

4-H YOUTH DEVELOPMENT

Golden Plains Area Newsletter

JANUARY/FEBRUARY 2019

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Golden Plains Area Web Site

<http://goldenplains.colostate.edu>

CSU Extension 4-H Web Site

<http://www.colorado4h.org>

CALENDAR OF EVENTS

JANUARY

- 12-27** National Western Stock Show – Denver. For the complete schedule, go to www.nationalwestern.com. Group ticket info will be in the office shortly.
- 18** 4-H Day at National Western Stock Show
- 26-28** Leadership Development Conference (LDC). More info in this newsletter.
- 28** 4-H Day at the State Capitol

FEBRUARY

- 8-10** YouthFest – Ponderosa Retreat Center in Larkspur, CO. More info in this newsletter.
- 17-18** Hunter Safety Class – Yuma

2019
HAPPY NEW YEAR!

4-H Scholarships



Attention graduating seniors! You may be interested in applying for state 4-H scholarships. It's simple to apply for them as they all have the same application. Fill it out once and you have applied for all scholarships. The application is available from January 2 to April 1, 2019. For more information on state scholarships, go to <http://co4hfoundation.extension.colostate.edu/benefits/Colorado-4-h-foundation-scholarships/>.

Happy Trails Mick!

The Golden Plains Area Extension staff, 4-H members, and adult volunteers want to wish Mick Livingston all the best in his retirement. Mick has been involved with 4-H since he was a youth member showing livestock and judging. As an adult he was a 4-H volunteer for many years. He mentored 4-H members, hauled them to livestock shows and judging contests, and various 4-H activities. In 2001 Mick began working for CSU Extension in Kit Carson County. He has served the 4-H youth of Colorado as male advisor to the State 4-H officers, shooting sports leader, state fair and NWSS superintendent, and is the creator of youth programs like Wild Bug Fish Camp, MQA and AgFest. Mick has been a dedicated 4-H mentor and leader. He will be greatly missed around the state, but we are pretty sure he won't be a stranger to 4-H'ers. He truly loves 4-H.

Congratulations Mick!



OPPORTUNITIES AND ACTIVITIES

Leadership Development Conference

The annual Leadership Development Conference (LDC) will be held January 26-28, 2019 in Denver. Interested youth can contact your local office to pre-register by January 9th. LDC is a fun, educational weekend promoting leadership development and community service. The event is



open to youth 14 and over and registration is typically around \$150.00 (plus lodging). This conference is in conjunction with the annual 4-H Day at the Capitol where members can be present during the Proclamation for Colorado 4-H Day. Tours of the state capitol will be available. Details are available at your local County Extension Office or at www.colorado4h.org.

Citizenship Washington Focus June 22 to June 29, 2019

What does it mean to be a good citizen? Are you being a strong civic leader for your community, country and world? Citizenship Washington Focus (CWF) is a week-long 4-H citizenship program for youth ages 15-19 that takes place at the National 4-H Youth Conference Center, just 1 mile from the Washington, DC border.

Every summer, thousands of young people participate in the program, which provides opportunities for them to:

- strengthen their communication, leadership, and citizenship skills on a national level
- understand the importance of civic and social responsibilities as they relate to the development of better citizens and leaders.

- exchange ideas, practice respect, and for friendships with other youth from diverse backgrounds.
- experience hands-on learning using the historical backdrop of Washington, DC.

CWF participants enjoy:

- a behind-the-scenes look at our nation's capital and the chance to meet Member of Congress
- motivational speakers, educational workshops, and assemblies that increase individual commitment to citizen involvement and build life time skills for success.
- activities that encourage new and lasting friendships
- an enthusiastic staff of young adults that work directly with them

Participants are immersed in the culture and history of Washington through onsite workshops at its most spectacular sights. The week's signature event called "Nightview" is a spectacular evening tour of our nation's most historic sites.

