



Lafayette 4-H Hotline

Bullying... Don't Be a Target!

Studies show that between 15-25 percent of U.S. students are bullied with some frequency ("sometimes or more often") while 15-20 percent report that they bully others with some frequency.

(Melton et al., 1998; Nansel et al., 2001)

Bullying happens when someone hurts or scares another person on purpose. What should you do if you are being bullied?



Try these tips:

1. Don't give the bully a chance. As much as you can, avoid the bully.
2. Avoid areas of the school where there are not many students or teachers around.
3. Stand tall and be brave, but sometimes just acting brave is not enough to stop a bully. Try not to show fear or anger. Students who bully like to see that they can upset you.
4. Get a buddy (and be a buddy). Two is better than one if you're trying to avoid being bullied.
5. Tell an adult. If you are being bullied, it's important to tell an adult. They can help stop the bullying.

January 2009

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Points of interest:

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Don't BE a Victim of Identity Theft



Identity theft is one of the fastest growing financial crimes in the U.S. with over 15 million people falling victim each year. The Federal Trade Commission reports that young people make up 31% of reported cases of identity theft each year. Teenagers are especially vulnerable for several reasons including the fact that they have not established credit that can be monitored, they may not be as cautious as they should be and they spend a lot of time online where they may be vulnerable to hacking email scams. Young people can avoid being a part of this "SCAM" if they remember to Safeguard their personal information, Check their financial information regularly, ask for a free copy of their credit report each year, and maintain careful records of banking and financial accounts. And finally, don't let adults intimidate you into disclosing personal information like your social security number, driver's license number, or credit card number.



Let's Go Fishing



We are very excited about our new 4-H Fishing Sports Program that began several years ago. Many agents and volunteers have learned lots of fun and exciting things about fishing, casting, water ecology, and tackle making. We are making plans to conduct another Fishing Clinic in March 2009 at a local pond. This will be an educational workshop for both the experienced and inexperienced fisher.

The number of members who can participate is limited. Only twenty-four, 4th-9th grade members will be able to participate in this intensive training program. Members who participated in the past are not eligible for this clinic. Members will be selected from a random drawing. Those who are selected will receive additional information through the mail.

If you are interested, please submit the following information: Name, Address, Phone Number, Grade and School. This information should be mailed to: Fishing Sports, Charles Hebert, 1010 Lafayette Street, Suite, 325, Lafayette, LA 70501, by February 2, 2009. An application form can be found on our website.

Records



How are those Record Books coming along? By now they should be close to completion. Here are a few things to remember:

- All records are due February 27.
- You must **DO** something in order to **RECORD IT**.
- The contests you entered and the awards you won from March, 2006 to today should be entered in your book.
- List in detail the work you did and the things you learned.
- 7th -12th graders- Don't forget to put the record sheets or book behind **Section 2**, the Project Summary.
- 5th -6th graders-Put the entire project book behind Section 2.
- 4th graders-Complete your entire booklet and turn it in to your leader.
- Also, ribbons will be given to those who place and \$10.00 will be given to 4-H'ers in each Division who have outstanding Record Books.

Character Counts



As we start the new year, let's start on the right foot. Let's make a promise to make the world a better place. One way to keep that promise is to practice the six pillars of character.

January is the month for Trustworthiness. A trustworthy person is a person of integrity. A person who stands up for his/her beliefs. If you are trustworthy you follow your conscience. Always have the courage to do what is right and to try new things even when it's hard.

Being trustworthy means always telling the truth and nothing but the truth. Be sincere. Don't lie, cheat, steal, or sneak. Just practice the pillars of character and start the year off right!

Wildlife Trips Available



Any 4-H member 8th grade or younger, who is enrolled in any of the wildlife projects could win an all expense paid trip to one of the state's many Wildlife and Fisheries Management and Research areas. Crabbing, fishing, swimming, boat rides, and much more could be yours if you submit your wildlife record book to the 4-H office by February 27th along with parish record books. 4-H members may need to do additional work to qualify for this contest; however, the parish record book may be enough to qualify. The top two parish books will be sent on to the state contest to compete for the trips.

The wildlife records include Wildlife activities in Discovering 4-H, You and Nature, You and Plants, Wildlife Pioneers, Aquaculture, Birds, Insects, Forestry, and Fur. Interested 4-H'ers MUST contact Ms. Angie at 291-7090 as soon as possible.

Livestock Time



Late January, early February is livestock time in Lafayette Parish. Many 4-H'ers have been working long and hard with their projects in preparation for the livestock shows. Let's recognize these members and congratulate them for their efforts.

Also, meetings will be conducted after all of the livestock shows are over to take recommendations for next year. Contact one of the members of the Livestock Advisory Board if you would like to make a recommendation about the 4-H Livestock Program.

The Lafayette Parish Junior Livestock show will be held on January 29-31, 2009 at the Blackham Coliseum. The show will be held on Friday and the sale will be held Saturday morning. The animals that qualify will go on the District Show on February 4-7. Come on out!



4-H Vegetable Garden Contest

Attention all green thumbs! All Lafayette Parish 4-H Club members have the opportunity to participate in the annual 4-H Vegetable Garden Contest this Spring. This must be a vegetable garden grown primarily by the 4-H'er. The contest is open to all 4-H'ers, regardless of the project you are in. When you enter the contest, information will be sent to you to help you with your garden. 4-H'ers will be divided into two or three age divisions. Contact Ms. Angie if you have any questions.

