

4-H MAGAZINE Alberta

FALL 2013 // www.4h.ab.ca
VOLUME 9 • ISSUE 3

Where will
4-H take YOU
this year?

Trek to
Tanzania page 32

Tried & True,
Meets Fresh
& New page 29



ATB Financial presents

Gord Bamford

4-H Benefit Concert

November 14, 2013

Valleyview Arena

With special guest Taryn Stauffer



ATB Financial would like to congratulate all 11 4-H districts (Athabasca, Drayton Valley, Drumheller, Grande Prairie, Hanna, Mountain View, Parkland, Red Deer, Valleyview and Wheatland) that participated in this year's Why 4-H is Great Contest. We'd also like to congratulate Gord Bamford on his seven Canadian Country Music Awards (CCMA) nominations—including the People's Choice Award—and introduce our special guest, Taryn Stauffer, who will open for Gord in Valleyview.

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Long love this land

Concert proceeds
support local 4-H clubs



ATB Financial™



Submission Guidelines

Your stories are important to us, and we want to see them published in the next issue of the *4-H Alberta Magazine*.

Here are a few tips:

- Articles should be 100-150 words and should have accompanying photo(s). You should also state the author of the article.
- When you send your photo(s):
 - Underneath the body of your article, please be sure to include a caption that names ALL of the people, and state where the photo(s) were taken. For example: *Jack and Jill at the Alberta 4-H Provincial Beef Heifer Show.*
 - When sending digital photos, please send them as a large file. Photos that are 1MB or larger are preferred.
- Some examples for possible article topics might be: an exchange that you went on; a fundraiser or act of community service that your club was a part of; a lesson you have learned from your 4-H experience; an innovative project or activity that you and your club have taken part in.

If you have questions about any of the above tips, please do not hesitate to contact us:

E: magazine@4h.ab.ca or P: 403.948.1521

NOTE: We make every effort to accommodate each article that is received; however, articles may need to be shortened, and sometimes withheld from publication, due to spatial restraints.

4-H Alberta Magazine

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on the cover

Tanya Couterille, chaperone for the 4-H Odyssey Club's trek to Tanzania, with two new little friends from Tanga, Tanzania. Read more about this club's amazing experience on page 32.

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 IS FULL OF SURPRISES!

The past four months have been a whirlwind of activity! Driving all over Alberta and practically camping out in the office some nights to work on some great 4-H stories for you guys.

Now, you may think you know all that there is to know about 4-H, as Erin, a long-time member did. But, have you ever heard of the Creative Options Busking project that the Golden Prairie 4-H Club has been doing for the past eight years? How about the 4-H Odyssey Club that travelled as a club to Tanzania just this summer? Did you know that 4-H exchanges can build lifelong friendships – proven to last over twenty years?! Have you heard of Bella Spur, a boutique marketing firm? Did you know that it was started by a 4-H alumnus? We certainly didn't and we are so excited to share the stories behind all of these hidden 4-H gems with you!

For an in-depth look into what Busking project members do to become great street performers, go to page 29. To hear what travelling to Tanzania would be like as a 4-H member, read about the 4-H Odyssey Club's journey on page 32. Twenty years ago, two clubs from difference provinces met on an exchange. Curious to know what happened as a result, twenty years later? Check out page 33 to find out. If you have ever wanted to be your own boss, we have the story for you! Bella Spur is the brain child of Laura Bodell and her business partner, both former 4-H'ers who decided to become entrepreneurs. Check out Laura's story on page 28.

Erin and I just wanted to take this opportunity to say that we've had a fantastic summer, getting to know 4-H and some of the amazing people that are a part of the 4-H community. Thank-you to everyone who shared their stories with us, we hope you enjoy reading the magazine as much as we did putting it together!

Guest Editors,

Nathalie Batres & Erin Cripps-Woods

Summer Students – Communications & Marketing, 4-H Branch

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4-H Alberta has a number of people who would be happy to answer your questions and provide you with assistance. Below is a contact list for the 4-H Branch, the 4-H Council of Alberta and the 4-H Foundation of Alberta.

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NATIONAL NEWS



BY: VIOLETTE STEPANIUK, Communications Advisor, 4-H Canada

What an exciting year 2013 continues to be for the 4-H community in Canada! In addition to centennial celebrations taking place across the country, exciting things are happening at 4-H Canada, resulting in new opportunities for 4-H members.

CENTENNIAL EVENTS AND INITIATIVES

Global Youth Ag-Summit

More than 120 young people from around the world, including 4-H members from Alberta, gathered in Calgary August 19 to 25 for the global 4-H Youth Ag-Summit, sponsored by Bayer CropScience. Through discussion, collaboration and innovation these young agricultural delegates tackled the issue of feeding a hungry planet and developed a lasting action plan. You too may share your ideas on the summit's website, youthagsummit.com, by selecting "Connect" and clicking on the "Add Your Perspective" button.

100th Anniversary Museum Display

The Canadian Agriculture and Food Museum in Ottawa is celebrating the 100th anniversary of 4-H in Canada with a "Learn to Do by Doing" display which includes photos and memorabilia. Officially unveiled on April 23, the display will help to raise awareness about 4-H Canada and its contributions over the last 100 years.

Celebrations In Manitoba

The 100th anniversary gala and other centennial celebrations took place in Manitoba in conjunction with the AGM. Check out the Celebrations Scrapbook on page 6.

4-H Living History

New pins representing centennial events and historical materials are popping up daily on the 4-H Living History interactive map. Visit www.4hlivinghistory.ca to find upcoming events near you and to browse through 4-H memorabilia. You can also share your event or historical information on the map.

4-H National Food Drive

In keeping with the 100th anniversary theme of "Food for Thought," 4-H clubs across Canada are collecting goods for local food banks as part of the 4-H National Food Drive. The goal is to raise one pound of food for every member and leader. Watch 4-H Canada's Facebook and website for more information and read on to hear how 4-H Alberta is fairing!

\$100 for 100 Years

The \$100 for 100 Years national legacy fundraising campaign aimed at raising \$100,000 to ensure the success of 4-H across Canada. More than \$38,000 has been raised so far. Donations can be made online at www.4-h-canada.ca/100.



Canada Post Commemorative Envelope

The Canada Post commemorative envelope was unveiled during the celebrations in Roland, Manitoba. Envelopes are available for purchase at \$3.00 each at canadapost.ca or at participating Canada Post offices.

NATIONAL PROGRAMS AND OPPORTUNITIES

U.S. National 4-H Conference

Nine delegates from across Canada, including one from Alberta, travelled to Washington, D.C. April 4 to 11 for the U.S. National 4-H Conference to enhance their leadership skills and gain a better understanding of 4-H in Canada and the United States. Delegates first visited Ottawa for a program orientation and to tour Ottawa.

4-H Youth Exchanges Canada

Eight Alberta groups participated in a reciprocal summer exchange with groups from Manitoba, Ontario, Nova Scotia and Prince Edward Island experiencing the culture and history of our country and establishing new friendships.

W. Garfield Weston Foundation 4-H International Exchange

As part of the reciprocal W. Garfield Weston Foundation 4-H International Exchange Chantal Davidson of Legal, Alberta was awarded the opportunity to spend time in Wales and England, to gain a new perspective on agriculture, experience different cultures and make new friends.

John Deere Scholarship

Three Alberta John Deere dealerships participated in the John Deere 4-H Scholarship Program available to 4-H members. Of the 127 applications received, 38 were from Alberta.

New Scholarship

Two \$2,500 Larry Milton Campbell Memorial 4-H Scholarships will be awarded annually to current 4-H members in their last year of high school planning to study food, meat or animal science at a Canadian university. Application form and guidelines are available at www.4-h-canada.ca by selecting "4-H Programs" then "Scholarships." Application deadline is October 23, 2013.

New CEO

4-H Canada has a new CEO. Bringing more than 15 years of management experience with youth-focused organizations, Shannon Benner has a lot to bring to 4-H in Canada!

Annual General Meeting

The 2013 Annual General Meeting was held in Winnipeg, Manitoba in May. Here, Valerie Pearson took over the Canadian 4-H Council presidency from Rob Black and Kim McConnell replaced David Hovell as the president of the Canadian 4-H Foundation. We are grateful to our past and present presidents for their dedication and commitment to 4-H in Canada.



Remember to wear your 4-H colours with pride on November 6th, 2013! Submit photos of you "getting" your green on" to:

magazine@4h.ab.ca or share them on 4-H Alberta's Facebook page.

For more information check out www.4h.ab.ca



Frisco the Fox and 4-H on Parade participant.

Volunteer Leader of the Year Award Nominations

It is time to nominate fantastic 4-H leaders for the 2013 4-H National Volunteer Leader of the Year Award sponsored by CIBC. If your leader made a difference in your life, show your appreciation by telling us about him or her. For more information visit www.4-h-canada.ca and select "4-H Programs" then "Scholarships." Nominations close December 18, 2013. ❀

Marguerite Stark Receives National Honor

Each year three individuals who have made significant contributions to the 4-H program in Canada are named an Honorary Member of the Canadian 4-H Council. This year, at the 100th Anniversary Gala in Winnipeg, Marguerite Stark was named an Honorary Member of the Canadian 4-H Council, alongside Dori Gingera-Beauchemin and Bertram Stewart.

Throughout her 4-H career Marguerite has contributed to 4-H on both a provincial and national level. Her accomplishments in Alberta include the implementation of the Leadership Through Counselling Seminar (LTCS). This provincial program is available to all members wishing to become trained camp counsellors. Marguerite also developed and brought the intermediate program People Developing People to fruition.

Marguerite has been very involved at the National level as well, serving as a Director for two years and currently as a representative of Alberta on the Provincial Advisory Committee. Marguerite joins fellow Albertans Donald C. Matthews (1995), C.L (Les) Usher (1995), R.T. (Ted) Youck (2005), Bob Bouton (2006) and Marie Logan (2011) as Honorary Members of the Canadian 4-H Council. ❀



Marguerite receives her Honorary Membership from Canadian 4-H Council President, Valerie Pearson.

4-H Clubs In Alberta Rally for National Food Drive

BY: TESSA NYBO, Provincial & Regional Program Assistant, 4-H Branch

As part of the centennial celebrations for 4-H in Canada, the Canadian 4-H Council is encouraging all 4-H clubs and councils to donate to their local food bank, and 4-H Alberta is nearing its goal of collecting 1 kilogram of food for each of the 7765 members and leaders registered in 2012-2013 club year.

4-H Alberta is keeping track of donations made by clubs in the province. If your club makes a donation to a local food bank, please contact your Regional 4-H Specialist and tell them how many pounds and/or dollars you've donated. 4-H Alberta will record all of these donations in hopes of our total donations tallying up to be more than any other province in Canada!

Throughout the year, clubs have been reporting their totals to their Regional 4-H Specialists. With substantial donations from the Southern Region 100th Anniversary Celebration and 4-H on Parade we are gaining on our goal! So far 4260.66 kg of food, or 5.7 smart cars, have been raised. Keep up the hard work!

4-H clubs in the Calgary Region gave generously to the food bank at the 2013 edition of 4-H on Parade, May 30th – June 2nd. Twelve clubs participated in the food drive, collecting a total of 1312 lbs. of items. The Foothills Sheep 4-H Club collected the largest amount at 243 lbs. In addition to the items members collected, the Foothills Sheep 4-H Club had also received a generous donation of food items from the Co-op.

During the Saturday evening activities at 4-H on Parade, clubs that donated food bank items went up against each other in a sculpture building competition. The creativity of the sculptures that resulted was astounding. The Foothills Sheep 4-H Club took top honours in the competition. 🍀



4-H on Parade attendee working hard on her club's sculpture.



Members of the Foothills 4-H Sheep Club and their winning sculpture.





Keeping warm in 4-H style!



Past 4-H Council of Canada President, Rob Black, holding a commemorative plaque to be installed on a cairn in Roland, Manitoba.



Visitors check out the 4-H Museum in Roland, Manitoba!



Multiple generations joyfully celebrate 100 years of 4-H in Canada. The recently unveiled commemorative painting for the centennial sits in the background.



4-H Branch Head, Marguerite Stark, presents Alberta's contribution to the provincial display to be set up in the 4-H Museum in Roland. 4-H Council of Manitoba President, Carrie Tapp and Premier of Manitoba, Greg Selinger, accept.



Members hand out programs for the Centennial Celebration Gala in Winnipeg, Manitoba.



Members, leaders and alumni of the longest active 4-H club in Canada, the M. Connell 4-H Club.



