

2022-2023
Record Book Outline

My main 4-H project is ____Beef Cattle_____

My Livestock/secondary 4-H Project is ____Baking_____(if differs from main project)

I chose this (these) project(s) because:

I have raised beef cattle for many years/watching my parents raise them since I was a small child. I want to learn more about raising beef cattle. I enjoy cattle more than pigs because they can be led on a halter and I don't have to drive them with just a stick! They smell better too. Cows are my favorite because they each have a different personality. Since my family raises cattle, it is the easiest project for me to get because I can just go out in the pasture and pick one out.

Two sentences.

What are 4 S.M.A.R.T.* goals you would like to accomplish this year?

- 1. Last year I needed help walking my heifer in the ring, I want to be able to do it by myself this year.**
- 2. I want to learn to set up my heifer better than last year**
- 3. I want to learn about the supplements I am going to feed my heifer**
- 4. I want to learn something new in 4-H outside of my heifer project**

*What is a S.M.A.R.T. goal? Your goal should be specific and something you can measure, it should be attainable within this year and relevant to your project. It should be something YOU, the 4-H member, can control, "winning grand champion" is not something you can control and is not an acceptable goal for 4-H. "Taking a showmanship class and learning a new technique" is something you can control and is acceptable. You can't control the first example because it is ultimately up to the judge.

What new activities, projects, contests or events would you like to try this year?

I would like to try livestock skillathon or livestock judging. I would also like to know more about the ag product ID that some of the members participated in. I think it would be fun to have a game at each meeting too.

3 sentences.

DIARY OF ACTIVITIES – COMPLETE THIS SECTION AT THE CONCLUSION OF EACH EVENT OR ACTIVITY.				
What did you do?	When did you do it?	What did you learn?	Did you meet one of your goals?	Was this related to: Your main project Livestock project Both or Neither
Picked out heifer from a group of 3 in pasture	10/15/22	I learned that not all heifers are friendly! I picked this one because she was the most docile and walked the best.	I think I will be able to walk this heifer on my own eventually, because she is a lot friendlier than last year's.	livestock
I helped Mom choose the ingredients and cooked dinner	Weekly	I learned what spices go best with specific meats and various flavors	No	other
Took heifer to vet for vaccinations	11/1/22	I learned that even though she is friendly and docile, she can still kick and hurt you!	I talked to the vet about what supplements she might need to help her gain weight- yes	livestock
Clean feed and water bowl, feed heifer	Daily	I learned that cows like to drink from clean, clear water bowls. They also like cold water	No	livestock
Lead heifer				
Went to jackpot show				
Went to cow camp				
Went to cattle clinic				

If you need more space please use the back! Don't stop 'doing' here just because the page is full!

DIARY OF Leadership and Community Service –

COMPLETE THIS SECTION AT THE CONCLUSION OF EACH EVENT OR ACTIVITY.

Leadership is when you were appointed, voted in or otherwise chosen to lead an activity or team

Community Service is when you helped someone/something else

What did you do?	When did you do it?	Leadership or Community Service?
Led 4-H pledge	October 4-H meeting	Leadership
Recited the minutes from previous meeting	November 4-H meeting	Leadership
Helped collect canned goods for food drive	Oct-Nov (all month)	Community Service
Initiated the pet food drive, spoke to club about collecting pet food	December 4-H meeting	Leadership and community service
Wore my 4-H shirt to school and invited my classmates to come to the next meeting	December 1	Leadership
Gave my educational presentation on immunizing horses	January 4-H meeting	Leadership
Brought the snacks for the meeting	January 4-H meeting	Community service
Picked up trash after the county show, helped put away tables and chairs	March 1	Community Service
Attended Pioneer Days booth for 4-H		Both
Attended Rotary Club meeting and talked about 4-H		Leadership

If you need more space please use the back! Don't stop 'doing' here just because the page is full!

MY 4-H STORY OUTLINE

Tell me what activities you did that helped you to reach your goals for your MAIN project (if you only have a livestock project please use that)

My main and livestock project is beef heifer. I spent more time in the barn watching and learning from my dad on how much and what we feed. I started reading feed labels to better understand why we feed something. I also talked to my veterinarian and asked questions about health and digestion. I learned that cows are ruminates, which means they have a 4-compartment stomach and their digestive needs are different than mine. I spent more time walking my heifer, although it was also easier to walk her already, than last year's, I still put more time into it and it really paid off! Next year I want to get a heifer out of the same cow and bull and hopefully she will be as awesome as this heifer is. I also started looking up research and talked to my county extension agent about careers with animals. I think this is something I might want to do in my future. Not sure if I want to be a veterinarian, but my county agent helped me learn about other careers in the industry.

*Could also list out each goal and talk about all that you did to help achieve it (in bullet form)

5-6 Sentences. You may re-list your goals as you explain.

Tell me why you joined 4-H this year or the first year you joined

I joined 4-H two years ago, mostly because my friends were in it and I wanted to spend more time with them. But I also wanted to do more with my cows.

Two sentences.

Tell me about your family:

I am an only child, born and raised in Pittsburg, TX. My dad was in 4-H when he was a kid. But my mom is from the city and never got involved with it. They always push me to be involved with activities and sports.

Two sentences.

Did you have any struggles with your project(s) this year?

I didn't have near as many struggles this year as I did last year. A true testament that I have learned from this! Although my heifer did get an infection in December, we were able to get her to the vet and get treatment. The vet gave me advice on how to get her back up to her goal weight after the stress of the infection caused her to lose 15 lbs.

Examples: poor harvest, flood, insect damage, livestock health- what was it/how did you fix it? I set my skillet on fire.

4 things I can improve on for next year:

1. Getting my heifer vaccinated earlier

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2. Starting my heifer out earlier on show quality feed
3. I need to take my heifer out to more jackpot shows to get her used to more arenas
4. I need to practice showmanship more

What were your 3 favorite things about this 4-H year?

1. Learning to lead my heifer- it went way better this year!
2. The new 4-H activity we did at the last meeting
3. I really like that 4-H is more involved in the community with these activities: example a b c

Think hard! Anything at all! (Examples: a specific meeting/activity or something you learned or did)

AWARDS

Tell me about any awards you received this year relating to your MAIN and/or livestock project(s)

I went to one jackpot show and got 4th place in my class of heifers. I also learned more about ag product ID and was able to participate at the district level and got 2nd out of 52 entries in my age division. I also gave an educational presentation at the district 4-H round up and even though I didn't place, they gave me some comments on how to make it better in the future.

Expense Report

Total cost of animal, cost of weekly feed, cost of vet/health or maintenance or grooming supplies

Cost of heifer: \$0
 Vet expenses: \$459 total over 3 visits
 Feed: 1 bag of feed a week at \$14/bag (estimated 25 weeks)
 Vaccinations, supplements, vitamins: \$312
 New equipment: \$500
Total invested: \$1621

Not completing this document or submitting an incomplete document for 4-H will result in docking points from the 4-H point accrual system. This is in addition to any penalty set forth by the CCYPS committee relating to your livestock project.

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