The Cloverbud Beef project is for members who are 6 to 8 years of age. It gives a brief introduction to many aspects of the beef industry including selecting, feeding, facilities, health, and handling of a small calf.

Members are encouraged to use a calf born between January 1 and March 15 of the project year.

Learning is 3D!

To help you get the most out of your learning, each project meeting has the following parts:

Dream it! Plan for success
Do it! Hands on learning
Dig it! What did you learn?
What Skills Will You Learn?

To complete this project, members must:
- Spend a minimum of 15 - 20 hours completing the project work.
- Complete the listed activities, OR a similar activity that focuses on the same skills, as you and your members may plan other activities.
- Complete the Speaking Up activities on page 84-86.
- Plan and complete the Showcase Challenge.
- Complete the Portfolio Page.
- Participate in your club’s Achievement (see the inside back cover for more information about 4-H Achievement).

Achievement (project completion) requirements for 4-H Manitoba apply to this project and are described above. The amount of time spent on project work may exceed the minimum 15 hours, depending on the project that you have chosen and the activities within the project.

This project was selected to be offered by 4-H Manitoba because it provides members with the opportunity to meet Manitoba 4-H project learning objectives. These objectives include technical skills, communication, meeting management, leadership skills, as well as community involvement and real world experiences.

The project manual is a combined resource book, work book and animal record book. It provides material on a variety of topics related to raising beef.

M4HC Cloverbud Safety Policy

Policies for Cloverbuds working with Livestock

    All Cloverbud members must be within arm’s reach of a capable and experienced adult, when working with livestock. The Cloverbud member to adult ratio must always be 1:1, in these scenarios. In the case of riding (equine), member must be within view of the adult (specific distance guidelines to be determined).

    The size of project animal used by a Cloverbud, is at the discretion of the parent and/or leader. This decision should be based on an assessment of the skills and abilities of the member, and temperament of the animal, as outlined in the M4HC Safety Guidelines to be developed.

    That decisions regarding showing of animals in a competition should remain at the discretion of the club and/or the event administration.
4-H LEADER TIPS FOR SUCCESS!

- Depending on time available, group size and member abilities, you may wish to break the activities in each section into more than one project meeting.

- The internet has lots of interesting websites and educational activities. We do not endorse any website or any products they may sell. Information/products will be used at your own discretion.

- Safety is a number one priority. Care has been taken to create safe, age appropriate activities throughout this manual. As leaders, it is important for you to emphasize safety rules and adapt activities to safely match your members’ abilities. Ensure members have a good understanding of safe practices when using tools, that they use the right safety equipment when necessary, and that good supervision is provided. A quality experience needs to be a safe experience.

- The multiple intelligences theory teaches us that people learn in at least 8 different ways. All individuals will be stronger in some ways of “intelligences” and weaker in others. It follows that the more ways we teach, the more members we will reach. Throughout this project, you will find a mix of teaching and learning methods. Teaching projects using a broad blend will help increase the learning potential of all members.

- Projects are designed to teach many skills, but the 4-H member is always more important than the subject matter. Stress cooperation in the activities to develop teamwork and cooperation skills. These are valuable life skills. Ensure the work is completed in a manner that members feel good about themselves and their efforts. This can be done by assigning tasks based on member’s individual abilities. Modelling and expecting supportive behaviour (i.e. no “put-downs”) in the group also contributes to a positive experience.

- There will be opportunity for experimentation and applying skills that members have learned throughout this project. Experimenting can be frustrating, but learning through trial and error is an important life skill. Explain to members that it is alright to either go on to the next activity or do the activity again if they need the practice. Help the members work through their challenges until they are satisfied with the final results. Creating inventive 4-H members will be very rewarding.

- Celebrating success is an important but sometimes overlooked part of our lives. We encourage you to use the final section to empower the members by celebrating all they have learned in a fun manner. Anything that you do to add to the spirit of fun and the sense of accomplishment of each member will likely be remembered as the highlight of their 4-H year.

Have fun and thanks for your belief in young people!
Unit 1

Beginning Beef

Member’s Manual
Printed 2007
### 4-H Motto
Learn to do by doing

### 4-H Pledge
I pledge
My HEAD to clearer thinking
My HEART to greater loyalty
My HANDS to larger service
My HEALTH to better living
For my club, my community, and my country

### 4-H QUALITY EQUATION PRINCIPLES

**Quality People**
- Promote responsibility, respect, trust, honesty, fairness, sportsmanship, citizenship, teamwork and caring.

**Quality Experiences**
- Provide members with personal development and skill development experiences.

**Quality Projects**
- Promote and value quality effort.
- Promote high quality, safe food production within industry standards.

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<td>74</td>
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</table>
BEGINNING BEEF
PROJECT COMPLETION REQUIREMENTS

FOR COMPLETION OF THIS PROJECT, EACH MEMBER MUST:
- Complete and display the “My 4-H Record” form at achievement.
- Complete all the exercises and activities in your project book that display the “Hamburger” icon. These can be found on pages 17, 20, 23, 31, 32, 39, 40, 54, and 67.
- Display your project book at your Achievement.
- Display your 4-H project calf at your Achievement.

INTRODUCTION TO BEGINNING BEEF:
In the Beginning Beef Project you will learn about:
- The 4-H program.
- Selecting, feeding, caring for, and housing a beef calf.
- Training, grooming, and showing a beef calf.

IDEAS FOR ACHIEVEMENT:
The Traditional 4-H Show, a Farm to Farm Achievement, a Skillathon Achievement, or an In the Pen Achievement. See page 6 for more details.

BEEF TALK:
The meaning of any words that are underlined and in italics can be found in the “Beef Talk” section at the back of your project book.

When you see the “Stay Safe” icon and the information in a box you will know that this is a safety point or tip.
LEADERS/PARENT PAGE

This book is for members who are **eight years old**. It is written at a level that most eight year olds will be able to read. If you think that your member is having problems reading and understanding the material, you may have to give them a little extra help. Age eight is only a guideline, and older new members may wish to do this book before moving on to the more advanced books.