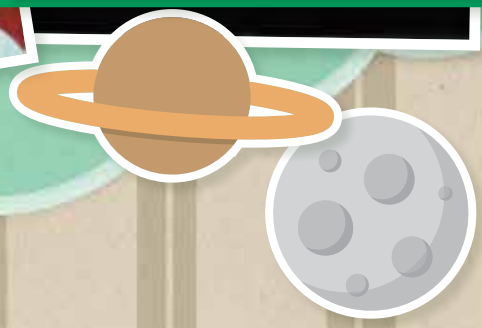
Canada's first female astronaut addressing Manitoba Gala attendees.



Canada Post's commemorative envelopes, design especially for 4-H Canada's centennial!



Sign that welcomed visitors celebrating the centennial of 4-H in Canada to Roland, Home of 4-H and the Giant Pumpkin





2013 Selections Group Photo.

Thru The Looking Glass – Selections 2013

BY ERIN CRIPPS-WOODS, *Communications & Marketing Summer Student, 4-H Branch*

Each year, Selections awards fantastic opportunities to top senior 4-H members from throughout the province. To vie for ambassadorships, travel opportunities and the Premier's Award, members from each region gather in Olds to participate in a program that many consider the grand finale of one's 4-H career. While demonstrating their capabilities and building on their soft skills, delegates also renew old friendships and begin new ones.

The theme for this year was "Thru the Looking Glass" which focused largely on self-awareness and personal management. Throughout the program, 91 delegates engaged in sessions and activities that helped to prepare them for the next chapter in life, whether that may be starting a career or attending post-secondary.

There was a combination of themed sessions that took place in small and large group settings this year, with topics including:



Selections delegates practice their problem solving and communication skills

team building, self-awareness, self-image and self-esteem, time management, goal setting, how to beat procrastination, skill identification, stress management and identifying the six pillars of a person's character. One of the most exciting segments of Selections is always the Group Challenge. This year, teams put their heads together to design a moving "billboard" along with a logo and slogan to advertise 4-H Alberta's 100th Anniversary in 2017. While Selections is a competitive program, delegates are provided with plenty of opportunities for self-discovery, growth and expression.

It is through a combination of 4-H Diary and quiz points, peer and facilitator scores that delegates qualify for choice opportunities, available only to senior 4-H members through the Selections process. Delegates must actively demonstrate their leadership, communication and team work capabilities throughout the different aspects of the program. Maintaining a positive attitude and really dedicating oneself to the success of others or the task at hand is crucial to Selections success!

The 2013 Selections delegates were a determined group, with plenty of great opportunities on the line. This year at the Selections Award Breakfast, it was Michelle Hoover of the Delia 4-H Beef Club who came out on top and was announced as the Premier's Award Recipient. With eight years of 4-H under her belt, Hoover is excited about her new role within 4-H.

In addition to the Premier's Award, many travel opportunities were handed out. Additionally, there were fourteen Ambassadorships awarded for recipients to serve a two-year term promoting 4-H and youth involvement in Alberta. To see a complete listing of recipients and opportunity details, visit www.4h.ab.ca. And remember, it's never too early to start thinking about attending Selections!

For the majority of 4-H members, it could be said Selections represents a coming of age moment. The trips are fantastic, the ambassadorships and the Premier's Award are truly prestigious. But at the end of the day, the true prize is realizing all of the connections made and the friends gained through being a 4-H member.

Thank you to the Presenting Partners: Agriculture and Agri-Food Canada and Government of Alberta, Partner Supporters: Northlands and Servus Credit Union. Thanks also to Partner Host: Olds College. This program has been brought to you through the cooperation of: The Government of Alberta, 4-H Council of Alberta and the 4-H Foundation of Alberta 🍀

Honouring Tradition

BY ERIN CRIPPS-WOODS, *Communications & Marketing Summer Student, 4-H Branch*

Another Selections Program has come and gone and but one outstanding 4-H member stands as the most exemplary delegate. Michelle Hoover was chosen at the Provincial 4-H Selections program to represent 4-H as the Premier's Award recipient.

Michelle is an excited 17-year-old, who loves to network. "I like to talk to everybody, I'm pretty sure I met everyone who went to the Selections program," she says.

As winners for the multiple trips at Selections were announced the anticipation rose; everyone waited to see who would be the Premier's Award recipient. Once all of the candidates were named, Michelle's name was announced and the room erupted into cheers and frantic clapping. "I was in absolute shock," says Michelle. Michelle soon came to the realization that she had indeed won. "I saw my Regional 4-H Specialist [Janet Kerr] dancing at her table!" says Michelle.

The Premier's Award has been presented to outstanding 4-H members since 1964. Every year the stakes are raised as 4-H member's work hard in their clubs, their communities and their country.

Regional Specialist, Janet Kerr, proudly told the story of Michelle winning. "As the 4-H Specialist for the East Central Region where Michelle is from, I was excited with the announcement of the Premier's Award recipient for 2013, but not nearly as excited as Michelle. The look on her face was one of total shock and surprise, I would even say gobsmacked! She got over that enough to deliver a fabulous acceptance speech where she stated how proud and humbled she was to represent Alberta 4-H's for the upcoming year."

Michelle belongs to the Delia Beef Club and is in her eighth year of being a member. She is a very active volunteer in her community and participates in various school activities including basketball, track and field, yearbook and the Students Against Drunk Driving committee (SADD).

During Selections, she was asked to describe herself in four words. She chose: Outgoing, passionate, forward and reliable. These characteristics define Michelle as a strong leader and advocate for 4-H. However, she still sees herself simply as a "fellow 4-H member". "You have got to be humble and grateful," she says.

Michelle will now represent Alberta 4-H members at various provincial and regional events. Michelle is looking forward to filling her duties as the Premier's Award winner. Highlights of her new position will include being a guest speaker at various events in addition to meeting the Minister of Agriculture and Rural Development along with the Premier of Alberta. ❁



4-H Branch Head, Marguerite Stark, presents Premier's Award Winner Michelle Hoover with her award at the Selections Awards Breakfast.

WRLF - A FANTASTIC OPPORTUNITY FOR 4-H LEADERS!

BY: JANET KERR, *Regional 4-H Specialist*

The 2014 Western Regional Leaders' Forum (WRLF) will be held in Billings, Montana from March 27 - 30, 2014. 4-H Alberta has been sending delegates to this event since 1975 and will host for the first time 2017 as part of the province's centennial celebrations. The conference is a great opportunity to learn with leaders and staff from across the western United States.

We would like a large delegation of 4-H leaders from Alberta at WRLF 2014. If you plan to attend, please contact Janet Kerr by email, janet.kerr@gov.ab.ca or phone, 403-742-7547, so that we can arrange to share transportation. The conference registration fee will be \$250 if you register between November 1 and December 31, 2013, \$300 from January 1 and February 15 and \$350 from February 16 to February 28. Hotel rooms are \$77 per night. Visit www.wrlf2014.com for more information on the conference.

Be sure to check out upcoming issues of the 4-H Alberta Magazine for more information on 4-H Alberta's upcoming centennial celebration activities! ❁



Communicating with Confidence

BY JALISA BARNETT, 4-H Specialist – Leadership & Resource Development

Poised, self-confident, articulate and expressive – all words that have been used to describe a skilled 4-H member speaking in front of an audience. Observing the top senior 4-H speakers and presenters at the 4-H Alberta Provincial Communications Competition on April 6th in Olds, one could certainly see those descriptions ring true!

Communications Competition is comprised of two separate events – public speaking and presentations. In the public speaking event, 14 individuals representing 4-H Alberta's seven regions, delivered prepared speeches on the assigned theme of Generations. Members also showed off their world-class speaking skills by completing a two to three minute impromptu with topics ranging from youth in sports to environmental sustainability. Despite challenging impromptu topics, member breezed through.

Following an afternoon competition, the judges' pencils came to a rest and the top three competitors were announced: Becca Carlson (third); Cara Brose (second); with top honours going to M.J. Wowk.

In addition to being named public speaking champion, Wowk was also awarded the Grant A. Fletcher Memorial Award, which is given annually to the event's top speaker. He will go on to compete at the Canadian Young Speakers for Agriculture (CYSA) National Public Speaking Competition, taking place in November in conjunction with Toronto's Royal Agricultural Winter Fair.

In the presentation portion of the event, 14 teams comprised of 26 competitors, illustrated and demonstrated topics including

photography, healthy eating and life as a 4-Her. The duo of Makayla Wowk and Jade Yackimec along with the team of William Moutray and Kayly & Tyler Vig tied for third place; Austin Andrew finished second; while Thunderin' Hooves 4-H Club's Genevieve Annand, Jocelyn Biro and Megan Jackson took top honours with their presentation entitled It's a Trade Off.

"All of the 40 members carried themselves with a degree of professionalism that would be the envy of any seasoned presenter," observed Cameron Horner, 4-H Alberta's Communications and Marketing Specialist. "These 4-Hers could enter a boardroom today or emcee a large event and not miss a beat. What people witnessed here today is the epitome of our program – great communicators."

The 4-H Alberta Provincial Communications Competition's Presenting Partner is AltaLink, with Partner Supporters Agrium, and the Government of Alberta. This year's event was hosted by Olds College. This program has been brought to you through the cooperation of: The Government of Alberta, 4-H Council of Alberta, and the 4-H Foundation of Alberta. 🌱

The 4-H Canada Centennial Public Speaking Competition presented by Farm Credit Canada was also held April 6th at Olds College. With topics ranging from the family farm to biofuels to technology, 55 4-H Alberta members ages 9 – 20, demonstrated that agriculture is their life and the industry's future is in good hands.

"This year's centennial public speaking competition was a great opportunity for more than 50 young people from across Alberta to share their enthusiasm about our ag industry – and did they ever! Congratulations to the winners and to everyone who made their voice heard," said Clem Samson, FCC Vice-President of Operations for B.C. and Southern Alberta.

The audience and judges were presented with a tremendous array of speeches, and excellence was delivered by all the participants. In the end four winners were announced, each receiving \$500 on behalf of FCC. In the junior category: Kristina Kotowich and Carmen White walked away with the top prize. Kyla Rushton, an intermediate-aged member wowed the audience with her speech titled An Endangered Stock. In the senior division, Sarah Nixdorff claimed top honours with her speech More Than Just a Way of Life.

"FCC has supported 4-H for nearly 25 years, and we are very proud of our long-standing partnership," added Samson. "4-H's public speaking program provides lifelong foundational skills that many alumni identify as a key component to their business and personal success."

Public speaking and agriculture have always been an important part of the 4-H program and to celebrate 100 years of 4-H in Canada FCC was proud to present this event. To learn more about 4-H and other centennial celebrations please visit www.4h.ab.ca. 🌱



Public Speaking Winners (L to R): Becca Carlson (3rd), MJ Wowk (1st) and Cara Brose (2nd)



Presentation Winners, back row (L to R): In a tie for 3rd, William Moutray, Kayly and Tyler Vig; Makayla Wowk and Jade Yackimec. Front row (L to R): Genevieve Annand, Jocelyn Biro and Megan Jackson (1st); Austin Andrew (2nd)



Competition winners (L to R): Kristina Kotowich and Carmen White (tie for Junior category); Kyla Rushton (1st in Intermediate category); Sarah Nixdorff (1st in Senior category)



LEADING THE WAY

BY ERIN CRIPPS-WOODS, *Communications & Marketing, 4-H Branch*

LTCs delegates sharpen their canoeing skills on Battle Lake.

This year's Leadership Through Counselling Seminar (LTCS) program, saw delegates enjoying five days of unique opportunities for building mentorship and leadership skills, making friends and most importantly, having fun. Old friends were reunited and new ones were made at the 4-H program that always kick-starts the summer!

Throughout the week delegates were shown the ropes. Literally! They learned how to safely lead a low ropes session, as well as the canoeing, crafts, outdoors skills, dancing and archery skill-sessions. All the while having fun and making strong counselling teams.

Part of the team building atmosphere included learning to be an effective leader but also knowing when to collaborate for the greater good of the community and understanding the importance of each person's role in the group. In the Teamwork, Leadership and Communication sessions with Summer Staff Heather Polasek and Rachel Persad, delegates learned "leadership is an action, not a position." When asked to comment on what makes LTCS stand out as a program Heather Polasek said, "These kids are dedicated to 4-H and this group seems particularly enthusiastic."



Learning the ropes at LTCS!

After LTCS this group of enthusiastic 4-H'ers counselled at many summer programs and camps offered by 4-H Alberta. Senior 4-H members who attended LTCS volunteered their time to have fun and conduct sessions with younger members attending the programs. "It's great to see how big the 4-H community is, and to experience a program from a different perspective" said Paulina Chiacchia, who counselled PDP Plus and Junior Camp this summer.

Throughout the summer, delegates who attended LTCS were supported and guided by the Summer Staff as they counselled at the many summer programs 4-H Alberta has to offer. If you are a member looking to experience counselling younger members at a program in the summer, make sure to sign up for LTCS next year!