Destinations include, but are not limited to:

- The Capitol
- Mount Vernon
- Arlington National Cemetery
- Presidential and war monuments and memorials
- Smithsonian museums

In between tours, youth can relax at the National 4-H Youth Conference Center, the premier meeting and conference center in the Washington, DC area especially for young people. It offers a 12-acre

campus with 24-hour uniformed security, fitness center, and full-court basketball.

Recreation room with cyber café, all-you-can-eat buffet in the Clover Café, free parking and more.



Eligibility: Participants must be 15-19 years of age by December 31 of the enrollment. Colorado 4-H membership and leadership, based on application and 1-3 page resume. Seventy 4-H members are selected. Counties are asked to interview and select prior to submission. Contact your local county Extension Office for more information.

How Meat Judging Shaped My Life

By: Mallory Sikes

We all undoubtedly have examples of different events, people, and places that have helped shape our lives, some big, some small, some life changing. My name is Mallory Sikes. I am a wife, a mom, an Extension Agent, a coach, and many other titles, most of which I can claim today due to my involvement in Meat Judging. To some it may seem silly that an extra-curricular activity might permanently alter one's life path and shape them into the person they will be for the rest of their life, but for me, it is a reality and a story that I would like to share with each of you.

I grew up in Pueblo, Colorado and essentially, was raised a city girl. I was, however, fortunate enough to be raised on the rural outskirts of Pueblo, immersed in agriculture, and from a very young age, I loved cattle. Despite concerns from my parents, in my mind, heading to Fort Collins, Colorado to attend Colorado State University and major in Animal Science was a no brainer. My first year of college went off without a hitch. I took as many credits as possible, held as many part time jobs, to cover the cost of tuition as possible, and joined the CSU Wool Judging Team. As I enrolled in classes for my sophomore year, all of my wool judging friends and the most competitive students signed up for Introduction to Meat Product Evaluation, the class the precedes participating on the competitive meat judging team. I, on the other hand, opted to take a greater number of core credits and take on more hours at the local sporting goods store.

Little did I know, I nearly made the biggest mistake of my life!

The first week of classes came and went. I suddenly did not have as much time with my friends and found myself wishing I had an extracurricular to take my mind off core classes. The logical decision was rearrange my schedule to fit in the meat judging class. Although I had little to no experience with anything meat related short of work with the live form and eating the cooked form, it quickly became evident that meat evaluation was my happy place. The sense of teamwork, the intense competition, and difficult problem solving filled the holes that had been left from high school sports teams and other academic competitions I have been involved in at earlier ages. I was learning to think critically, compare logically, communicate effectively, and lead decisively. I was also astonished to find that all of these skills were proving to be instantly applicable to my other classes and even my part time job. Just as importantly to me at the time, my team was good. We had countless successes and brought home lots of trophies, plaques, and ribbons to decorate the CSU Animal Science halls. I was so proud to have represented my University with people I still count as my best friends to this day.

Aside from the skills, knowledge, and awards I was obtaining, I was getting to have experiences that few



my age and even fewer with my background were getting to witness. By the end of the 2008 Meat Judging Season, I had visited over 15 major packing houses and further processors of beef, veal, pork, lamb, and goat, making countless invaluable, professional connections along the way. As my undergraduate program came to a close, thanks largely in part to the connections I had made on these meat judging trips, I scored an internship with Cargill, at the time the largest privately owned company in the United States, in Beef Product Research and Development. I was also fortunate enough to have been offered two other jobs in the University's Meat Laboratory as a meat cutter and undergraduate research assistant while I finished my degree. Much to my astonishment, the perks of participating on an Intercollegiate Meat Judging Team were just beginning.

Upon graduation, I became the first person in my family to obtain an undergraduate degree and dreams I didn't even know I had, were coming true. Growing up, I did not know very many individuals with graduate degrees, my family medical doctor and the lawyer neighbor are the only two I can think of off the top of my head. Goals of obtaining something like a master's degree had never even crossed my mind, especially with the newly signed diploma on my wall and interviews and job offers coming to fruition.