The books are a combination of **manual**, **workbook**, and **record book**. Members should be able to read and do most of the exercises on their own. They may need a little help with “My Beef Animal Record” in the Selection Unit.

There are **five main sections** in all units of the books. They are **Selection**, **Health**, **Nutrition**, **Facilities**, and **Handling**. The **title pages** for each section are in the same format in all of the units. Hopefully this will be helpful when you are at a meeting and working with members who have different books. For example: they may all be working on slightly different material, but they will all be working in the Nutrition Section. As the units progress there will be some different sections added, and some deleted. For example: In Unit 1 and 2 there is some information on 4-H that is replaced in Unit 3 with Carcass Evaluation.

The **ACTIVITIES** at the end of each section are optional. Most require a minimum of preparation and resources. They can be completed in **less than 30 minutes**. Some are as short as 10 minutes. Hopefully they will offer leaders some new ideas for presenting and reviewing the material studied in the section. Each unit has different activities, so you can choose the ones you think are most suited to your group. Some of these activities can be done by an individual member on their own.

Take time to read over the **Project Completion Requirements** with your members. Remind them that any exercise displaying the **Hamburger icon** has to be completed. The meanings of words that are **Bold**, **Underlined**, and in **Italics** throughout the manual can be found in the **Beef Talk** section at the back of the book. There is also an **answer key** for the quizzes at the back of the book. **Ideas for achievement** are outlined on pages 6 – 13.
IDEAS FOR ACHIEVEMENT

The 4-H Cattle Show has been the traditional achievement for the beef project for many years. The following are some ideas that could coincide with a show or provide an option for clubs who are looking for new ideas for their achievement. Your club leaders and members may have other ideas to add to this.

- A “Skillathon” Achievement
- “Farm to Farm” Achievement
- “In the Pen” Achievement

If your members are looking for the type of achievement that emphasizes all aspects of production, the score card on the following page might be useful. It is used to evaluate the total product rather than just the live animal as it appears on show day. It recognizes members for their learning and effort for the entire year. 4-H youth who have learned about proper selection, care, and nutrition can be rewarded for their successes in those areas by using this scorecard. The scorecard actually gives several evaluations and weights each category to determine a composite score. Members can be successful on one, two, and all three areas on the scorecard.

Quality Equation

- Quality People
- Quality Experiences
- Quality Projects
Part 1 of the card emphasizes traits and characteristics and their importance to raising either a market steer or a replacement heifer. This section of the card evaluates the 4-H member's success in selecting an animal that is useful to the producer and consumer alike.

Part 2 of the card evaluates the overall health of the calf.

Part 3 of the card evaluates Rate of Gain. It’s important that the member has chosen a calf that will gain weight quickly.

This program does not guarantee a winner in the show ring, but it does provide an opportunity for success for every 4-H member. (See scorecard on following page).

Note: For more information on using this type of scoring, contact your local Manitoba Agriculture, Food and Rural Initiatives GO Centre/Office.
## Beginning Beef Scorecard

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<tr>
<th>Number</th>
<th>Birth Weight</th>
<th>End weight</th>
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### CHARACTERISTICS/TRAITS

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<th>Avg.</th>
<th>Good</th>
<th>Excellent</th>
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<td>4</td>
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<td>2</td>
<td>4</td>
<td>6</td>
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<td>10</td>
</tr>
<tr>
<td>Overall balance</td>
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<td>4</td>
<td>6</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Temperament</td>
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<td>6</td>
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### HEALTH

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<th>Good</th>
<th>Excellent</th>
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<td>3</td>
<td>7</td>
<td>10</td>
</tr>
<tr>
<td>Clear eyes/nose</td>
<td>3</td>
<td>7</td>
<td>10</td>
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</table>

### RATE OF GAIN

<table>
<thead>
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<th>Fair</th>
<th>Good</th>
<th>Excellent</th>
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<tbody>
<tr>
<td>10</td>
<td>15</td>
<td>20</td>
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### TOTAL SCORE

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8
SKILLATHON ACHIEVEMENT

The Skillathon can be done in a competitive or non-competitive manner. It is an opportunity for the members to demonstrate the skills they have acquired. The following are some tips that could be helpful in organizing the event.

- Set up at least 4 stations relative to the project. (see ideas on following page)
- Make stations as hands-on as possible.
- Aim for approximately 5 minutes/station for each member to complete the station activities.
- Consider giving a participation token to each member.
- If scoring, 25 marks per station makes an easy score out of 100 (4 stations x 25 marks). Develop a clear system for allocating points at each station. This allows for faster and more consistent scoring.
- Avoid sharing of answers through station layouts or have multiple situations at the station so that everyone does not get the exact same scenario.
- Develop station with different degrees of difficulties for junior, intermediate and senior participants OR (if ranking) only compare junior participant scores to other junior participants scores.
- Have members rotate through the stations doing their best at each station.

Skillathon Station Ideas

1. Title: Feed Quality
   Supplies: 4 flakes of different hay, judging cards, pencil, Hormel scorecard.
   Set up: Number the 4 flakes of hay and line up on a table.
   Task: Rank the quality of these 4 hay samples from highest quality to lowest quality. State your placings and reasons on a judging card.
   Evaluation: Have an “official hay judge” rank the hay samples and give reasons. Mark reasons by comparing to the “official judging card”. Mark placings by using the Hormel scorecard. (If you want a more advanced level, have feed analyzed and display lab results for members to assess).
2. **Title: Feed Stuff Identification**
   **Supplies:** 5 samples of feed stuff, 10 cards with feed stuff names (5 of which correctly name your feed samples) e.g. rolled oats, barley, trace mineral mix, alfalfa pellets. Etc.
   **Set up:** Place 5 samples of feed stuff in margarine tubs and line up on a table. Have a tub full of name cards.
   **Task:** Identify the feed sample by placing a name card next to it.
   **Evaluation:** Count the number of correct identifications.