Thank you to the Presenting Partner: Penn West Exploration; Partner Supporters: Agrium Inc., Monsanto Canada Inc., Olds College and Peavey Mart; and Partner Donor: CIBC. Thank-you also to the Partner Host: Alberta 4-H Centre.

This program has been brought to you through the cooperation of: The Government of Alberta, 4-H Council of Alberta, and the 4-H Foundation of Alberta. ♣



Teamwork goes a long way in this LTCS session.



Delegates give the Sally the Camel song their best effort and actions!

Sunny Days Are Here Again

BY ERIN CRIPPS-WOODS, SUMMER STUDENT –
Communications & Marketing, 4-H Branch

This July, summer arrived and with it began 4-H Alberta's Summer Camping Program. The various camp locations saw nearly 600 4-H members come and go. In-between the coming and the going, these delegates experienced the wonder that is any 4-H program. From slip n' slide to beach adventures to campfires; every day was a new adventure! Coinciding with 4-H Canada's 100th Anniversary, the summer camping programs from Artiban to Elkwater each embraced the theme of "Celebrating the Centennial!"

Junior Camp for members ages 9 to 11 years focussed on some of the best parts of any 4-H camp - making new friends and enjoying the great outdoors! Delegates enjoyed a variety of skills sessions and camp-wide games led by counsellors who just loved camp so much they came back to volunteer. After the sun had set, delegates engaged in exciting evening games such as capture the flag: kids versus counsellors!

The Junior delegates this summer had an extra special treat provided by MEGlobal, a tour of the Ellis Bird Farm in Lacombe. 4-H members explored the site and learnt about all of the different species that live at the Ellis Bird Farm. All delegates developed nest box building skills, got their hands wet while learning about watersheds and discovering the aquatic creatures that live on our ponds. It was an action-packed day of nature and education.

In addition to making friends and soaking in all that the Alberta 4-H Centre has to offer, at Combined Camp delegates began to learn the value of working together. Teamwork is crucial for any successful group, and this is the camp where delegates focus on learning just how important working together with their fellow delegates truly is.

Intermediate Camp for members aged 10 to 13 years involves more decision making and responsibility for delegates. They choose which sessions to attend and have a role in planning the larger group challenges. Environmental awareness was the topic at this year's intermediate camps. Delegates learned about, and discussed, sustainable energy practices as well as the impact that oil industry has in Alberta. Penn West Exploration also provided the opportunity to tour the Leduc #1 Energy Discovery Centre for the Intermediate delegates. This field trip provided a hands-on experience with equipment, motors, oilfield history and a live rig drilling demonstration. Delegates watched videos, made mock pipelines and edible land formations.



Junior Camp delegates show-off their latest creation

At each camp, delegates learned the value of friendship, had fun in the summer heat and honed their skills by trying new things! With the encouragement and guidance of Summer Staff and junior counsellors, the delegates' eyes were opened to a world of possibilities. 4-H Alberta's Summer Camping Program is an adventure that's just waiting to happen!

Thank-you to our Presenting Partner: Penn West Exploration and Partner Supporters: Canadian Association of Petroleum Landmen (CAPL), Canadian Natural Resources Limited (CNRL), DOW Chemical Canada, MEGlobal, Peavey Mart. Thank-you also to Partner Host: Alberta 4-H Center. This program has been brought to you through the cooperation of: Government of Alberta; 4-H Council of Alberta and 4-H Foundation of Alberta. ♣



Junior Camp delegates talk about their day at camp using a "debriefing beach ball". This delegate is sharing what his favorite thing about the day was and one thing that made him smile!

Living Life at Club Week

BY: ERIN CRIPPS-WOODS, Summer Student – Communications & Marketing, 4-H Branch

Club Week is known to be completely different from any other 4-H program. So, what makes Club Week the life-changing program that it is? Could it be the trust and connections developed within each small group? The inspiring guest speakers? Or the path of self-discovery that each delegate travels down throughout the week? Read on to find out!

July 23rd, 2013 - Welcome to Club Week 2013, a place where each delegate is given the opportunity to identify with their true self and the tools needed to achieve life-long personal growth. Club Week is the ultimate program for the creation of personal awareness, self-discovery, interpersonal connections plus personal empowerment and perspective building.

The theme song chosen for this year was "I Lived" by One Republic; played throughout the program to reinforce what Club Week is all about, discovering who you are and how to stand out by just being you. Facilitator and former 4-H member Andrew McCrae, commented that the song was one that would forever remind delegates of Club Week and the impact that it had on their lives.

Sessions were focused on self-awareness and opened delegates' eyes to their own ability to overcome adversity. Delegates met many guest speakers who shared their own stories of how they became who they are now, and the journey of how they got there.

When asked what she learned from the Celebration of Overcoming Adversity, delegate Justyn Munro quoted Henry Ford saying, "When everything seems to be going against you, remem-

ber that the airplane takes off against the wind, not with it." The choice of this quote really shows that Club Week delegates learn the importance of facing and overcoming challenges, and the positive outcomes that come with resilience!

In between sessions, delegates took full advantage of the Olds College facility and had quite the time having FUN! Toga Night, the Masquerade Dance and Talent Show were some of the highlights.

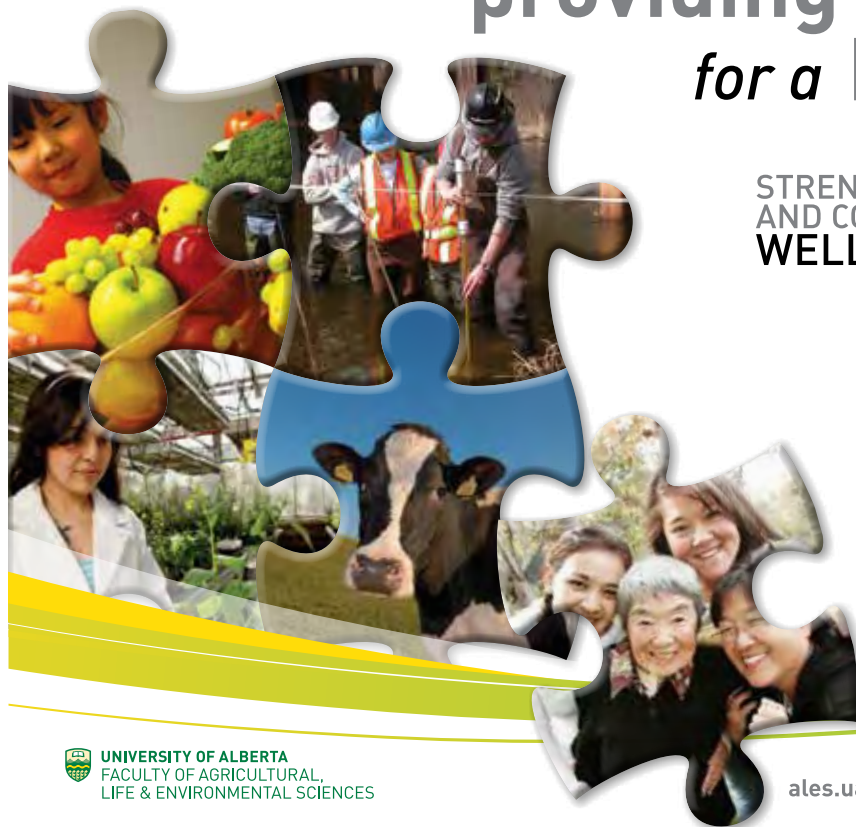
If you haven't gone to Club Week, what are you waiting for? Sign-up for Club Week 2014 and get ready for the time of your life!

Thank-you to the Presenting Partner: Encana Corporation and Partner Supporters: Agriculture Financial Services Corporation (AFSC), Agrium Inc., Canadian Association of Petroleum Landmen (CAPL) and Monsanto Canada Inc. Thank-you also to Partner Donor: CIBC and Partner Host: Olds College. This program has been brought to you through the cooperation of: The Government of Alberta, 4-H Council of Alberta and the 4-H Foundation of Alberta. 🌱



A large group session at Club Week.

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MISSION: GET GROWING!

BY: ERIN CRIPPS-WOODS,
Summer Student – Communications
& Marketing, 4-H Branch

At the beginning of the 2012-2013 club year, 4-H Alberta challenged clubs across the province to go on a recruiting mission. And like any great 4-H contest there was a prize being offered. The club from each region that recruited the most new 4-H members would be invited to an all-inclusive program at the Alberta 4-H Center on May 17-19. With their eyes on the prize, clubs got down to business and started recruiting. And boy DID they recruit! Because of the efforts of the winning clubs from each region, 125 new members joined 4-H!

As the families and clubs arrived at the Alberta 4-H Center, the sun was shining and everyone was excited to enjoy the outdoors. Leila Hickman and Janet Kerr, Regional 4-H Specialists, had planned a jam-packed weekend full of family fun! "This is a really unique weekend in that members and parents will be given the opportunity to interact in a provincial program setting. It's going to be a great family experience," said Leila.

Parents, Heather and Bob Toews brought their entire crew out to make the most of the long weekend. "4-H teaches the importance of community and makes learning fun for kids," said Bob. "4-H provides a sense of belonging and is kind of like having a large extended family," said Heather.



Evening entertainment!



All smiles at the Get Growing weekend.

Throughout the weekend members, parents and leaders enjoyed archery, crafts, low ropes and banana-rama! What's Banana-rama you may ask? Well, it's a highly entertaining scavenger hunt activity that involves taking pictures of your banana doing all of the funny things on your Banana-rama list - like recycling or enjoying a campfire! This activity made for lots of laughs!

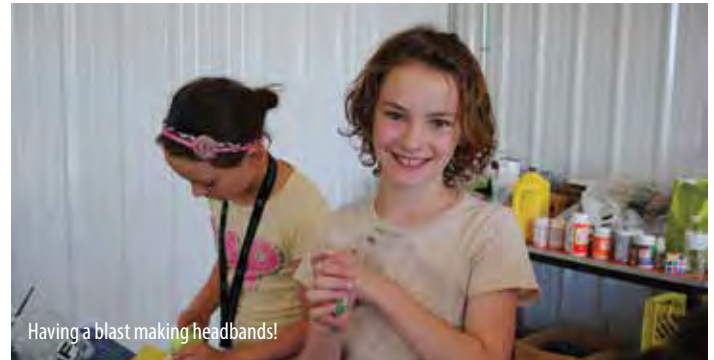
During crafts everyone learned to make bubble socks, washer



It's a balancing act on the low-ropes course at the 4-H Centre.

necklaces and braided fabric headbands. At the archery field, participants took aim and gave it their best Robin Hood effort under the instruction of two local 4-H members. At the low ropes course, teams worked together to balance bridges, support one another on treks across swinging ropes and tiptoe across logs – all the while being surrounded by "hungry sharks" below!

During lunch on Saturday, everyone was chatting up a storm and had great things to say about the program and the Alberta



Having a blast making headbands!

4-H Centre. "It's amazing to see how the Alberta 4-H Centre has changed from when I was a kid – it's amazing," said Mike Taylor, a parent from the Double Diamond Multi Club. "I joined 4-H because my sisters were in the program, and now I couldn't be happier that I'm sharing the experience with my own kids."

The success of the Get Growing contest shows that clubs truly believe in 4-H and all that it has to offer both returning and new members. The weekend even resulted in new 4-H camp attendees – Get Growing participants couldn't wait for another taste of camp! Congratulations to the winning clubs and thank-you to everyone who participated in this challenge. And to all of our new members, we look forward to seeing you back next year! 🍀



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4-H Alberta Provincial Sheep Show participants.



Sheep Show Wows Again

BY: TESSA NYBO,

Provincial & Regional Program Assistant, 4-H Branch

With enthusiasm and anticipation, 34 keen 4-H sheep project members arrived at the Olds Agricultural Grounds for the 4th annual 4-H Alberta Provincial Sheep Show (PShS) held in conjunction with Summer Synergy. From July 9th – 12th, 2013 sheep members had the opportunity to showcase their animals and their skills, while making new friends and industry connections.

The four day event included skill building competitions such as sheep judging, trimming, and showmanship. Members gained industry knowledge at a sheep husbandry clinic, and had a little fun with their lambs and ewes in the costume class.

The junior and intermediate team marketing competitions broadened participants' marketing and communication skills. The junior members were tasked with selling a by-product of their sheep to a prospective buyer, while the intermediates had the challenge of creating an advertising campaign to encourage more sheep members to attend the 2014 PShS!

The You're Hired competition had senior members send in a cover letter and resume for one of three fictional jobs prior to the show in hopes of being selected for an interview at the PShS. Going through the application and interview process provided members with valuable experience.