My meat judging Coach, Dr. Dale Woerner, now faculty in the department, called me to his office and much like the invaluable skills he had taught me while judging, made me an offer that would again change my life forever. I accepted a position as the 2010 Colorado State University Meat Judging Coach in exchange for tuition and a living stipend. Over the next two years, I obtained a degree I had never thought possible, and passed on my knowledge and love for Meat Judging on

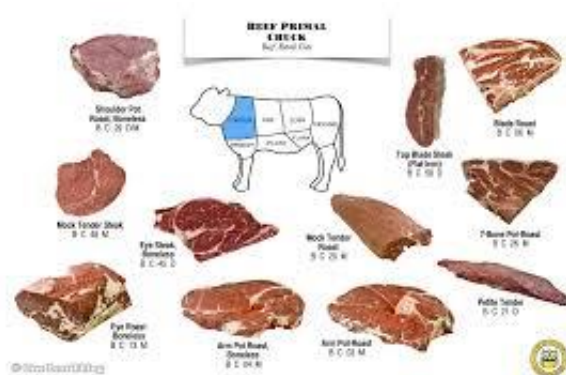
to the greatest group of young adults I have ever had the opportunity to know. As I coached the team that would go on to become the 2010 National Champion Intercollegiate Meat Judging Team, I continued to make networking connections that I would carry with me for the rest of my life.

Although I have been out of the college meat judging scene for 7 years, meat judging in general has continued to play a large role in my life as well as influence the life decisions I have made. I spent several years working for large meat packing companies in areas of research, product development, packaging, and regulations and now work for Colorado State University Extension as an Area Agent. I have

had the privilege of serving on national meat judging committees for intercollegiate meat judging, as well as 4-H and FFA meat judging contests and have coached 4-H meat judging teams from Kansas and Colorado. I love that I am able to pass on and practice my passions as I educate today's youth about the meat industry, raise my own family, and participate as a cattle producer.

Although my passion for meat judging did not begin until college, I often wonder how being exposed to those lessons and life skills at an earlier age may have allowed for an even greater impact. Luckily, for all Colorado youth, an opportunity to engage in such pursuits lies as close as their local CSU Extension Office.

Colorado 4-H is proud to offer several Meat Judging opportunities for the upcoming 2017-2018 4-H year. 4-H in Colorado will kick off the season with two great workshop opportunities on January 6th in Greeley, Colorado at JBS Headquarters and January 20th at the CSU Animal Science Department on campus. Both clinics are open to any teams, individuals, leaders, and agents to practice and/or learn meat judging basics. Colorado State University Animal Science Graduate Students and Meat Judging Team members will be available to answer questions, explain classes, and teach basic meat judging concepts. These events also offer unique opportunities for students to tour the JBS facilities as well as the CSU Meat Laboratory. All teams and individuals are also invited to participate in a practice contest held on April 7th and the State 4-H Meat Judging Contest on April 28th at the CSU Animal Science Department. Prizes, awards, and scholarships will be presented at these contests and Colorado's representatives to compete in national contests in both Kansas City and Denver will be determined. For more information on how to learn more about meat judging or join a team, contact your local Colorado State University Extension Office TODAY!



ADDITIONAL INFORMATION

2018-2019 Changes in Projects

As is usually the case, we have some project changes for the 2018-19 4-H year. Some manuals have been updated, and some project names have been changed. Below is a list of changes to be aware of for the coming year.