3. **Title: Feed Labels**
   **Supplies:** Collect copies of 10-15 beef feed tag labels. Write a question on the reverse of the tag that members can find the answer to by reading and understanding the tag. Example questions:
   - What is the main ingredient in this feed?
   - What type of beef cattle should this be fed to?
   - What is the active drug ingredient in this feed?
   - What is the crude protein level of this feed?
   - How many kgs/lbs. of this feed should be fed daily?
   - Are there any dangers with using this feed?
   - How long prior to slaughter should this feed be removed?
   - How many pounds of ingredients are included in this bag?
   **Set up:** Tub with feed tags in it.
   **Task:** Select 1-5 (you determine the exact number) feed tags from the bucket. Answer the questions on the reverse of the tag.
   **Evaluation:** Count number of correct answers.

4. **Title: Meat Cut Identification**
   **Supplies:** Draw a beef carcass on bristle board or enlarge and laminate a diagram of a beef carcass. Be sure to remove labels. Cut into pieces.
   **Set up:** Place "carcass pieces" in a tub.
   **Task:** Select 1-4 (you determine the exact number) carcass pieces from the bucket. Answer the following questions about each piece:
   1. Name of the cut
   2. Where is the cut located on the animal’s body?
   3. Quality of cut - low, medium or high.
   **Evaluation:** Count the number of correct answers.
5. Title: Quality Assurance

Supplies: Copies of – A scenario for vet prescription
- A poster of a steer

Example:
The steer you are planning on taking to the fair next month is lame in the left front leg. Today your veterinarian has diagnosed the steer's problem as foot rot and has given it an initial treatment at the time of the examination. The veterinarian has left additional medication with you to continue the treatment. The directions on the medication tell you to give the steer 1 cc per 50 kg. body weight once daily for four days, beginning tomorrow, and to give it by intramuscular injection. Your steer weighs 450 kg. Remember, your veterinarian treated the steer today, July 3, 2006 and you will treat it four more days as directed. The hold time on this product is 14 days. Look at the label on the following page to determine the answers to these questions:

1. How much will you give the steer each day?
2. How much will you need to treat it for four days?
3. What is the first FULL day the steer could be safely slaughtered for food?
4. On the poster, show the preferred site for the intramuscular injection.

Task: Read the scenario and complete the drug label, and answer the questions.

Evaluation: Count the number of correct blanks in drug label and correct answer to questions.
6. **Title: Breed Identification**  
**Supplies:** Photos of 10 breeds of cattle. Name labels for 15-20 breeds of cattle.  
**Set Up:** Lay out photos of cattle breeds on table. Have a tub of name labels.  
**Task:** Match the name label to the breed picture.  
**Evaluation:** Count the number of breeds correctly identified.

7. **Title: Parts of a Beef Animal**  
**Supplies:** Poster of a beef animal. Plastitak or pins (something to stick on animal parts). Name labels for animal parts.  
**Set Up:** Put poster on wall. Tub of part labels.  
**Task:** Match the name label to the animal part.  
**Evaluation:** Count the number of parts correctly identified.

8. **Title: Equipment Identification**  
**Supplies:** 5 grooming supplies. 10 labels of grooming supply names. 10 labels identifying use of grooming supply.  
**Set Up:** Lay out grooming supplies. Two tubs of labels - one for supply name and one for use.  
**Task:** Match the name and use to the appropriate grooming supply.  
**Evaluation:** Count number of correct matches.

9. **Title: Herd Records**  
**Supplies:** 10-15 copies of a beef animal pedigree  
**Set Up:** Have pedigrees in a tub. Copies of questions.  
**Task:** Select a pedigree from the tub and answer the following questions:  
1. Who owns the animal?  
2. What is the original owner’s herd prefix?  
3. What is the animal’s birth date?  
4. What sex is the animal?  
5. What did the animal weigh at birth?  
6. Who is the animal’s mother?  
7. Who is the animal’s father?  
8. Who is the animal’s great grandmother?  
9. Is the animal purebred?  
10. What breed is the animal?  
**Evaluation:** Count the number of correct answers.
10. **Title:** Show Your Stuff  
**Supplies:** Dependent on task  
**Set Up:** Assign a particular task and have the members demonstrate how it is done (dependent on circumstances, this may be done on a live animal or a model). These could also be used as separate stations. Examples of tasks:
- groom an animal
- prepare a tail for the show ring
- tag an animal
- needle an animal with a specific drug
- halter an animal
- make a rope halter
- tie a quick release knot
- demonstrate five safe handling tips  
**Evaluation:** Determine specific points that you want members to allocate and count the number of points that they demonstrated.  
**THESE ARE JUST A FEW IDEAS – YOU CAN CREATE OTHER STATIONS TO MATCH THE AGE AND LEVEL OF LEARNING IN YOUR CLUB.**

**“FARM TO FARM” ACHIEVEMENT**  
At a “farm to farm” achievement, members travel together to each farm to weigh, and view the members’ calves. Score cards could be used to determine scoring for each market calf. Criteria and scorecards could be developed for heifers, cow/calf pairs, and beginning beef animals. For extra learning, each member could be responsible for setting up one skill station or activity at their farm for the other members to participate in. Activities could be competitive or non-competitive. A potluck meal or windup could be planned for the end of the day, where tokens, awards, etc. could be handed out.

**“IN THE PEN” ACHIEVEMENT**  
Members bring their calves to one location. Calves could be divided into pens according to junior, intermediate, and senior members. There could also be separate pens for heifers, cow/calf pairs and beginning beef. Criteria for judging these animals could be set out ahead of time so everyone is aware of the standards. Scorecards could be made up from those standards for heifers, cow/calves and beginning beef calves. Awards, certificates, etc. could be presented as calves are judged or at the end of the day.
RESPONSIBLE ANIMAL CARE

As a 4-H member, it is your responsibility to treat your animals humanely to allow them to remain healthy and comfortable.

The five Principles of Animal Care are:

Good air, water and feed.

Safe housing and enough space.

Daily check and effective health care.

Sensible handling.

A safe, comfortable environment.