The PShS not only offers members the opportunity to build their skill set but also the opportunity to build their network and develop friendships with other young sheep enthusiasts. Cara McNaughton of the Whitecourt Multi 4-H Club had these words to encourage 4-H sheep members to come to the PShS next year, "It's really fun, you get to meet a lot of new people and learn a lot of new things."

With the PShS taking place at the same time as other provincial 4-H livestock shows and Summer Synergy, members also got to know fellow 4-Hers with Dairy and Beef projects from across Alberta and Western Canada. Participants had the opportunity to work on teams with Synergy participants in the fun team challenge competitions such as King of the Grill and the Synergy Amazing Race.

The PShS concluded on Friday, with the top animals going to Calgary Stampede for the Summer Synergy Parade of Champions on Saturday, and the top Summer Synergy sheep participants also going to the Calgary Stampede to receive scholarships.

Once again this year the PShS was nothing short of fantastic. Members are eager to recruit more of their friends to attend the 2014 edition of the PShS!

The 4-H Alberta Provincial Sheep Show would like to thank the following Partner Supporters: Alberta Lamb Producers, Canadian Co-operative Wool Growers Limited, Kubota Canada Ltd., Lakeland College, and Peavey Mart. Partner Friends: Canadian Sheep Breeders' Association and Southern Alberta Sheep Breeders' Association.

This program has been brought to you through the cooperation of: The Government of Alberta, 4-H Council of Alberta and the 4-H Foundation of Alberta. ❀

PShS delegate with her project animals.



Devoted to Dairy

BY: TESSA NYBO,

Provincial & Regional Program Assistant, 4-H Branch

The 68th annual 4-H Alberta Provincial Dairy Show (PDS) saw 40 4-H members from across Alberta converge at the Olds Agricultural Grounds July 9th – 12th, 2013. The PDS is the longest running provincial 4-H event; exemplifying the devotion 4-H Dairy members have to their industry.

Dairy members were able to participate in a number of skill building competitions such as clipping, an industry quiz, dairy judging, show ring judging, and showmanship. Junior and intermediate participants were also challenged with team marketing scenarios. Juniors were tasked with selling a by-product of their dairy animal to a prospective buyer, while the intermediates were asked to create an advertising campaign to encourage young people to stay in the dairy industry.

Senior members had to use their cover letter and resume writing skills to apply for one of three dairy industry related jobs in the “You’re Hired” competition. The top seniors were selected to receive a job interview from the panel of judges/interviewers. These marketing and “You’re Hired” competitions challenged the dairy members to apply their skills to real life scenarios that they may be faced with in the future.

The PDS is not all about competition though; a major reason why members keep coming back each year is the friendships and camaraderie between the dairy members. Members of the Udderly Unique 4-H Dairy Club of Lacombe, Alberta; commented that they keep coming back to the PDS because of the experiences and friendships gained. They also pointed out that due to there being very few dairy shows in Alberta, they make sure to always come to this one.

The show wrapped up Friday with the conformation classes and awards ceremonies. The top two dairy animals went on to be showcased at the Calgary Stampede on Saturday as part of Summer Synergy. The top dairy members that participated in Summer Synergy were also awarded scholarships at the Calgary Stampede on Saturday.

At the conclusion of the week, PDS participants went home even more enthusiastic and passionate about their industry – and ready to come back next year for the 2014 edition of the PDS!

The 4-H Alberta Provincial Dairy Show would like to thank the following sponsors for their support, Presenting Partners: Lakeland College, Alberta Dairy Industry, ATB Financial, Federated Co-operatives Limited, Gas Alberta Inc., Kubota Canada Ltd., Westgen Endowment Fund and Partner Host: Olds Agricultural Society. This program has been brought to you through the cooperation of: Government of Alberta, 4-H Council of Alberta and the 4-H Foundation of Alberta. 🍀



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PBHS delegate proudly leads his project animal.

Endless Opportunities at the PBHS

BY: TESSA NYBO, *Provincial & Regional Program Assistant*

Skills and friendships were just a couple of the things being developed at the 38th Annual 4-H Alberta Provincial Beef Heifer Show (PBHS), July 8th – 11th, 2013. The Olds Agricultural Grounds hosted 90 4-H members from across Alberta for the four day event. This year the PBHS coincided with Summer Synergy, allowing for even more networking amongst members and industry professionals.

Developing the 4-H participants' skills was a common theme of all competitions. Professional demonstrations were given to members wishing to learn more about team grooming and show team judging prior to the competitions.

The junior team marketing competition challenged participants to market their own animals to a buyer. The intermediate team marketing competition faced participants with the scenario of an international cattleman coming to look at Alberta's cattle and genetics. The senior "You're Hired" competitions allowed members to hone their cover letter and resume writing skills as well as their interview skills, which will serve them well in all future endeavours.

The beef judging and showmanship competitions rounded out the skills components of the PBHS. PBHS participants also had the opportunity to work on teams with Synergy participants in the fun team challenge competitions.

Keen 4-H members of the Balzac 4-H Beef Club, Jared and Justin Couch, commented that they most enjoyed fitting and showing their cattle and judging at the PBHS this year. The boys also take the opportunity to help others when they are able; a common sight at the PBHS. Members not only Learn to Do By Doing through participating in the competitions themselves, but they also develop friendships and teamwork skills as they assist their peers in caring for the cattle and preparing them for the show. And for all participants, the PBHS is certainly an

opportunity to cultivate new friendships with other young cattle enthusiasts.

The show wrapped up on Thursday with the Commercial and Purebred conformation shows followed by the awards and closing ceremonies. Many participants stayed for the remainder of the Summer Synergy show which carried on throughout Friday and sent scholarship winners and champion cattle to the Calgary Stampede on Saturday.

4-H members left the PBHS with stronger skills and friendships that will play a vital role in wherever their futures take them.

Thank you to the Presenting Partners: Penn West Exploration, Alberta Beef Producers, ATB Financial, Gas Alberta Inc., Kubota Canada Ltd., Lammles Western Wear and Tack, Westgen Endowment Fund, and Partner Host: Olds Agricultural Society for their support. This program has been brought to you through the cooperation of the Government of Alberta, 4-H Council of Alberta, and 4-H Foundation of Alberta. ❁



PBHS delegate participates in the judging competition.



BAC Tours JBS Food Canada Inc. Operations

SUBMITTED BY: THE BEEF ADVISORY COMMITTEE

The 4-H Alberta Provincial Beef Advisory Committee (BAC) had the opportunity to tour the JBS Food Canada Inc. packing plant and feedlot at Brooks in mid June.

After checking in at the security office, and receiving our visitor name tags we were off to the boardroom where we were given an overview of the company and the packing plant. To comply with JBS Inc.'s cleanliness and safety standards, we were provided with protective clothing (jackets, boots, hard hats, earplugs and gloves) and washed our hands at a sanitizing station.

We were toured through all aspects of the packing plant – the warehouse, shipping area, trimming and cutting, meat inspection and grading. Things in the plant move very quickly. While we were there, 297 head processed in an hour – from live to boxed beef.

BAC members were impressed with the cleanliness of the plant and the attention to detail. Carey Kopp, BAC member from

the Southern 4-H Region commented, “I was impressed with the cleanliness and the organization of the Ground Beef Operation. The computer systems that track the bins of product are very specialized. I witnessed a food quality test on a bin that proved the system to be very accurate”.

Dorothy Carlson, the 4-H Council of Alberta's liaison member to BAC commented, “JBS takes their plant and the health and welfare of all seriously. Clean it was. Cautious they were. You could see the care they take to make our food safe.”

As BAC members toured throughout the plant, the JBS plant supervisors met with our group and explained what their staff was doing at their respective stations. At the conclusion of the tour, the group met with Jack Wolf, the General Manager of JBS Food Canada Inc. Mr. Wolf answered many questions about marketing products, day to day operations and general questions about the company. It is impressive to hear that all parts of the animals are utilized, processed and shipped both domestically and internationally.

The 4-H Alberta Provincial Beef Advisory Committee (BAC) is an advisory committee to the 4-H Branch, Alberta Agriculture and Rural Development. In addition to a 4-H Council of Alberta liaison, there are two representatives (elected or appointed) from each 4-H region. 🍀

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4-H Alberta Insurance

4-H Council of Alberta purchases three insurance policies for 4-H participants in Alberta each year. These policies protect 4-H participants while participating in registered, pre-planned 4-H activities or events. Insurance policies include: Commercial General Liability, Accident Insurance and Directors and Officers Liability.

Who is covered, and when?

- **Clever Kids** 6 to 8 years of age
- **Members** 9 to 20 years of age
- **4-H Leaders Registered leaders** who have met 4-H Alberta's leader requirements.
- **4-H Volunteers** that are not registered leaders, and whose work is unpaid, must be documented within the program plan and/or minutes for activities and events that are pre-planned and organized at the club, district, regional, provincial level. Volunteers working at activities or events advertised by 4-H Alberta must also be documented appropriately.

Parents/guardians with a non-leadership role, clinicians and resource people at no fee with specific tasks are considered volunteers. Please note that spectators are not covered.

- **4-H Directors and Officers** All registered and or elected 4-H directors, officers, council members or member of any duly constituted committee of 4-H is protected.

Events shall be deemed to have commenced when the insured person leaves his residence or regular place of employment for the purpose of attending a 4-H function and continues until he returns to his residence or place of employment – whichever comes first.

Proof of Insurance

Proof of Insurance is available upon request. To obtain proof of insurance from the 4-H Council of Alberta, please provide the following:

1. Name and address of the property owner requesting the proof of coverage
2. Date(s) and location of the activity
3. Reason for the request

Be sure request the proof of insurance via email or phone, 5 to 10 working days prior to the event.

Reporting an Incident

Following an incident, immediately take down details of any injury and or property damage along with the names and addresses of those involved as well as any witnesses. An incident report, with full details, needs to be submitted to the 4-H Council of Alberta as soon as possible. Incident report forms can be found in the Fall Mail Out package or the 4-H Alberta website www.4h.ab.ca.

Need More Information?

The information is provided is a brief explanation only. In all situations, the actual wording and conditions of the written policies apply.

Contact the 4-H Council of Alberta or visit www.4h.ab.ca or for:

- Event planning worksheet
- Insurance coverage FAQs and fact sheets
- 4-H Alberta insurance policy
- Accident and Incident Report Forms
- Canadian 4-H Risk Management Handbook

Livestock or Animal Insurance

Please note that your project animal is not covered through 4-H Alberta's insurance coverage. We encourage clubs and members with project animals to research their insurance options. You can also visit www.4h.ab.ca/resources/Safety_and_Insurance.html, where information on some insurance carriers is located.

4-H Alberta Policies and Procedures

4-H Alberta has a number of policies and procedures that define the minimum standards for 4-H in Alberta. Be aware that 4-H clubs, districts and or regions may have their own policies that include additional information which you are required to follow if you are a part of that club, district and or region.

To view all of 4-H Alberta's policies and procedures, visit www.4h.ab.ca and click on the 4-H Council of Alberta tab. Please note that many policies have been updated for the 2013-2014 club year.

Golden Clover Award

This award is to recognize individuals or groups who have exhibited outstanding leadership while initiating a special contribution such as an innovative idea, program, activity, partnership or event that has made a significant difference to 4-H Alberta.

Who can be nominated? Any individual or organization who has demonstrated leadership excellence while making a new or unique contribution to 4-H Alberta, past or present. Visit www.4hab.ca for the application form.

Deadline: November 1, 2013

Learning

Please contact the 4-H Council of Alberta if your region is interested hosting a session on Leader Screening, Insurance, Policies or Clever Kids.

New Director

Introducing a new 4-H Council of Alberta Director for the Northwest Region, Dorothy Carlson of Cherhill.

For a full director listing visit www.4h.ab.ca

BY: CORINNE SKULMOSKI, *Electronic Systems Coordinator, 4-H Branch*

The Importance of a Valid Email Address

It is very important that each member and leader provides 4-H Alberta with a valid email address, that is checked regularly, when they are registered this year. Please provide your General Leader or Club Registrar with your most current and correct email address so that they can update this information when they're registering the club.

A new feature of the ORS this year is that as soon as the club is registered, each member and leader will receive an email with their username and password. Put your username and password somewhere safe as you will need these to register for any provincial programs or to access your personal information.

Club Registration & Ordering Club Supplies

4-H Alberta's Online Registration System (ORS) is designed so that 4-H clubs can register online each club year. Registration for the 2013-2014 club year will open on October 1st and close on December 1st, 2013.

Registered General Leaders and Club Registrars can complete club registration for their existing club, or a new club, using their username and password. New leaders, or existing leaders taking on the General Leader or Club Registrar role for the 2013-2014 clubs year, should contact the 4-H Registrar by phone 780.422.4444 or email 4hregistrar@gov.ab.ca. It is important that you do not share your personal username and password, or use anyone else's for club registration purposes.