Name Changes to Projects

DECORATE YOUR DUDS: *IS NOW UPCYCLE YOUR STYLE*

HOME ENVIRONMENT: *IS NOW HOME DESIGN & DÉCOR*

Projects with New Manuals

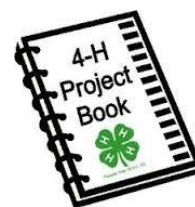
HORSELESS HORSE: *ALL UNIT MANUALS REVISED AND UPDATED*

HORSE PROJECT: *NEW THIS YEAR – PLEASE RECYCLE YOUR OLD ONE*

UPCYCLE YOUR STYLE: *REVISED FROM DECORATE YOUR DUDS MANUAL – WILL BE AVAILABLE ONLINE ONLY!*

COMPUTERS: *DISCOVERING COMPUTER SCIENCE & PROGRAMMING THROUGH SCRATCH – ALL UNIT 1-4 MANUALS REVISED AND UPDATED*

HOME DESIGN & DÉCOR – UPDATED UNITS AND MANUALS



4-H 101: New to 4-H and not sure what to expect?

NEWSLETTER: Your enrollment automatically subscribes you to this newsletter which is dedicated to our five county area called “Golden Plains”. Watch the front of the newsletter for information and events that may be pertinent to all area counties. Flip to your county section for specific news, events, deadlines and rules for your county. You will receive another newsletter bimonthly. Current and past editions are available on the Golden Plains website at <http://goldenplains.extension.colostate.edu/>

CLUB MEETINGS: Are you in touch with your club leader to find out when your club meetings are? Try to attend as many meetings as you can so that you can get involved, make friends, and learn more about your projects. Many clubs have requirements as to how many meetings you need to attend so make sure you are aware of that number.

MANUALS: Be sure to ask your club leader or the Extension office if you need a project manual. These manuals were designed to help you learn more about your specific project. **TIP:** For additional help, try to find out if your club has any project leaders that can help you. Colorado4h.org also has tip sheets for most

projects. Click “Projects and Record Books”. Scroll to the middle of the page and click “Tip Sheets”.

LIVESTOCK WEIGH-IN: Are you taking a livestock project? If you plan to show a market animal (one that will be fed out, shown and possibly sold) you’ll need to be sure to check the newsletter for information about livestock weigh-in or nomination. All market beef, market goats, and market lambs must be weighed in on the specific date listed. Market Swine must be tagged and have appropriate “nomination” paperwork turned in before May 1st. Rabbits and Poultry do not need to be weighed in or tagged.

WEBSITES: Check out our local Golden Plains website at: goldenplains.extension.colostate.edu or the state 4-H website at www.colorado4H.org. Some of the Golden Plains Area counties also have a 4-H Facebook page, just search for Phillips County 4-H, Washington County Colorado 4-H, Yuma County Colorado 4-H or Kit Carson County 4-H Colorado and then “Like” to follow their updates.

Check for the Right Project Manual: Leaders or families often have extra 4-H manuals from previous

years on hand and give them out to youth, especially to those who want to get a head start on 2018 projects.

BE SURE THE MANUAL IS CURRENT!!

Various 4-H manuals are updated each year, and if a youth has an outdated version, they might end up doing the wrong requirements and exhibit.

If you have unused manuals, please bring them to the Extension Office to check if they are still current. Thanks!!

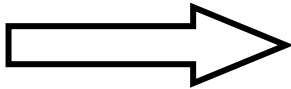
LIVESTOCK

Welcome to the Blue Ribbon - Youth Livestock Projects Blog!



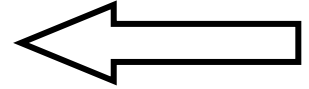
The purpose of this blog is to provide information, advice and suggestions for improving youth livestock projects from multiple sources. The information, advice and suggestions in this blog come from professional agricultural educators who have multiple years of experience working with youth and their livestock projects. If you ever have a question or a particular subject you would like addressed, please feel free to contact Scott Stinnett via email, or leave a comment and we will do our best to assist or address the subject. Should the question or subject be more technical, we will help direct you to an appropriate resource for the best possible answer. This blog has recently covered topics such as Heat Lamps, Help or Hazard?, Veterinary Feed Directive, and Decemburr! Click on the link <http://theblueribbonyouthlivestockproject.blog.spot.com/> or visit the Golden Plains Extension website and click on the Youth Livestock Blog link on the bottom, left hand of the page.