Whenever you see the icon of the animals, like the one below, you will be reminded of that responsibility and how it fits into the different sections of your manual and the information you are learning about.

Adapted from Ontario Farm Council (OFAC), 1992, pg 4.2. “Dr. Frank Hurnik”
4-H - What is it all about?
The 4-H pledge
4-H word scramble
4-H - WHAT IS IT ALL ABOUT? To become 4-H members, young people must be at least eight years and not yet 21 years of age by January 1st of the year that the Achievement is held.

- Club members must take a project. All members must exhibit their project work and project books at their Achievement.
- 4-H members learn how to run their own meetings and how to make decisions for the whole club.
- At least two families and one adult volunteer are needed to form a 4-H club.
- As 4-H members, we belong to an organization which has members all across Canada, the United States and in nearly 80 other countries of the world.

4-H CLUB PLEDGE

"I pledge.....

My HEAD to clearer thinking
My HEART to greater loyalty
My HANDS to larger service
My HEALTH to better living
For My Club, My Community, and My Country."

4-H MOTTO: LEARN TO DO BY DOING
All of these words can be found on page 16

ALL ABOUT 4-H

1. CUOTINMMY
2. ULBC
3. CSOETRJP
4. MVCHENEAIET
5. EOLEPP
6. PIEECXEESRN
7. EAHD
8. NTMSEGEI
9. GPLEED
10. THARE
11. ALEHHT
12. TOTMO
13. ILYAUTQ
14. HNDA
15. NTURYOC
Choosing a 4-H calf

CCIA TAGS

My 4-H beef animal record

Surroundings that will help to reduce illness or fear.
It's important to choose a calf that will adjust to being handled and will feel comfortable in the surrounding you have planned for it.
CHOOSING A 4-H CALF

There are several things you will need to look for when deciding which calf to choose.

Do you want a **steer** or a **heifer**?  Will you be using a calf from your farm, or will you be buying a calf?

Does the calf look healthy?  Is it alert, with no obvious physical problems?  Does it have a shiny coat?

Does the calf seem to be fairly quiet and easy to handle? A quiet calf helps to make it safer for you to work with.

Compare the calf to other calves.  Does it have good length and height?  Does it look wider across the top than some of the other calves?  Does it have a straight back from front to rear?
In the space below attach a picture of your calf OR draw a picture of your calf OR describe what it looks like including markings, and coloring.
THE NATIONAL IDENTIFICATION PROGRAM

Does your calf have a Canadian Cattle Identification Agency tag? If you bought a calf from outside your own farm, it should have a tag on it when you pick it up. If you chose a calf from your own farm, you will need to put a CCIA tag in its ear before you sell it or remove it from the farm. These tags can be identified by radio frequency and can recognize which farm the animal came from.
This is an example of how to fill in your 4-H Beef Animal Record

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<td>94 LB</td>
<td>96 LB</td>
<td>110 LB</td>
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**CONTINUATION**

**HEIFER**

| Breeding Date | May 5 |
| Type of Breeding | Bull |
| Sire | LM |
| Preg. Check Date | Oct. 12 |
| Birth Date | |
| Calf Birth weight | 96 LB |
| Sex | male |
| Tag/Tattoos/Brand | 22015 |
Note: This 4-H Beef Animal Record can be used for as many years as you are in the Beef Project. You can move it from one project book to another. If birth or other dates are unknown, give an approximate date.

### MY 4-H BEEF ANIMAL RECORD

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SELECTION ACTIVITY #1
FOR GROUP OR INDIVIDUAL MEMBERS

CHOOSING THE BEST PARTS
To end up with the best 4-H animals we have to take a close look at all the different parts.
See if you can create a good beef animal from the parts supplied. Remember the parts have to fit and there are several extra parts.

PREPARATION:
- If you are using this as a group activity, copy pages 25 and 26, so that each team has both pages.
- If you are doing the activity on your own, everything that you will need is on pages 25 and 26.
- The leader or team members should cut out the parts. If working in teams, be careful to keep each team’s parts separate.

PLAYING THE GAME:
- When all of the parts are cut out and the teams are ready, instruct them to look for parts that fit into the frame of the animal.
- Remind them that there are extra parts and that some will fit better than others.
- They should be looking for the best parts just like they would on a real animal.
SELECTION ACTIVITY #2
AN INDIVIDUAL ACTIVITY
MATCH UP THE ANIMALS IN THIS BEEF CATTLE HERD

Draw a circle around the baby calves
Put an X on the cow/calf pairs
Color the heifers black
Leave the steers white
A healthy calf
A sick calf
Parts of the beef animal

Check daily to be sure your animal is healthy. Give necessary treatment to prevent illness and respond quickly to health problems.
Health

A HEALTHY CALF

- Alert Ears
- Clean Nose
- Normal Breathing
- Normal Joints
- Shiny Coat
- Straight Back
- Good Appetite
A SICK CALF

- Droopy Ears
- Runny Nose
- Not Eating
- Humped Back
- Dull Rough Coat
- Fast or Noisy Breathing
- Swollen Joints
- Dull Rough Coat
- Not Eating
There were once two calves in a pasture. One was named Wendy, and the other was named Ronnie. They were both born on the same sunny day in the spring. They liked to play together in the pasture. One day Ronnie came bounding over to play, but Wendy just stood there with a hump in her back. Ronnie looked at his image in the creek. His back was straight. Wendy had a runny nose, and her ears looked droopy. Ronnie looked at himself in the creek again. His ears were straight and alert and his nose was dry. Wendy wanted to play so she started to run towards Ronnie. Ronnie noticed that Wendy’s breathing was fast and noisy. Ronnie wasn’t having any trouble breathing. Wendy just went off by herself to rest. Ronnie ran off to find another playmate.

Which calf is the healthy calf?
Match the numbers below to the numbers on the beef animal and write the name of the part beside the number.