There are eight easy steps to online club registration, with each step appearing as a tab on the screen as you move through the process. The eight steps are in the following order: Club, Leaders, Members, Projects, Positions, Families, Sponsorship and then Payment/Submit Registration.

Logging out of the ORS at this time means that you will only be able to order club supplies after you receive an email notification stating that your Regional 4-H Specialist has approved your club registration. By not logging out, you may proceed to the Supplies Order tab and place your order for club supplies. Please note that we would prefer to only have to send supplies to your club once, so if you are unsure of everything you need we suggest you return to order your club supplies at a later date.

You have 60 minutes to complete club registration, but as you save each tab it resets the clock to 60 minutes. You

may also save the tab that you are on, logout and return to the ORS later to complete club registration. You also have 60 minutes to complete your club supplies order.

Program Registration

For member and leader provincial programs, register by logging into the ORS using your username and password that was emailed to you at the beginning of the year. Check the calendar for when program registration opens and closes.

Leader Screening

4-H Alberta's online leader screening process is designed to protect both our members and leaders. We want to ensure that 4-H continues to provide a safe environment for young people to learn and grow.

If you're a new leader, an existing leader who has never been registered and/or screened or an existing leader who was last screened in 2008-2009 then you are required to be screened this year. In addition to leaders, Key Leaders, district and regional council and committee members and members of registered alumni clubs also need to be screened upon registration and re-screened every five years.

Important information and instructions for completing leader screening will be sent to the email address that was provided for online registration. The steps for completing leader screening are: 1) You are registered in the ORS at the beginning of the club year. 2) You receive an email notification stating that you need to be screened. 3) You sign into the ORS. 4) You complete the Leader Application Form. 5) Provide reference emails. 6) Download and take the Criminal Record Check Letter to your local police detachment. 7) Send in your Criminal Record Check.

After your Leader Application Form, references, and Criminal Record Check have been received, reviewed and approved you will receive an email stating that you have been approved as a screened leader.

Need Help?

Do you need help with the Online Registration System? Contact the 4-H Registrar by calling 310.0000 then 780.422.4444 or 4hregistrar@gov.ab.ca or your Regional 4-H Specialist.

Do you need help with Leader Screening? Contact the 4-H Council of Alberta at **780.682.2244** or **council@4hab.com**.

Speed Up Your Computer!

FYI

BY: CORINNE SKULMOSKI,
4-H Specialist – Electronic Systems

To get the best functionality on 4-H Alberta's web site and Online Registration System (ORS), download Google Chrome and use that as your web browser. Visit

www.google.com/intl/en/chrome/browser/ to download this free web browser.

Cleaned Your Cache Lately?

Your browser uses the cache like a short-term memory. Instead of downloading an image from a recently viewed website, it will load the image from your cache folder, thereby speeding up the browsing process.

You can clear your cache (and keep your computer moving quickly) when it begins to occupy too much hard drive space, or when the files in the cache get out of date and no longer correspond to the files on the web server.

Clearing your cache and cookies can help resolve many browser functionality issues such as not being able to sign-in or stay signed-in, error messages about setting your user cookie, your browser never finishing loading a page, page hangs or freezes, seeing old page content and online applications not responding

How do I clear my cache?

Clearing your computer cache depends on: whether you have a Windows or Macintosh operating system, which browser and which version of a browser you are using. Specific instructions for clearing your cache can be found by simply searching the phrase, "How do I clear the cache on a _____ operating system while using _____ for a browser?".

Key Leaders & Key Members: Here To Help

BY: NATHALIE BATRES, Summer Student – Communications & Marketing, 4-H Branch

What your Key Leader can do for you!

As a result of their previous 4-H volunteer leader experience, Key Leaders are very knowledgeable when it comes to answering questions related to club operations, the structure of 4-H and the resources available at the club, district, regional, provincial and community levels. Here are just a few of the many things your elected district Key Leader can do for you:

- Act as a point of contact for potential 4-H members, leaders and volunteers
- Mentor new and existing 4-H leaders and clubs
- Act as a resource person for clubs, districts and district committees
- Act as a liaison between clubs, the district council and the Regional 4-H Specialist
- Organize and/or deliver workshops, training sessions or other events for clubs or the district

To find out who your Key Leader is, ask your General Leader or Regional 4-H Specialist.

What your Key Member can do for you!

Key Members are selected by their 4-H district to serve as a youth resource for their district. Key Members attend Key Member Training where they share ideas, discover their role within 4-H and the community and map out what they hope to accomplish as a Key Member. Here are just some of the things your Key Member can do for you:

- Talk to 4-H members about all of the opportunities within 4-H
- Promote 4-H in their local communities
- Help organize and/or deliver presentations, workshops, clinics or other events for clubs or the district
- CT as a liaison between club members, the district council and the Regional 4-H Specialist

To find out who the Key Member for your district is, ask your General Leader or Regional 4-H Specialist.

If your club or district is looking to engage your Key Leader or Key Member in a new or innovative way, feel free to your Regional 4-H Specialist. ❁

Finland 4-Her Helps with Flood Relief

BY: ANDREA CHURCH, Regional 4-H Specialist – Calgary

On June 30th, four 4-H delegates from Finland arrived in Calgary to begin a one month stay in Alberta. News of the Southern Alberta flooding had reached Finland before they travelled so all were interested in the impact that it had had. Little did two of the delegates know that they would later be able to help with relief efforts.

Hanna Pyhtial who was staying with the Driedger family in Millarville spent a number of hours helping out their family friend whose basement in High River had flooded. Liisa Suomalinen accompanied her host sisters Justyn and Brennan Munro and Cailey

Church to two pet shelters where they spent the day walking dogs and cleaning kennels for those pets whose families had been affected by the flooding. We appreciated their willingness to help out and volunteer! ❁



4-H Alberta Welcomes Cleaver Kids

On October 1st, 2013 the Cleaver Kids Pilot will come to a close. 4-H Alberta will now officially welcome six to eight year olds, as Cleaver Kids, into the 4-H family at the club level.

If Cleaver Kids are right for your club, members need to pass a motion stating their approval and the degree to which Cleaver Kid's will be allowed to participate. Next, recruit a Cleaver Kid Leader and make a plan for how Cleaver Kids, along with their families, will begin their 4-H journey with your club.

Cleaver Kids is for six to eight year old children. To register as a Cleaver Kid for the 2013-2014 club year, the child will need to have turned six as of January 1st, 2014. Those who will turn nine before January 1st, 2014 are eligible to become a 4-H member.

Please note that Cleaver Kids are not 4-H members and therefore should not be expected to fulfill the five basic 4-H Member Requirements. In order for Cleaver Kids to have the best experience possible, they need to be engaged in a unique and an age-appropriate manner.

To involve Cleaver Kids at the club level, we strongly encourage your club to have a discussion around how to effectively engage Cleaver Kids as a part of the club. Some things to keep in mind when developing a Cleaver Kids plan:

- » Encourage the development of new friendships;
- » Help Cleaver Kids develop a sense of belonging to the club and your community;
- » Foster good listening skills and the ability for Cleaver Kids to express themselves;
- » The ability to set goals, track progress and celebrate achievements is at the core of 4-H. For Cleaver Kids this could mean having them learn to recite the pledge and/or develop a project-related skill such as naming basic parts of an animal.

Contact your Regional 4-H Specialist, Susann Stone with the 4-H Council of Alberta or visit www.4h.ab.ca in regards to the following, or anything else related to Cleaver Kids:

- » The parameters of Cleaver Kid involvement in your club and 4-H
- » Tips for effectively involving Cleaver Kids in your club
- » Cleaver Kid registration and fee payment
- » Age-appropriate club and project-related activities and suggestions

Thank-you to all of the clubs who participated in the piloting of Cleaver Kids!

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The 2013 4-H Alberta Ambassadors.

@4HABAmbassadors: The Ambassador Connection

BY: CASEY MOREY, Northwest Regional Ambassador

Becoming an Ambassador is a dream of many senior 4-H members, but each year only two new Ambassadors from each region are chosen at Selections. The role gives members the opportunity to promote 4-H and give back to the program. In their role, Ambassadors practice and further hone their communication skills PLUS mentor 4-H younger members in the same way that others have mentored them.

As Ambassadors, we are representatives of 4-H Alberta. We have many responsibilities including interacting with members and encouraging participation in the various aspects of 4-H. We help to recruit new members and new families to the program and assist at both regional and provincial events. Being an Ambassador has many benefits including networking opportunities, meeting members of all ages with all sorts of projects, and being involved with 4-H in a new and exciting way.

There are four Ambassadors in each of the seven regions and we are more than willing to be a part of your event. In the last couple of months we have been busy across the province counseling and staffing summer camps as well as attending regional and provincial programs and events. We have also been involved with centennial celebrations. We've also been planning Senior Members' Conference, which is going to be a blast!

If you are interested in getting ahold of your regional Ambassador, you can contact your Regional 4-H Specialist or tweet us at @4HABAmbassadors or use our official hashtag #AmbassadorsInAction. Be sure to follow us on Twitter @4HABAmbassadors to keep up with 4-H Alberta's Ambassadors! 🌟



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UFA 4-H Alumni Volunteer Service Award

Since 2008, UFA and 4-H Alberta have partnered together to recognize one 4-H alumni volunteers for their outstanding contributions to their communities. The recipient of the UFA 4-H Alumni Service Award will receive a \$2,000 UFA gift certificate in recognition of his or her contributions. Criteria for selecting the award recipient include demonstrating leadership through volunteerism, participation and leadership in 4-H and other community activities.

Applications can be submitted, no later than November 30, 2013, via:

Email: patten@4hab.com

Fax: 780.682.3784

**Mail: 4-H Foundation of Alberta, R.R. 1,
Westrose, Alberta T0C 2V0**

To qualify for UFA 4-H Volunteer Service Award, nominees must:

- Be newly nominated in 2013 (individuals who have not won in the past may be re-nominated yearly);
- Be between the age of 20 and 35;
- Have pursued post-secondary education;
- Be committed to enhancing their community as a 4-H volunteer for at least two years.
- Recipients will be selected by a 3 judge panel in January 2014. The application form for this award is available at www.4h.ab.ca under Applications, Awards.



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Features



Members work together to get it right!

5 Important Transferable Skills You'll Gain From 4-H

BY: NATHALIE BATRES, *Summer Student – Communications & Marketing, 4-H Branch*

Joining the work force can often seem like a stressful and scary process, but 4-H members have less to worry about because their time in 4-H will have prepared them well for the working world. We have compiled a list of five very important transferable skills that members will gain from their time in 4-H. All of which will help them become successful in the workplace and in life!

1. Ability to thrive in a Team Environment. No one wants to work with (or for) a person who isn't willing to listen or be a team player. In a 4-H club, members will experience working with many different types of people and personalities towards a common goal. An everyday occurrence in the working world! You won't always agree with everyone, but you should be able to find a way to work with them.

2. Being a Self-Directed Learner. 4-H projects are not only fun but are also training you to be an independent and self-led learner. Prospective employers look for employees who are always looking to improve their skills, ability, and knowledge. Learning to do by doing is a great way to learn, and a great way to show your prospective employer how you've

demonstrated your ability to be an independent worker. Remember, using Venture Out to add an entrepreneurial edge to your projects will allow you to take risks in a safe environment and learn about how entrepreneurship may just be the career path for you!

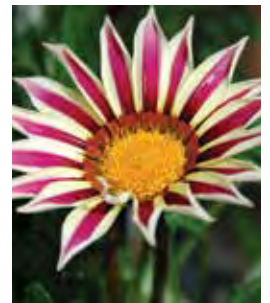
- 3. Leadership.** The programs and projects you are taking part in during your time in 4-H help you to become an effective and confident leader who is able to inspire others to do their best and help bring about change. In 4-H you learn to take responsibility, establish common goals for you and others, plan large projects/events, recognize the strengths of your team and work towards a greater purpose - making you a great leader!
- 4. Communication.** Being a 4-H member already puts you ahead of the curve simply because your time in 4-H has prepared you to be a clear and confident communicator. The ability to actively listen, ask questions where/when appropriate plus speak and write with confidence and clarity are essential for leaders and trail blazers, so remember to highlight this skill in your resume and scholarship applications!
- 5. Time Management.** Between 4-H, school, spending time with friends and family, volunteering, participating in extra-curricular activities and/or having a part-time job, you've have learned to juggle and prioritize your time effectively. Having good time management skills will help you procrastinate less and get more done in a day. Leaving you with more time to relax and maybe spend those hard-earned dollars from your new job! The benefits you're getting from 4-H now are going to serve you well into your future! 🌱



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4 - H ALBERTA FAMILY ORIENTATION

Welcome To The Club

Are you new to 4-H and looking for some guidance? Are you a returning 4-H family who's interested in mentoring a new 4-H family? Are you looking for a way to keep your 4-H related information better organized? If yes, read on!