Meat Quality Assurance Certification/Recertification Workshops



You Must Attend A MQA Workshop

- 1. First 2 years taking a livestock project**
- 2. Once at 12 years of age**
- 3. Once at 15 years of age**



Public confidence in our meat products is extremely important to the success of the livestock industry. Youth livestock projects play an important role in building or losing the trust of our consumers. It is important that youth livestock exhibitors exceed the standard in producing quality, defect-free livestock for our consumers. In the past, a very small number of exhibitors have given youth livestock shows a bad name by using unethical and unsafe techniques to “win at all cost.” As a result, we have implemented a strong Meat Quality Assurance program in Colorado. Through the MQA workshops youth learn ethics and good production practices needed to produce a high quality, desirable product for the American Consumer. If you need to attend this year you will be notified by your county Extension office prior to the workshop.

You have the option to test out of the workshop at 12 and 14 years of age but it is highly recommended to attend a workshop instead. The workshops allow for hands on learning and experience. For those of you that participated last year, it will be the same layout. There will be different stations pertaining to the 10 Good Production Practices set up at each location and you will have the chance to observe and learn with real supplies and equipment. You will have the opportunity to come any time during the listed period as long as you are able to participate at each station.

Allow yourself one hour. The following chart explains when and where the workshops will be. Keep in mind that dates and/or times and locations are subject to change so stay posted and be sure to call your local Extension Office if you have any questions.

2019 Colorado MQA//PQA Schedule Statewide

Date	County	Location	Date	County	Location
February 2, 2019	Arapahoe	Fairgrounds, Aurora	April 3, 2019	Logan	Fairgrounds, Sterling
February 23, 2019	Larimer	The Ranch, Loveland	April 4, 2019	Adams	Bennett High School, Bennett
March 4, 2019	Huerfano	Fairgrounds, La Veta	April 7, 2019	Sedgwick	Fairgrounds, Julesburg
March 5, 2019	Custer	Westcliff	April 8, 2019	Phillips	Fairgrounds, Holyoke
March 9, 2019	El Paso		April 9, 2019	Kit Carson	Community Center Burlington
March 11, 2019	Elbert	Fairgrounds, Kiowa	April 10, 2019	Yuma	Fairgrounds, Yuma
March 12, 2019	Elbert	Fairgrounds, Kiowa	April 11, 2019	Yuma	Roundhouse, Wray
March 14, 2019	Cheyenne	Fairgrounds Cheyenne Wells	April 22 2019	Adams	Fairgrounds, Brighton
March 15, 2019	Kiowa	Fairgrounds, Eads	April 23, 2019	Adams	Fairgrounds, Brighton
March 18, 2019	Baca	Fairgrounds, Springfield	April 24, 2019	Douglas	Fairgrounds, Castle Rock
March 19, 2019	Prowers	Granada School, Granada	April 25, 2019	Douglas	Fairgrounds, Castle Rock
March 20, 2019	Bent	McClave High School, McClave	April 26, 2019	Douglas	Fairgrounds, Castle Rock
March 21, 2019	Otero/Crowley	Ark Valley Fairgrounds Rocky Ford	April 29, 2019	Boulder	Fairgrounds, Longmont
March 25, 2019	Park	Jefferson Community Center, Jefferson	May 4, 2019	El Paso	
March 26, 2019	Teller	Florissant Grange Florissant	May 8, 2019	Jefferson	Fairgrounds, Golden
March 27, 2019	Fremont	4-H Building Canyon City	May 13, 2019	Morgan	Fairgrounds, Brush
March 28, 2019	Pueblo	State Fairgrounds Pueblo	May 14, 2019	Morgan	Fairgrounds, Brush
April 1, 2019	Lincoln	Fairgrounds, Hugo	May 17, 2019	Larimer	McKee Building/Ranch
April 2, 2019	Washington	Fairgrounds, Akron	May 22, 2019	Weld	Island Grove Regional Park Greeley