1. poll  2. face  3. muzzle
4. brisket  5. knee  6. hoof
7. dew claw  8. hock  9. flank
10. quarter  11. rump  12. tail head
13. pin bone  14. loin  15. back
16. topline  17. ribs  18. shoulder
Health Activity #1
I'm Not Feeling So Well Today

Across
1. A sick calf might have ________ joints.
4. A sick calf might have a ________ nose.
6. A sick calf might have ________ ears.
7. A sick calf might not be ________.

Down
2. A sick calf might have ________ breathing.
3. A sick calf might have a ________ back.
5. A sick calf might have a dull ________ of hair.
HEALTH ACTIVITY #1 CONTINUED
I’M FEELING BETTER NOW

Across
3. A healthy calf will have ______ ears.
4. A healthy calf will have ______ joints.
6. A healthy calf will be ______ normally.

Down
1. A healthy calf will have a ______ nose.
2. A healthy calf will have a ______ back.
5. A healthy calf will have a ______ coat of hair.
7. A healthy calf will have a ______ appetite.
HEALTH ACTIVITY #2 THE GREAT BALLOON BUST
A GROUP ACTIVITY

PREPARATION:

- You will need enough balloons (and a few extra for premature
  explosions) for each member. The large ones work best.
- Cut out the questions - you will need a set for each team.
- A copy of the beef animal on page 37 for each team. Hang or place
  the animal picture where the team can easily write on it, or have
  them tack the question in the correct place.
- You will need a chair for each team and room to run.
- Have your answer sheet ready

PLAYING THE GAME:

- Divide the group into teams.
- Give each member a balloon.
- Tightly roll each question and drop it down into the balloon.
- Have the members blow their balloons up and tie them in a knot.
- When everyone is ready, line up the teams at the opposite end of
  the room from their team chair.
- GO! The first member of each team runs down and sits on their
  balloon to break it.
- They have to find the question that was inside, then run to the
  animal and enter the word in the correct place. They can guess if
  they are not sure.
- One point for every correct answer. (You can count up points when
  they are all finished)
QUESTIONS

Where is the poll? Where is the brisket?

Where is the dew claw? Where is the quarter

Where are the pin bones? Where is the topline?

Where is the face? Where is the knee?

Where is the hock? Where is the rump?

Where is the loin? Where are the ribs?

Where is the muzzle? Where is the hoof?

Where is the flank? Where is the tail head?

Where is the back? Where is the shoulder?
PARTS OF THE BEEF ANIMAL

Diagram courtesy of the Alberta 4-H Council
Food for your calf

Digestion

Nutrients

Enough air, water and feed. Give your animal a healthy diet with a ration that will fit its needs.
WHAT'S INSIDE YOUR CALF?

WHAT ARE SOME FOODS A CALF EATS?

Diagram courtesy Saskatchewan 4-H Council
WHAT IS INSIDE OF YOU?

WHAT ARE SOME FOODS THAT YOU EAT?

Diagram courtesy Saskatchewan 4-H Council
The food we eat is very different from the food a calf eats. Our stomachs are very different too. We have one stomach and a beef animal has four stomachs. An animal with four stomachs is called a ruminant.

**WHAT IS DIGESTION?**

*Digestion* is what happens to food after it is eaten. Different parts of the body break up the food so that the body parts can use it. In a cow, the food passes through all four stomachs. Each stomach breaks the food down more and more so that it can be used to help the animal grow and stay healthy. The picture below shows the four stomachs.

Diagram courtesy of Saskatchewan 4-H Council
A beef animal needs energy to grow, to keep warm, to produce milk, to produce baby calves and to move around. The animal has to eat food that has lots of carbohydrates to produce energy.

YOU ARE WELCOME TO COLOR THESE PICTURES
Minerals, Protein, and Vitamins are also *nutrients* that calves need to grow.

**Minerals**
- Build Bones and Cells
- Help Digest Food
- Salt is very important and should be added to the food.

**Protein**
- Essential for Growth & Repair
- Sources: Alfalfa Hay

**Vitamins**
- Keep the Body Working Well
- Sources:
  - The Sun
  - Green Pasture (Liver stores some vitamins for the winter)
NUTRITION ACTIVITY #1

*Color pictures
*Cut them out
*Fold and tape tabs for rings, bend corners of tabs for stand-ups, or tape to page tops

Puppets/Stand-up Figures

VITAMINS

MINERALS

FAT

CARBOHYDRATE

PROTEIN
NUTRITION ACTIVITY #2

A GROUP ACTIVITY

THE HUNT FOR THE MISSING NUTRIENTS

PREPARATION:

- Cut out the nutrient cards (there are ten sets). Copy more if you have more than ten members.
- Hide them all around the room before members arrive.
- Hang up the MISSING NUTRIENT POSTER

PLAYING THE GAME:

- Have the members read the MISSING POSTER so they know what they are looking for.
- They have to find 1 of each nutrient to make feed for their animal. If they find one they already have, they have to put it back.
- They need to find a bale, a bucket of water, a mineral lick, a block of salt, and a pail of oats to complete their feed.
MISSING FIVE NUTRIENTS

WATER
MINERALS
VITAMINS
ENERGY
PROTEIN

DESCRIPTION:
AN ALFALFA BALE
A PAIL OF OATS
A BUCKET OF CLEAN WATER
A BLOCK OF SALT
A MINERAL LICK

LAST SEEN AT FEED TIME ON TUESDAY
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<tr>
<th>The Missing Nutrients</th>
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49
FACILITIES

A home for your calf
Trees
Sheds
Barns
Bedding
Activities

Safe housing and enough space, to prevent injuries and allow your calf to keep healthy and to row.
A HOME FOR YOUR CALF

Your calf needs a place where it is protected from the cold of winter, the heat of summer, rain, snow and all of the different combinations of weather that we have in Manitoba. Most beef cattle grow a good coat of hair and can handle the different seasons if they have a good shelter.

**TREES** make a good windbreak. If it is thick enough, you may not need other shelter.

**POLE SHEDS OR OPEN SHELTERS** can also be good shelters. Most of these are open on one side so that the cattle can come and go, and so the sun can shine in.

**STALLS OR PENS** in barns can be used for shelter. It is important that they are well lit, and **ventilated**. Animals in this type of shelter need room to lie down and should be let out for exercise each day.

