4-H Office by April 16<sup>th</sup>**. Agents will then select approximately 50 other outstanding members from throughout the parish.

## 4-H University Selection

If you are 13 years old or older, you are eligible to participate in state competition this summer from **June 19-22, 2007**, on the LSU campus in Baton Rouge. Over 2,000 4-H club members from throughout the state will be in attendance and it is very important for Lafayette Parish to be well represented. If you are interested in attending, you must contact us at the 4-H office (291-7090) as soon as possible.

The following items will be considered when selecting participants:

1. The previous year's 4-H University and State 4-H Records performance.
2. Participation in Junior Leadership.
3. Participation in Parish contest(s) (i.e. Fall Fest,
- 4.
5. Achievement Day, etc.)
4. Performance at Parish Contest(s).
5. Completion of 4-H Record Book.
6. Overall activeness in 4-H.

If we do not hear from you, we'll assume you do not wish to be considered. Don't pass up this opportunity to meet new people and show off what you can do. Make every effort to be a part of Lafayette's Winning 4-H University team.