4-H Alberta's Family Orientation Package is an informative, organizational tool that welcomes families to 4-H and provides basic information on club operations, project basics, the 4-H organization, opportunities beyond the club level and where to go for more information or if you have questions. This resource was mailed to all 4-H families registered in the 2012-2013 club year, and will be sent to all new 4-H families registering this year. The resource can also be viewed online at www.4h.ab.ca in the resources section.

This resource is designed not only to help new families navigate through 4-H and discover all of the amazing opportunities available through the program, but also to keep all 4-H families organized. Simply slip the hole-punched resource into a binder and slot in any additional items received behind the appropriate divider. E.g. The club budget behind the Club Operations divider. Your regional calendar behind the Beyond The Club divider.

Families who are new to 4-H will benefit from being partnered with a mentor family in their club. Seeing familiar faces at club meetings, and knowing that they have someone to call or email with their 4-H questions can have a positive impact on the family's first-year experience in 4-H. In addition to welcoming the new family into the club and answering any questions they may have, it would be the mentor's responsibility to pass on any information that isn't written anywhere, but is very much part of the tradition of the club.

Mentors can help new 4-H families have an enjoyable experience in 4-H by using the following tips:

- Take a look at the Family Orientation Guide, and offer to go through it with the new family you've been partnered with. Don't forget to review the five Member Expectations and explain how 4-H involves the whole family.
- Gather up and share any club-guiding documents (Club Program Plan, Constitution/ By-laws etc.) that you think the new family may need.
- Check in with the new family at every meeting to see how their 4-H club year is going and if they have any questions.

Until new families receive their 4-H Family Orientation Package, or get matched with a mentor family, here are a few good things that families should do before the club year gets into full swing:

- Take some time to look at the resources available. Check out 4-H Alberta's website (www.4h.ab.ca) and Facebook page (www.facebook.com/4halberta).
- Review the basics of parliamentary procedure and meeting etiquette with your child, or ask someone from the club to.
- Be sure to ask your child, mentor family or leader for a copy of the Club Program Plan, as well as other guiding documents if you don't receive a copy directly. Be sure to mark important dates on your calendar.
- There is a lot to learn and experience through 4-H, but you don't need to learn or do it all in the first week, month, or even year.

If you have a question, ask! There are lots of people who are willing to help you out.

Have a great 4-H club year!

WHERE ARE THEY NOW?

Laura Bodell started Bella Spur Innovative Media, a boutique advertising agency that focuses on the agriculture industry, with her good friend and fellow 4-H alumnus Jamie-Rae Pittman six years ago. We recently had the opportunity to speak to Laura about what led her to becoming an entrepreneur. Laura was a nine year member of 4-H, belonging to both the Fort Saskatchewan 4-H Beef Club and the Strathcona Sixth Sense Canine 4-H Club.

What does Bella Spur do?

We call ourselves a boutique advertising agency that focuses on the agricultural industry to provide print, web, social media and branding for both non-profit and small-to-medium sized businesses.

What made you decide to start Bella Spur?

My two years following university were both spent as Director of Communications, one for a non-profit organization and one for a large farm. That allowed me to obtain some experience in the marketing field. I always enjoyed the graphic design side of things, and so I started freelancing. A year later my dear friend who was in 4-H with me, Jamie-Rae Pittman, and I decided to join forces and Bella Spur was born.



Did you always know you wanted to start your own company?

I think we did. When we were younger and watching our parents work exceptionally hard to operate and manage their farms, there was a certain appeal to working for someone else. And so for a long I just wanted to have a 9-5 job and to be able to have evenings and weekends free to “enjoy life”. As time went on though, it became hard to ignore the pull I felt towards the entrepreneurial mindset that surrounded my upbringing.

How did your time in 4-H help you in starting your business?

All of my business skills were learned through 4-H and on the farm. For much of our network and many of our clients in the cattle industry, there is a connection through 4-H. My experience in the Business Sense project also helped me to develop my finance skills, while selling my Market Beef Project animal at the end of the year introduced me to the basic concepts and skills of marketing.

What advice would you give a member who is thinking of starting their own business?

When you own a business you don't just walk away at the end of the day – you dream about it and think about it non-stop. Being an entrepreneur is a big commitment, it takes a lot of hard work and time but is also very rewarding. I think a mentor is really a good place to start, because they can help you pinpoint your area of interest, understand your industry and prepare you for success.

I truly believe people and time are the two most valuable things in business. That's where you will get the highest return on your investment in quality, and find your own true success.

But, I think the most important thing to remember is to follow your passion. You have to be able to get up every morning and be just as in love with what you do as when you first dreamed it - I think that applies whether you are an entrepreneur or not. Because then it doesn't matter how rough the road is, you will always have that deep-seated passion to soften the bumps and give you the drive to find solutions that will make it work. 🌟



VENTURE OUT



Make Your Dreams Come True with Venture Out

BY: NATHALIE BATRES, Summer Student – Communications & Marketing, 4-H Branch

An entrepreneur is someone who wants to design their own future and who isn't afraid to work hard to make their dreams come true. An entrepreneurial career doesn't necessarily involve taking a conventional education and career path. In fact, an

entrepreneurial career requires that you are constantly thinking outside of the box. The result being that you can literally choose to be or to do anything you want!

So how do you start on your entrepreneurial career path? Well 4-H has you covered through the Venture Out supplement resource, which is designed to help you turn your 4-H project into an entrepreneurial venture. This means that you can learn how to turn any 4-H project into a venture or business, plus gain valuable life skills for future endeavors in and outside 4-H.

The resource allows you to identify your entrepreneurial strengths, build your entrepreneurial skills and teaches

you how to build a team or connect to a community member that can help your business become a success. Through each area of the resource you learn how to turn your interests and passions into a plan of action for creating your own dream job!

Entrepreneurship is a unique career path that allows you to create any type of job you would like – doesn't that sound like a successful life-choice? For more information on the Venture Out resources check out the website at: www.4h.ab.ca/VentureOut/ or talk to your Regional 4-H Specialist.

Tell us about how you Ventured Out with your 4-H project by emailing: magazine@4h.ab.ca 🌟



Members demonstrate some of their tricks!

Becoming a Leader – One Trick at a Time

BY: NATHALIE BATRES, *Summer Student - Communications & marketing, 4-H Branch*

When one of the members of the Golden Prairie 4-H Club approached Caroline Boddy, the club leader, with the idea of learning to do poi (a native New Zealand performance art) she agreed to help without hesitation. Or as she put it, “If the members say ‘lets’, I say ‘yes’”.

Eight years later, what started off as a member wanting to learn poi, has become the Creative Options Busking project, one of the club’s most popular project options. First timers to the project begin by building their own set of stilts and making various props. After their stilts and props have been assembled, the kids begin to learn their first tricks. These include being able to walk on their stilts, making balloon animals, using their trick sticks and learning to face paint. Despite the amount of equipment the kids need, the start-up cost for the project is inexpensive, about \$20.00, making it accessible to everyone in the community who wants to join.

Caroline reveals to me that, “it is really satisfying to watch an uncoordinated or unsure member blossom into a great performer!” Jackie Norman, a parent of one of the members involved in the busking project, stresses that she appreciates the growth that her daughter has had in the club, “she has grown and learned so much, and her self-confidence has increased”.

When asked about how the community received the new project, Caroline fondly recalls how supportive the parents in particular were, “they recognized how beneficial the project could be to developing their children’s leadership skills in a new and innovative way. With this project, members are asked to go out into the community to teach, play, do face painting, shape balloons and even do workshops for other people.” Carter Cannedy, a first time 4-Her says that the busking project has taught him a lot about leadership and how to work with others in a group setting, saying also that, “he always looks forward to 4-H”.

After watching the kids play with their stilts and perform some of their tricks, it quickly becomes apparent that this project is about more than the performance skills they’re developing. While the feats are impressive, it’s the transferable skills they’re learning that really makes this a priceless Creative Option project. The project teaches leadership, since the older kids will often act as mentors to the younger ones just starting out, builds confidence and teaches members to be continuous leaders. “They’re always challenging themselves, trying to top their last trick”, Caroline says.

When asked what her fondest memory of the project is so far, Caroline points out that the busking project is group-oriented; every routine is a collaboration of everyone’s ideas and skills. “The busking project is a team who works together.” Sarra and Morgan Brown, sisters who are both involved in the busking project, stresses how close everyone in the clubs is “we are a really close club, we really look out for one another and support each other”, says Sarra, and Morgan adds that “despite there being a big range of ages, there are no cliques in our club”. Sarra and Morgan, both leaving for university in the fall, say they eventually would one day like to become 4-H leaders because of their personal experience at the Golden Prairie 4-H Club, hopefully inspiring a new generation of 4-H buskers themselves. ❀

Tried & True Meets

Fresh & New!

BY: JALISA BARNETT, *4-H Specialist – Leadership & Resource Development, 4-H Branch*

The 2013-2014 4-H club year is going to bring with it some new resources and exciting changes to summer programming!

New Resources

4-H Alberta is happy to announce new project options such as Scrapbooking, Health & Fitness, Mountain Biking, Snowmobiling and Interior Decorating - just to name a few! PLUS some fun new resources that’ll spice up your Beef, Photography, Foods, Small Engines, Sewing and Gardening projects.

To check out 4-H Alberta’s new AND tried and true resources, visit www.4h.ab.ca and click on the Resources Login. Username: alberta4h and Password: clever. You can download resources here, or have your Club Leader or Registrar order them through the Online Registration System’s Club Supply Catalogue.

We love hearing from you! So email magazine@4h.ab.ca and tell us how you or your club embraced a new 4-H project.

Updated Summer Programs

4-H Alberta is excited to launch revitalized and enhanced summer programming for 2014! Innovative, exciting, inspiring opportunities – just a click away!

We’ve taken what 4-Hers love about past programs, added in some innovative and momentous ideas, and are ready to make this summer at camp the best yet! Register early to experience inspirational programs, awesome friends and countless laughs. Prepare to be wowed!

Watch www.4h.ab.ca and follow 4-H Alberta on Facebook to stay up to date on all of the newest program information. See in you in the summer! ❀



4-H PRESENCE STRONG AT CALGARY STAMPEDE 101

BY: CARMEN STONE, MANAGER – CORPORATE PARTNERSHIPS, 4-H FOUNDATION OF ALBERTA

4-H volunteers, families and staff with Mark Sutherland and the Rocky Mountain Equipment Chuckwagon at Calgary Stampede.

A strong 4-H Alberta presence was felt at the 101st Calgary Stampede! The 2013 “Hell or High Water” edition of the Stampede saw plenty of opportunities for 4-Hers to get involved in events, showcase 4-H and demonstrate to others what learning to do by doing is all about.

Helping to introduce visitors to the world of agriculture through the eyes of today's youth, 4-H clubs participated in the Youth and Agriculture in Action Showcase. For four days, an area of the Agriculture Building was transformed into a captivating and energetic space where 4-H members could interact with visitors as well as showcase their skills and accomplishments. This year the Davisburg Stockmen's 4-H, Three Hills 4-H Wranglers, Calgary 4-H Southpaws and the Perfect Paws 4-H clubs all participated in the Youth and Action Showcase.

4-H Alberta once again had a booth set up at the Youth in Action Showcase to answer any questions Stampede-goers had about the program and how to get involved. To draw even more visitors into 4-H's showcase area for Kids' Day, face painting was offered near the 4-H booth throughout the day. It was a huge hit, with over 150 kids' faces painted in just four hours! Thank you to the volunteers and 4-H Alberta Ambassadors who helped to run the booth.

For the past eight years, the Canadian Association of Petroleum Landmen (CAPL) has sponsored two raffles with all proceeds benefiting 4-H Alberta. Each year, CAPL purchases the Reserve Champion Steer from Calgary Stampede's annual Steer Classic show, which becomes the coveted first prize of each raffle – a side of delicious Alberta beef! Each raffle also features several other fantastic prizes.

Thanks to all of the 4-H members who sold raffle tickets and congratulations to all of the winners! The money raised in the past has gone towards supporting several of 4-H Alberta's provincial programs.

Rocky Mountain Equipment and 4-H Alberta were off to the races on July 10th, 2013 at the Calgary Stampede! Rocky Mountain Equipment generously put the 4-H Canada logo on its tarp for one night of the GMC Rangeland Derby chuckwagon races. The wagon was driven by Mark Sutherland and thundered across the finish line finishing with a time of 1:16:46. As a way of saying thank-you, an invitation to cheer on the 4-H chuckwagon was extended to recent provincial leadership award recipients as well as Key Leaders. It was a fantastic night at the races!