You should be sure that your calf has a dry, clean place to lie down in whatever kind of shelter you have for it. Straw makes excellent bedding. It soaks up the moisture and offers a warm bed for your calf.
Facilities

Draw, cut from magazines or make a model of your calf's shelter
FACILITY ACTIVITY #1

Beef cattle are born on cow/calf farms where they are raised with their mothers and live outside on pasture fields. For the last few months before they are ready for market, calves are weaned from their mothers and live in feedlots (see inside the barn) where they receive special feed to produce high quality beef. Look at the drawing to see some of the ways farmers care for the environment. Farmers plant trees and shrubs to provide shade for the animals and homes for wildlife. They provide a windbreak. The trees and grass also help to keep the soil from being washed away by water. Farmers also protect water. In the drawing, a fence keeps animals out of the stream so the water stays clean. Water is pumped to a trough for the animals to drink.

Activity courtesy of the Ontario Cattlemen's Association
FACILITIES ACTIVITY #2 HURRY HOME!
A GROUP ACTIVITY

PREPARATION:
- Make two or more teams with a collection of the various pictures of homes/shelter on the following pages for each team.
- Cut out the pictures.
- Put a picture of the BIG HOME on page 54 at the front of the room – one for each team. You can enlarge the BIG HOME if you want or simply draw one on a chalk board or flip chart.

PLAYING THE GAME:
- Read out the clue and then have the first members on each team find the right home and HURRY to pin or tape it to the BIG HOME. The leaders must check to see if it is the correct picture – if not they have to return to look for a more suitable picture.
- First person done gets a point for their team. When everyone has their first home pinned, move on to the second clue and second team members. They HURRY HOME with their picture and another point is scored for the team who pins or tapes first on their BIG HOME. Work through all of the clues and pictures.
CLUES FOR HURRY HOME

CLUE #1
It is a very hot day. I have one hundred and fifty head of cattle. The best shelter for them would be???

CLUE #2
I have 5 heifers who are due to calve any day. It is -40. Where should I put them to ensure the calves will live?

CLUE #3
It is spring and the yard is really muddy - I want to keep my 4-H calf clean and dry. Where could I put him?

CLUE #4
It has been raining for days and the 15 new calves are catching pneumonia. What would be a good shelter for these calves?

CLUE #5
It is winter and I have 50 feeder animals on self feed. I have plenty of straw. Where could I keep these feeders?

CLUE #6
My 25 cows don't calve until April - it is only February. Where could I shelter them for the winter?
COLLECTION OF HOMES/SHELTERS FOR HURRY HOME GAME
Training your calf
Grooming your calf
Showing your calf
Activities

Sensible Handling. Always handle your animal in a way that avoids unnecessary suffering.
TRAINING YOUR CALF

Halter Training - As soon as you choose your calf, you should start training it. Talk to it so that it gets used to your voice and having you around. When you can get close enough to touch it, start by scratching it and petting its back. Slowly move up to the head area. Most calves like to be scratched and combed. Have someone help you put a rope halter on your calf. Leave it tied for a couple of hours at a time to get used to the feel of the rope, but be sure to stay close by to keep an eye on it. Leave enough length for your calf to lie down, but not so much that it can become tangled. You should learn to tie a “Quick Release Knot”. This knot can be quickly untied if your calf should become tangled or down and unable to get up. Do not use the quick release knot around the neck or body of your animal; only for tying your animal to something secure like a post or in a stall.
Handling

**Leading Your Calf** - Lead your animal from the left side. Hold the lead strap in your right hand. Do not wrap or coil it around your hand. If your calf runs, you could be dragged by it. Start by leading your calf towards things like its feed or the water trough. Have someone help you the first few times you work with your calf. They can tap your calf if it balks or stops. Also, try pulling your calf sideways to start it moving again. Never use a tractor or truck to train your calf to lead. This can hurt its neck and scare it. Always remember to treat your calf gently. Never yell at, kick, or hit your calf. Treating your calf roughly will make it nervous and hard to handle.

---

Stay Safe

Move slowly when working around animals.
Don't make loud noises or sudden movements.
Talk softly to let the animal know where you are.
Never wrap the lead shank around your hand.
Wear boots that offer good protection.
Make sure your work area is clear of things you might trip on.
GROOMING YOUR CALF

Brushing your calf is a good way to make it quiet and calm. It also gets rid of dirt and scurf, and helps the hair grow and stay healthy. You may want to wash your calf if you are showing it for your achievement. Here are some tips on washing and grooming your calf:

- A wash chain or plastic halter should be used for washing. A rope halter will shrink.
- Cool water should be used for washing as hot water opens the pores of the hide and that might cause dandruff.
- Wet the feet and legs first so the calf gets used to how the water feels.
- Completely wet the rest of the animal.
- Soap the calf using a stiff brush and lots of rubbing and scrubbing.
- Prevent water from getting in the ear by holding them closed or down.
- For rinsing, start at the top and work from front to back and from the top down.
- Scrape extra water from the hair with a sweat scraper or back side of a scotch comb.
- Brushing the animal dry is the best way to train the hair.
SHOWING YOUR CALF

If you are showing your calf for your achievement, the following lists will help you plan for the show.

Getting Ready to Leave for the Show

Don’t forget your:

- Feed pan
- Brush
- Halter
- Water pail
- Pitch fork
- Some rags
- Hay
- Safe clothes and shoes.
- Show cane

Let your calf drink from the pail a few days at home so that it gets used to it.

Off to the 4-H Show!
When You Get to the Show

- Bed your animal to make it comfortable.
- Give your calf some hay and water.
- Keep your area of the barn clean.
- Have your calf clean and brushed by show time.
- Be sure your calf is tied securely.