Rules for the 4-H Garden Contest:

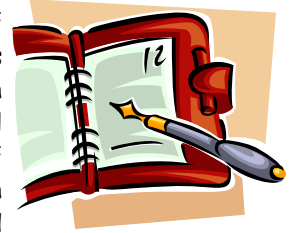
- Garden must be worked primarily by the 4-H member. Adults may help with:
 - heavy plowing or tilling;
 - spading;
 - pesticide spraying
- Garden must include at 32 square feet. A 4 foot by 8 foot garden is 32 square feet.
- Each 4-H member's garden must be an individual plot, marked off by rows or ditches from other plants, or from the main family garden. Family plots can not be judged.
- Garden will be scored as follows: a) Garden display & Harvest record, 20 points; b) Variety of Vegetables, (9 or more types receive max. points), 20 points; c) Insect & Disease Control, 20 points; d) Weed Control, 20 points; e) Neatness, General Appearance, & Site Selection, 20 points; f) Response to questions, general knowledge about gardening, 50 points.
- Judges will visit and judge you and your garden sometime during early June. Plan your garden to be at its peak at that time. You will be notified later of the exact date.
- Entry deadline is April 18, 2008. An application form can be found on our website. Mail your entry form to: Angie Arnould; 4-H Garden Contest; 1010 Lafayette St., Ste 325; Lafayette, LA 70501

PLEASE include a map or Driving Directions, starting from school, of how to get to your home. Your parents can draw this map. Use street names and road numbers. Please return with garden entry form (located on page 2) by April 15, 2009.



Planning and Preparation

Continuing where we left off last month, we highlighted ways to get your community involved in the project. This month we will discuss the importance of planning and preparation. When you begin this step keep in mind the parts that we have previously covered such as youth and adult partnerships, needs assessment and collaborations.



It is often youth voice has been missing or minimized because some may not fully understand it. It is about considering the ideas of young people, respecting what is said, taking risks, listening, and working together. In the partnership each group must clarify their feelings about the level of youth participation each group is prepared for.

There are many different ways to engage youth in a service-learning project, there are several roles that you might consider. Youth as planners - involved in creating a vision, setting goals, and determining the objectives; identify community needs, develop action plans and time lines, recruit volunteers, conduct community outreach, and evaluate the outcomes of the project. They can be trainers - can determine training needs, design the program and train both youth and adults about service-learning, as well as provide the needed training and orientation to a service-learning project.

Youth can play the role as the evaluator or may serve as a fundraiser, develop requests for proposals, and determine who gets the money.

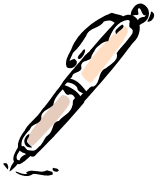
Youth can even play the role as policy-makers to help sustaining their community change. They can be directly involved in helping set policies that will change the underlying social problem. Next month, the focus of this article will be on meaningful service.

Candy Sale Update



Our annual 4-H Foundation Candy Sale has been another success thanks to the hard work of so many of our leaders and 4-H members. Of our 50 clubs, 12 clubs took part in this fund-raiser. In some cases, if a club did not participate, individual members sold.

We do not have final numbers as some clubs have not yet turned in their money. We will give you the final results next month. Thanks to everyone for making this a success.



Important Dates



January 2009

- 1 Junior Leader Officer Meeting
- 5 Showing Character Meeting, 4-H Office
- 5 Governor's & Superintendent's Livestock Awards due
- 5 Attorney General's Livestock Leader Awards Due
- 7 Horse Advisory Meeting, 4-H Office
- 8 Hoof Trimming Clinic, Blackham
- 8 First Day of Club Meetings
- 9-10 State Executive Committee Meeting, Camp Grant Walker
- 15-18 Mid-Winter Rodeo, Blackham Coliseum
- 15 Jr. Leader Meeting, 4-H Office
- 16 Arbor Day in Louisiana
- 19 Showing Character Meeting
- 19 M.L.K. Holiday, 4-H Office Closed**
- 23 State Fashion Board Meeting
- 24-25 State Fashion Camp
- 29-31 Parish Livestock Show & Sale, Blackham Coliseum

February 2008

- 2 First Day of Club Meetings
- 4-7 Acadiana District Livestock Show, Blackham Coliseum
- 5 Junior Leader Officer Meeting
- 14 Happy Valentine's Day**
- 14-21 State Livestock Show, Gonzales, LA
- 19 Junior Leader Meeting
- 24 Mardi Gras Holiday, 4-H Office Closed**
- 26 Livestock Advisory Mtg., 4-H Office
- 27 Challenge Camp Application & Scorecards Due, 4-H Office
- 27 Parish 4-H Record Books Due, 4-H Office
- 27 Junior Wildlife Tour Applications Due, 4-H Office
- 27 4-H Night with the N.O. Hornets, New Orleans, LA
- 27 National 4-H Conference Applications Due, 4-H Office
- 27 Citizenship Washington Focus Applications Due, 4-H Office
- 27 4-H Scholarship Applications Due, 4-H Office

Club of the Month

To view a list of the winning clubs, go to: http://www.lsuagcenter.com/en/our_offices/parishes/Lafayette/Features/4-H/Contest_Results/ and click on Club of the Month Results.

2009 Hoops and Clover Night



Are you ready to rumble with the New Orleans Hornets? To experience the fun and excitement of Hornets basketball, 4-H members and their and their families have been given the opportunity of a lifetime. Come out and watch the Hornets take on the Milwaukee Bucks on February 27, 2009, at 7:00p.m. in the New Orleans Arena.

Tickets can be purchased for \$22 through your local 4-H office by January 30th. This event will allow over 200 4-H members the opportunity to participate in the pre-game and halftime activities.

Sincerely,

Angie Arnould

Angie Arnould

Associate County Agent, 4-H Youth Development
Lafayette Parish

Charles Hebert

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

Nikki Mouch

Nikki Mouch

Assistant 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 291-7090.