Rocky Mountain Equipment is a 4-H Legacy Builder supporter of the 4-H Alberta program and therefore involved at all levels of the 4-H program (club, district, regional and provincial) and contribute at 4-H Alberta's highest sponsor level with staff time, company resources and funding. Rocky Mountain Equipment awards \$1,500 scholarships in each of the seven 4-H regions. The scholarships were awarded to past and present 4-H members entering into post-secondary in an agricultural related field of study to help promote the agriculture industry as a viable choice as a career path. Thank you Rocky Mountain Equipment for supporting 4-H Alberta! 🍀



Mark rounds a barrel during this nail-biting heat!



Cleaver the Beaver with visitors to the Youth and Agriculture Showcase in Action Showcase.

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Conflict Management Series: Being A Savvy Social Media User

BY: **ANDREA CHURCH & ERIN CRIPPS-WOODS**, *Regional 4-H Specialist – Calgary Region & Summer Student – Communications & Marketing, 4-H Branch*

Today's instantaneous society comes with both benefits and drawbacks. Gone are the days of waiting until a photo is developed to see it or waiting for a letter from a friend to hear how they are doing. Today, we can put our thoughts, feelings, opinions images or videos "out there" with the touch of a few buttons on a device that is almost always within our reach. We're arguably more connected than ever, but at what point does our connectivity start to drive us apart? Be sure to consider the following before you click 'post' or 'send'.

Using instantaneous communication methods can sometimes mean that we're not spending enough time considering what we are about to share, and if it is appropriate or not. We need to consciously remind ourselves that just because everything can be shared with others, doesn't always mean that it should be. It is important to remember that with these social media, we cannot control the context in which others receive a message or image. We also cannot control how or if they will publically respond or what they may choose to do with the information or images that we've made public through social media.

But social media is a vital and important way to communicate and is not going away anytime soon. So how do we utilize it? Social media can be a great way to send out club information or reminders to members and families, or to promote your club to others. It can also be an online platform for effective conversations IF used properly. Following are some recommendations and ground-rules for being a savvy social media user:

1. Everything is public. Assume that anything you post online may be viewed by anybody. While staying on top of your privacy settings does make it more difficult for unwanted viewers to peruse your information and photos, never assume that what you post or share online is totally private or even visible to a select few.
2. Deleting a post doesn't mean that it is gone or that it never existed. Remember, being a social media user doesn't mean throwing accountability and responsibility out the window. Think before you post, don't post before you think. Really consider if this piece of information, comment, re-tweet or photo is something that you want people to be able to see for the rest of time and if a social media platform is really the appropriate place for it. You are accountable for what you, and others, post on your behalf – even if you delete it later.
3. Be sure that you can stand behind what you're saying, and that your words and actions online are representative of you, and the organizations you're associated with, in real life. Don't post things, or contribute to online situations, that are of a malicious, speculative, bullying or argumentative nature. Engaging in positive and productive conversations, both online and off line, means being respectful, keeping an open mind as well as knowing when to step back and try approaching the situation using a different method of communication.

Remember to always consider the consequences before you press 'post' or 'send'! 🍀

Travel & Exchange



TREK TO TANZANIA

BY: LORRI KLYNE-KARIM, *General Leader – 4-H Odyssey Club*

Two years ago, the 4-H Odyssey Club was formed with the goal of attending the Take A Lead - Junior Conference in Tanzania. Since then, we've been preparing, fundraising and applying for grants to help with fees and airfare.

After much anticipation, on July 12th, 2013 eight members and two leaders left Canada, landing 28 hours later in Dar Es Salaam. The next day we made a bus trip to the Kange 4-H centre in Tanga, which was almost like Tanzania's version of the Alberta 4-H Centre at Battle Lake.

Attending the conference with us was one member from the U.S., one member and one staff person from Finland, and five members from Tanzania. We discussed leadership programming,



The 4-H Odyssey Club.



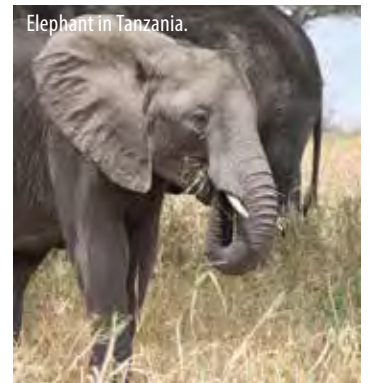
4-H Alberta member helping to plant a garden in Tanzania.



Visiting a school in Tanzania.



Giraffes in Tanzania.



Elephant in Tanzania.

as well as the challenges that face 4-H. It didn't seem to matter which country we were from, 4-H seemed to have similar successes and issues.

Most of the 4-H clubs that we visited in Tanzania were run in conjunction with schools. We visited a mix of rural and urban schools, and soon began to notice the similarities and differences between our clubs. It was obvious that their clubs focused on entrepreneurship and sustainability.

Typically, members begin with growing vegetables. After selling enough vegetables they expand to the next step and potentially buy a chicken. From the sale of eggs they can earn enough to buy a swine. For them, the life skills gained are essential to supporting themselves and their families.

We came from such different worlds, however, we overcame our differences and experienced great laughter and learning and friendship. Thank you to Mark Shand, for planting the idea for this trip three years ago at Provincial Leaders' Conference. Thanks also to the Tanzanian and Finnish 4-H programs for hosting us and providing us with the experience of a lifetime!

To read more about the 4-H Odyssey Club's Trek to Tanzania visit <http://blog.travelpod.com/travel-blog/lorrikk/1/tpod.html> 🌱



Picture from 2013 taken in Alberta: **Back row** -Bonnie (Lowry) Bagshaw, Marcia (Bullock) Dyer, Kari Jacobsen, Kari-Ann (McDermid) McQuaid, Shana (Burns) Ziebarth. **Front row** -Laureen Hall-Campbell, Kim Thom, Kelly (Loree) Andrew, Sharon Dyer, Sandy Bullock, Lisa Giles, Cory Holmes, Trevor Dyer

ALL THE PLACES YOU'LL GO – AND COME BACK TO

BY: NATHALIE BATRES, *Summer Student – Communications & Marketing, 4-H Branch*

Twenty years ago, Marci went on a 4-H exchange that would change her life. It was the summer of 1993 when she and a group of fellow 4-Hers from Ontario landed in Alberta for an exchange between the two provinces. During their time in Alberta, the group travelled to the Calgary Stampede, Drumheller and Banff.

When the time came for the Albertans to visit Ontario, they saw the Parliament Building in Ottawa, Upper Canada village and even witnessed the making of maple syrup. “This was the first that many of us had left our respective province”, Marci says. Marci’s mother, Sandy, who was a chaperone on the trip, recalls how well the members bonded and how much fun they had.

You might assume that after the exchange, that they all went their separate ways and eventually lost contact over the years. In this case you would be very wrong. “Most of the people that went on the exchange are still close”, says Marci.

In July of 2013 Marci, and her husband Trevor (an Alberta 4-H member whom she met on the exchange in 1993), organized the group’s 20th reunion in Alberta. Although this was the first official reunion, the group had gathered in 2003 for Marci and Trev-

or’s wedding. Of the twenty delegates who participated in the exchange, over half of the group came back for the reunion, including five from Ontario.

“We planned a weekend that of baseball and camping”, says Marci. There was also a slideshow that included pictures of the exchange and more recent events in each of their lives. “During the slideshow kids would be yelling out things like ‘there is my mom!’, whenever they saw someone they recognized – it was cute.” Marci says that overall it was like almost no time had passed, “we picked up where we left off, it was great”.

When asked what they felt were the most important things to take-away from an exchange opportunity through 4-H, both Sandy and Marci said a greater understanding of what makes 4-H across Canada unique, a new perspective on the geography and culture of different parts of Canada as well as new 4-H friendships.

This story truly exemplifies the long-lasting connections gained through an exchange experience. Even further supported by the fact that at the end of the 20th reunion weekend, the exchange members’ kids were swapping numbers to keep in touch themselves – perhaps they’ll have their own reunion story to tell in twenty years!

To read more about the 4-H Odyssey Club’s Trek to Tanzania visit www.travelpod.com and search “lorrikk”. 🍀



Picture from 1993 taken in Ontario: **Alberta delegates in the back row** - Peter Stevens, Laureen Hall, Trevor Dyer, Kari Jacobsen, Kari-Ann McDermid, Tracy Gardiner, Laura Jeffery, Cory Holmes, Lisa Vecmanis, Kelly Loree, and Sharon Dyer. **Ontario delegates in the front row** -James Purdy, Erin Thompson, Chad Hunt, Marcia Bullock, Lisa Giles, Shana Burns, Patricia Henry, Janet Giff, Kim Thom, Bonnie Lowry, and Sandy Bullock

YOU'LL NEVER BE THE SAME AGAIN

COMPILED AND EDITED BY: NATHALIE BATRES, *Summer Student – Communications & Marketing, 4-H Branch*

Very few things challenge your assumptions and broaden your horizons more than immersing yourself in a different country or culture. 4-H allows members and their families the opportunity to participate in an exchange as either a host for incoming exchange participants, as a chaperone for exchange delegates going on trips or as a delegate on exchange. We asked three 4-Hers who have participated in an exchange as a host, chaperone, or delegate to tell us about their own special experiences. Here are their stories.

“Sure, Why Not?”

BY: ANITA SKOT – *Host*

This past spring I noticed 4-H was looking for host families for an exchange student from Finland. We decided to give hosting a try and it turned out we had a fantastic experience. Sonja, our exchange delegate, was fantastic! She was a bit shy to begin with but fit in with our tiny family just fine.

Sonja was easy going, helpful and keen on doing whatever we suggested. In fact her favorite saying turned out to be, “sure.... why not?” whenever she was asked if she wanted to go somewhere or try something new. Sonja came with an open mind and a willingness to experience new things.

From Sonja, we learned about Finland, her customs, family, food and home. In return, we showed her Alberta and taught her as much about Canada as we could. In just a few short weeks Sonja came to be part of our family, and one day I hope to meet hers.

Saying goodbye to Sonja was one of the hardest things our family has ever had to do, we all loved having her here. It was a wonderful experience and I'm so glad we did it. Thank you 4-H for the opportunity!



Anita's daughter and Sonja sightseeing in Alberta!

Chasing The Sun

BY: TERRY LOGAN – *Chaperone*

Imagine leaving your family, work, and country behind to embark on an incredible, life-changing journey? On July 12th I got on a plane as a chaperone for a 4-H exchange to Japan where I would experience a different diet, language and culture.

Japan is a country rich in culture and history and one in which you can easily fall in love with the people, the places, and the food. The families we stayed with were warm and inviting and Labo Camp was great! At Labo Camp we climbed Mountain Kuju and performed with and for the delegates. It was here that my eyes were opened to what we are truly capable of when we try new things.

Hosting and having my daughters travel to Japan was amazing, but chaperoning brought the exchange program full circle for me. Japan was amazing, and the whole exchange is an experience that my family and I will never forget!

Abroad in Japan

BY: LEAH SALLIS – *Exchange Delegate*

I participated in the Labo/4-H exchange program to Japan, where I stayed with the Tsunemi family in a small town just outside Osaka city. During my stay in Hyogo, I engaged with the Japanese people, language and culture by fully participating in the day-to-day lifestyle of my Japanese host family. Whether it was gardening with grandma, shopping with mom or playing baseball with my sister, each experience was memorable and unique.

This program changed my life: it expanded my mind, challenged my perceptions, pushed me out of my comfort zone and ignited my global curiosity. Since my exchange, I have continued to explore the world from Europe to Central America, but more importantly I have continued to learn about the world and my role in it.

Although this exchange included some difficult and frustrating moments such as culture shock and some slight miscommunications; I wouldn't have changed a thing. These challenging moments made me a stronger person. The 4-H exchange program is a terrific opportunity to learn about oneself, to create life-long friendships and to find one's place in the global community. I would highly recommend it to any 4-H member!

To learn more about the Japanese exchange in Labo, explore their website at <http://www.labo-exchange.com/>.

If you're interested in hosting a young person from Japan or Finland, then visit the 4-H website at http://www.4h.ab.ca/About/travel_exchanges.html. 🍀



Terry Logan in Japan while chaperoning.



Montana 4-H Congress

BY: CODY BOWIE, STEVEN DE GROOT, MONIQUE UITTENBOGERD, AND EMMA VAN LOON, *Selections Trip Recipients*

“Are we there yet?” was a consistently asked question during the long ride to Bozeman, Montana. Imagine how our chaperone must have felt?!

On day one we started our long drive to Montana in Airdrie picking up Cody, Emma, and Monique. We then stopped in Nanton to pick up some snacks, in the form of candy and slurpees of course! Now imagine teenagers hopped up on sugar, stuck in a van and very excited to arrive at our destination.