In the Show Ring

- Lead your calf from the left side.
- Hold the lead strap with your right hand.
- The show circle is like a clock - you should lead the calf in the same direction a clock moves. That way your calf will be between you and the judge. Remember, you want the judge to see your calf.
- The judge or ringperson will tell you when to stop your calf and where to stand when you are asked to line up with other members and their calves. Try to keep an eye on the judge and your calf.
- If the animal in front of you is slow or balky, don’t pass it - try to help by giving it a tap.
- Try to be calm so that your calf will stay calm.
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<th>I Want To Improve</th>
<th>CARE MY ANIMAL IS:</th>
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<td>In a safe place for the animal and myself.</td>
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<td>Given clean, dry bedding regularly.</td>
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<td>Given clean water to drink.</td>
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<td>Handled so that my animal and I are safe.</td>
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<td>Handled quietly and firmly.</td>
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<td>Treated for health problems.</td>
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<td>Trained and handled at a young age.</td>
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<td>Properly identified with a tag.</td>
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<td>Transported in a safe manner.</td>
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HANDLING ACTIVITY #1  WILL I?  OR WON'T I?

I WILL

I WON'T
MAYBE “I WILL” MAYBE “I WON’T”
CUT OUT THE FOLLOWING PHRASES AND GLUE THEM UNDER
“I WILL” OR “I WON’T”

Wear sturdy shoes.

Wrap the lead rope around my hand.

Pull on my calf while standing in front of it.

Teach my calf to lead with a tractor.

Start working with my calf early in the year.

Brush and talk to my calf to make him quiet.

Make loud noises around my calf.

Make sure my work area is clean.

Lead my calf from the right side.

Learn how to make a quick release knot.
HANDLING ACTIVITY #2
WHAT KNOT? A GROUP ACTIVITY

PREPARATION:
There are a variety of knots that are useful when handling animals.

❖ You will need enough rope for the group to practice with.
❖ A few copies of the “knots” instructions.

ACTIVITY
❖ Practice tying the different knots and then divide into relay teams.
❖ Have the first person on each team tie the first knot.
❖ Have it checked by your leader and then untie it again.
❖ The next person will come up and tie the next knot on the list.
❖ Continue down the line until all knots have been tied - if the teams are small, some members may have to tie more than one knot.
❖ Race to see which team can tie all the knots first.
❖ Talk about why it is important that we become quite fast at tying and untieing knots.
**KNOTS**

A SQUARE KNOT
Used to join two pieces of rope together.

A BOWLINE KNOT
The bowline knot forms a loop that will not tighten.

DOUBLE HALF HITCH
The double half hitch is quick and easy to tie, and acts like a slip knot.

THE QUICK RELEASE KNOT
The quick release knot can be quickly untied if your calf becomes tangled.
ABOMASUM: The fourth stomach of a beef animal.

APPETITE: When a beef animal feels healthy and wants to eat its food.

CARBOHYDRATES: Are found in grain and hay and help the animal produce energy.

DAM: The mother cow.

DIGESTION: Is what happens to food as it breaks down in the stomach so that all parts of the body can use it.

ENERGY: Beef cattle eat food such as grain and after it is digested it gives them Energy for growing, keeping warm and producing baby calves.

HIDE: The outer layer of skin and hair on a beef animal.

HEIFER: A female calf who hasn't had a calf yet.

JOINTS: Places on the animal's body (like the knee) that let the animal bend and twist.

LEAD STRAP: The strap that is joined to the halter for you to lead the calf with.

NUTRIENTS: Are what beef animals need to grow and be healthy. There are five main nutrients.
OMASUM: The third stomach in a beef animal.

RETICULUM: The second stomach in a beef animal.

SCOTCH COMB: A metal comb with a wooden handle that works well for grooming.

SCURF: A combination of dirt and dandruff in the hair.

SIRE: The father of a calf. Also called a Bull.

STEER: A male beef animal that is no longer a bull – it will not be able to breed.

SWEAT SCRAPER: Looks like a comb but has no teeth – instead it has an edge like a squeegee used to clean your car windows with.

WEANED: This is when a calf is old enough to stop drinking its mother’s milk.
**Community**
**Club**
**Projects**
**Achievement**
**People**
**Experiences**
**Head**
**Meetings**
**Pledge**
**Heart**
**Health**
**Motto**
**Quality**
**Hand**

**The Story of Wendy and Ronnie - Page 31**
Ronnie is the healthy calf.
As a 4-H member, you will have many chances to speak up. You might speak up at meetings. You might have to call some 4-H members and tell them about an event. Choose to do a speech and you will have to speak up in front of others. You might have to share your skills with others.

Skills Checklist

- Talk to each other
- Understand ways to communicate

Important Words

Watch out for these important words throughout the builder:

Speak, Listen, Speech, Visual Presentation

Dream it!

Someday you might take part in your club communications event. Write two ideas of what you would like to talk about. For example, my favourite animal or my favourite sport.

1. _______________________________________________

2. _______________________________________________

The 4-H members say...

To listen is a good way to understand what is being said at the meeting.

You will hear all the messages if you listen.

Practice your listening skills at a 4-H meeting and you will know what is happening next with your club.
Do it!

Choose the words from the word bank and finish the sentences.

speech  listen  fun  4-H  quiet  clap

John sat down to _ _ _ _ _ to music.

It is very _ _ _ _ _ in the room when no one speaks.

We like to _ _ _ _ to show how we enjoyed the speech.

A _ _ _ _ _ is a story about something we know.

We like to say the _ _ _ pledge and motto.

It can be a lot of _ _ _ to talk about or show everyone something you learned in 4-H.

Practice Speaking Out

Choose one of the following activities:

1. Describe your calf to your group. Explain why you picked it.
2. Put names of your project group members in a hat and draw one out. Tell your group some good things about the person whose name you have pulled.
3. Describe your favourite beef recipe. Tell the group how to make it and why you like it.
The 4-H member says...

Many 4-H Clubs have a public speaking event. Members either give a written **speech** or a **visual presentation**.

A **speech** is telling something to your audience.

A **visual presentation** is telling something and showing something to your audience.

**Cloverbuds Category for 4-H Communications Competitions**

Up to and including 8 years of age

<table>
<thead>
<tr>
<th>Written Speech</th>
<th>One Person Visual Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 minutes</td>
<td>2-5 minutes</td>
</tr>
</tbody>
</table>

Two Person **Visual Presentation**

Combined ages equal 16 or less = 3-5 minutes

**Dig it!**

Circle the word that shows your feelings about speaking up.

Happy    Sad    Great    Shy

What I like best about speaking out:

How will speaking skills help you in school?
**Winding It Up**

Way to go! You have finished your 4-H project. You have done many new activities since you started at the beginning of this project.

Did you enjoy 4-H this year? Take some time to think about what 4-H project you would like to take next year.

Was there one special section in this project that you would really like to learn more about? Turn to pages 2, 3 and 4 and look at the list of the project completion list at the front of this book, and then put a star beside the section you liked the most.

Talk to your leader for more information on the project you have chosen. Remember, you may do more than one project at a time. Now, when 4-H starts up next year you will be ready to go. Have fun!

---

**Showcase Challenge**

*Bringing it all together!*

Now that you have finished this project, it is time to think about how you will share your experiences and knowledge with others. You may put your new skills to work by helping at a community event or at your club Achievement or teaching others about your topic.

The goal of the Showcase Challenge is to help highlight your new skills and help you understand how you can use them. It can be an opportunity to receive feedback from others on your project. So go back through your manual and find some highlights of your learning (what you are proud of) and think about how you will “showcase” it.
Dream It!

Here are some Showcase Challenge Suggestions:

- Demonstrate something you made or learned about
- Make a poster or display
- Make a pamphlet
- Make a computer presentation (e.g. PowerPoint)
- Give a speech
- Write a report
- Use your new skills to help with the Club Achievement plans
- Or come up with your own idea. It is up to you and your leader!

My Showcase Challenge Plan

My showcase idea: _______________________________________________

What materials and resources do I need? ____________________________

Who do I need to help me? _______________________________________

When do I need to have things done by? ____________________________
### My 4-H Portfolio

Name: ___________________________  Date: _____________  
Year in 4-H: ____  Club: ______________________________ 
Hours Spent on 4-H: ____ (Project and Other 4-H Activities)

#### Cloverbuds Beef 4-H Project Skills Chart

To be completed by the leader and the member based on observations and conversations throughout the project.

<table>
<thead>
<tr>
<th>Skill Builder 1</th>
<th>Members will be able to...</th>
<th>Date completed and two things that you learned</th>
</tr>
</thead>
<tbody>
<tr>
<td>All About 4-H</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Skill Builder 2 | Selection                   |                                               |
|-----------------|-----------------------------|                                               |

| Skill Builder 3 | Health                      |                                               |
|-----------------|-----------------------------|                                               |

| Skill Builder 4 | Nutrition                   |                                               |
|-----------------|-----------------------------|                                               |
## Cloverbuds 4-H Project Skills Chart

<table>
<thead>
<tr>
<th>Skill Builder</th>
<th>Members will be able to...</th>
<th>Date completed and two things that you learned</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Facilities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 Handling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Speaking Up</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Talk to each other</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Understand ways to communicate</td>
<td></td>
</tr>
</tbody>
</table>

### Leader Point of Praise!

I am most impressed by...

I acknowledge that the member has completed the 4-H project requirements.

Leader’s Signature: _______________________________
Member Point of Pride!

What I learned...

What I need to improve on...

What I want others to notice...

Member’s Signature: _______________________________

Point of Praise!

Another’s perspective on your achievements in 4-H.
(community professionals, 4-H club head leaders,
4-H Ambassadors, friends of 4-H)

I am most impressed by...

I believe that you have learned...

In the future I encourage you to...

Signature: _______________________________
Above and Beyond!
In addition to project skills, 4-H also increases skills in meeting management, communications, leadership, community involvement through participation in club, area, or provincial 4-H events or activities.

List below any activities you participated in this year in 4-H. (Some examples include Executive Positions Held, Workshops, Communication, Community Service, Rally, Bonspiels, Conferences, Judging, Camps, Trips, Awards, Representation to Area or Provincial Councils, etc)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**Feel Free to add additional pages that include awards, certificates, new clippings, photos or other items that describe your 4-H involvement.**
4-H Achievement

4-H Achievement is... a 4-H club celebration when members have completed their projects. Achievements are planned by the club to give recognition to members and leaders for their accomplishments in their 4-H projects and club activities.

A 4-H Achievement can take many different formats: from choosing a theme, to member project displays, to members using their new skills for the event (entertainment, food, decorating, photographer, etc.), to members presenting their project to the whole group, the options are endless and open to the creativity of the members and leaders in each club!

Clubs may also plan their Achievement to promote 4-H to the community or to recognize sponsors and others who have helped the club.

Members and leaders - be sure to check your project books for the project completion requirements, so you will be ready for your club’s Achievement celebration!

If you have any questions, comments or suggestions for this or other 4-H projects contact:

Manitoba 4-H Projects
Manitoba Agriculture
1129 Queens Avenue
Brandon, MB R7A 1L9

Email: 4h@gov.mb.ca
Phone: 204-726-6613
Fax: 204-726-6260

This manual is for educational use only and is not intended as professional advice.

For more information about 4-H and the many 4-H opportunities available please visit

http://www.gov.mb.ca/agriculture/4-h/
What is 4-H?

4-H is an international youth organization involving more than 7 million members in 80 countries around the world.

In Canada, 4-H began in 1913 in Roland, Manitoba as a community-based organization dedicated to growth and development of rural youth. Today’s 4-H program reaches both farm and non-farm youth across Canada. The motto of “Learn To Do By Doing” is embodied in the program, as 4-H focuses on skill development as well as personal development of life skills such as communications, leadership and citizenship.

4-H Motto

“Learn To Do by Doing”

4-H Pledge

I pledge,
My HEAD to clearer thinking,
My HEART to greater loyalty,
My HANDS to larger service,
My HEALTH to better living,
For my club, my community, and my country.

All project materials are available in alternate format upon request.

Manitoba 4-H project material is developed by
Manitoba Agriculture