Although the adventure could not completely start because we were missing one more important piece of cargo! We arrived in Lethbridge to pick up Steven; from there we really began our adventure down to Bozeman, Montana.

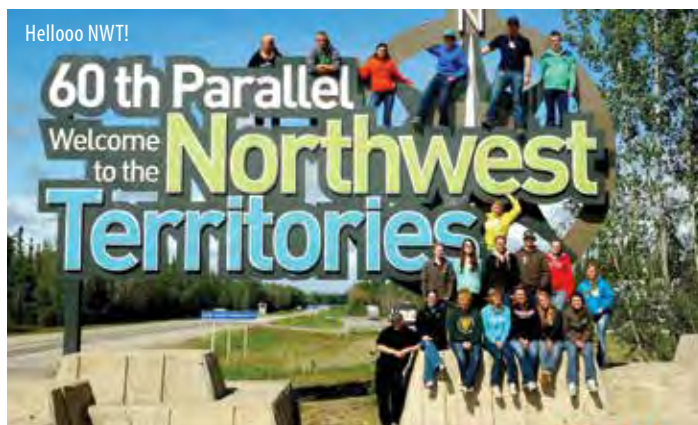
Along the way we got to do lots of sightseeing. We went through Glacier National Park and saw mountain goats, beautiful waterfalls, mountains and even SNOW! We showed some Americans how well we Canadians can drive “Go Karts!” Our last stop before Bozeman was the Louis and Clark Caverns, a beautiful cave filled with amazing rock formations with a long history behind it all.

Finally we arrived to our destination, Bozeman Montana at the Montana State University, where the Montana 4-H Congress was taking place. This is a huge event in Montana with three full days of judging and public speaking competitions, demonstrations, a fashion revue and various other sessions.

We took part in the workshops and sessions around the university campus, including: Ranch Management, Animal Science, Leadership and Bioscience. We met some amazing people, heard some “interesting” pick-up lines and danced every night till we could dance no more!

The ride back was filled with shopping sprees, a little bit of sleeping and an awesome movie party. It was an amazing trip with amazing people and we all had the time of our lives!

The Montana 4-H Congress is sponsored by the Calgary Exhibition and Stampede Limited ❀



Northern Adventure

BY: KALI BRODBIN, HEIDI TRENSON AND BOBBI SCHWEIGHARDT, *NWT Selections Trip Recipients*

On July 10th, 2013 twenty 4-H members along with their two chaperones and bus driver set off on a journey from Edmonton to the Northwest Territories. Before we even reached the border, we had learned about alfalfa, bison, honey and how to set up and take down a tent in no time flat.

After two days of travel we finally saw the 60th Parallel sign welcoming us into the Northwest Territories. Our first night up north taught us the true meaning of teamwork as pitched our tents in a giant open campsite next to the river. The wind and rain were cold, but being 4-Hers we managed to pull it off.

Hay River was much friendlier the second night though, as we were able to go swimming and sit around the fire. Sadly, we found that without the wind and rain we were faced with a lot of mosquitoes.

In Yellowknife, we experienced twenty hours of daylight and four hours of dusk. We visited the Legislature in Yellowknife, and Heritage Museum along with exploring parts of the city ourselves.

Throughout our trip we walked under a waterfall, had a fish fry, played many games of grounders, picked strawberries, witnessed wild bison, slept under the stars and saw many different aspects of agriculture. We also got to see landmarks such as the giant bee and slide; as well as the Fallen Four Memorial.

The twenty of us started this trip as friends and acquaintances, but we walked away as family. Each one of us has our own story and memories to tell that no one who didn't go on this trip would understand (especially when we mention our “mascot” for the trip, Samuel the Cat).

The Northwest Territories trip was an experience none of us will ever forget. ❀



STEP UP:

Where Enthusiasm Meets Experience

4-H Canada is celebrating its 100th anniversary, and its enduring impact on encouraging young people to “learn to do by doing” is clear! In an unwavering commitment to this proud tradition, 4-H Canada is pleased to be a partner with the STEP UP mentorship program.

STEP UP is the only national, bilingual, on-farm mentorship program that provides new and transitioning farmers with the opportunity to learn farm business management skills in a hands-on setting. It is the ‘practical experience stepping stone’ that lies between classroom learning and the workplace.

This past year, 20 mentees were hand-selected and matched with experienced farm managers across Canada. The STEP UP program is now entering its 5th year – here is your chance to get involved!

To be eligible to be a mentee you must be 18 and over, and interested in agriculture. To learn more about mentee and mentor opportunities, visit www.farmcentre.com/step-up or contact Jennifer at stepup@fmc-gac.com. The application deadline is February 14th, 2014. 🌱



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For more information visit the 4-H Alberta website at www.4h.ab.ca/About/scholarships

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Regional News & Events



The Lethbridge Corn Maze pays homage to 4-H Canada's 100th anniversary.

South Region

BY: GINNY SMITH, REGIONAL 4-H Specialist – South

Over the summer months, members and parents have had several opportunities to come together with others in the Southern region. Thanks to our many wonderful volunteers for making these events possible!

Southern Regional 4-H Judging Competitions

Last Easter weekend, the second of two Farming Smarter sponsored Southern Regional 4-H Judging Competitions took place in Claresholm. Attracting, about 150 members and 50 parents this event included a workshop lead by Jay Good and the Cow Country 4-H Judging Club from the Brooks area. Our judging program is evolving to include more than livestock classes, so this year jewelry, seed barley, and potatoes were added to the ranch horses and dairy cattle classes.

Southern 4-H Regional Beef Heifer Show and Learning Day

Taber Agriplex was chosen for this even in May. The “First Timer” Class was a star attraction as the class was introduced this year to encourage members who had never shown at the regional show to attend.

South Regional 4-H Sheep Show

The South Regional 4-H Sheep Show, had nothing “baaaaaaaad” about it, as members from across our region came together to compete at the Lethbridge Exhibition in June.

Summer Junior and Intermediate Camps

Our summer Junior and Intermediate Camps were both filled up quickly this year! The new location at Camp McCoy location in Elkwater was great, with a new main building and kitchen, multiple cabins and sufficient space for additional tents. Lots of sun and fun was had by all the delegates who attended.

Southern 4-H Regional Horse Show and Horse Learning Evenings

Mid-August saw regional horse project members meet up at the Claresholm Agriplex. The three day event included English, Jumping, Western, Trail, Reining and a variety of timed gymkhana events.

Southern 4-H Regional Learning Day and Celebration

Attend our annual Southern 4-H Regional Learning Day and Celebration in Taber on Saturday, October 19th. The afternoon will feature a variety of fun and learning sessions for members, leaders and parents, followed by a beef supper and an evening program of recognition and celebration. Southern graduating recipients will also be presented with scholarships for the 2012-2013 year 🍀.

UPCOMING EVENTS:

OCT 19	Regional 4-H Learning Day & Celebration
OCT 26	Last day to check out the Lethbridge Corn maze and their maze that is design to celebrate 4-H Canada's 100th Anniversary
NOV 19	Regional Horse Committee Meeting
DEC 7	Regional Council Meeting
JAN 5	Leaders' Conference Committee Meeting
JAN 10 -12	Leaders' Conference – Southern Region Hosts!
JAN 21	Regional Horse Committee Meeting
FEB 1	Southern Regional 4-H Judging Competitions (Brooks)
APR 24	Southern Regional 4-H Judging Competitions (Claresholm)
MAY 17	Southern 4-H Regional Beef Heifer Show and Learning Day

(MAY 17 TENTATIVE)



At the Southern Region's Beef Heifer Show and Learning Day.

Calgary Region

BY: ANDREA CHURCH, *Regional 4-H Specialist – Calgary*

Welcome to the 2013- 2014 4-H Club Year!

4-H is for the whole family, and parents are encouraged to actively participate in the club. There may also be times that the leader(s) ask that parents do not attend or participate.

Please remember that 4-H clubs and councils are operated by volunteers, people who are donating their time. 4-H should be enjoyable for all; including these volunteers.

As a 4-H parent or guardian, here are some ways that you can help to support 4-H leaders in your club:

- Let the leader know what you are good at and enjoy doing. Volunteer to do some tasks to make the 4-H leaders' jobs easier.
- Be supportive of trying out new processes or ideas. Sometimes club activities and processes are changed either by new leadership or an existing leader who has identified an opportunity for change. Please support change; remember that just because something has been done a certain way since the club began doesn't mean it is the best way or the only way. Leaders, be sure to communicate changes well in advance so no one ends up surprised.
- If you have any questions or concerns, talk to the leader. Addressing concerns as they arise will prevent a situation from escalating or dragging through the year. If your concern is project related, speak to the project leader first. It is strongly advised that you do not send issue-related emails to the whole club, post concerns on social media or communicate the concerns to the general public.

New Beef Resource Materials

Watch for more information regarding opportunities to learn about the new Beef Project resource materials coming your way in fall 2013. Be sure to check out the over 10 different beef project options that members can complete! 🌿

UPCOMING EVENTS:

OCT 16	Regional Light Horse Committee Mtg*	7:00 pm	Airdrie Ag Bldg
OCT 19	Regional Record Book Judging	10:00am	Airdrie Ag Bldg
OCT 23	4-H on Parade Meeting	7:00 pm	Balzac Hall
NOV 2	Mini Beef Symposium	9:00 am	TBD
NOV 6	Calgary Regional Council AGM	7:00 pm	Airdrie Ag Bldg
NOV 9	Mini Beef Symposium	9:00 am	Airdrie Ag Bldg
DEC 1	Regional Celebration	TBD	TBD
JAN 4	Mountain View Invitational Judging	TBD	Olds
JAN 8	Regional Light Horse Committee Mtg	7:00 pm	Airdrie Ag Bldg

*Please note, this is mandatory for all clubs with the horse project in the Calgary Region



The Calgary Stampede Queen and Princesses face-off Cleaver the Beaver and Frisco the Fox during an epic 4-H on Parade tug-o-war. The Calgary Stampede Royalty came out on top!

4-H on Parade Shines Through the Rain

BY TESSA NYBO, *Summer Program Assistant, 4-H Branch*

It may have rained throughout most of the 4-H on Parade weekend, May 30 – June 2, 2013, but the success and excitement of nearly six hundred 4-H members from the Calgary Region shined bright!

4-H on Parade is held annually at the Calgary Stampede Grounds and is host to an assortment of project shows including beef/heifer, steer, dairy, sheep, horse, canine and life skills shows. 4-H members also had the opportunity to participate in a multi-judging competition that included livestock as well as consumer decision making classes.

The Saturday evening activities included a highly competitive tug-o-war competition and celebrations of 4-H Canada's Centennial. A sculpture building contest using only packaged and canned food items that clubs had collected for the food bank rounded out the evening.

A live auction of 4-H steers and lambs was conducted on Sunday. Airdrie 4-H Beef Club raised the charity steer which sold for \$6.75/lb. All proceeds were donated to Alberta Mental Health Services. The Foothills Sheep 4-H Club raised the charity lamb which sold for \$60/lb. All proceeds were donated to the Alberta Children's Hospital.

A life skills silent auction was also ongoing during the weekend. This highly anticipated auction allows members to earn money for their photography, woodworking, welding, and other projects. The charity auction item was a framed western photography piece donated by Cassidy Wise, of the Irricana 4-H Multi Club. The picture sold for \$155 with all proceeds benefiting the Calgary Poppy Fund & Veteran's Food Bank.

Whether they were preparing their animals for the show, working together to build a sculpture out of food bank donations, or making new connections with people in different project areas, 4-H on Parade participants truly embodied the 4-H motto of "Learn To Do By Doing!" 🌿



Watching a 4-H Rodeo. Photo courtesy of McCormick Photography.

East Central

BY: JANET KERR, *Regional 4-H Specialist*

Gramma Shirley's Horse Camp was successfully held at Donaldal in May. The event included 4-H members from East and West Central. Sessions on a variety of topics from driving to roping took place, with the camp concluding with a show. This event was held in memory of Shirley Woods, a 4-H leader from Big Valley who taught many young people to ride.

The East Central 4-H Re-union Horse show was held in Stettler in July. This event brought together former members and leaders for a chance to renew old rivalries, reminisce about past events and have an overall great weekend. Thanks to Amanda Shepherd for the great idea and much of the organizational work, along with the rest of the committee!

There was a series of successful rodeos held in the region during June and July. The first was in Halkirk, hosted by Halkirk Hicks, the second in Stettler, hosted by Stettler Silver Stars and the third was at Gooseberry Lake, hosted by Neutral Hills. Thanks to those clubs for organizing these events which were enjoyed by 4-H members from both the East and West Central regions. 🍀



Member receives Award of Excellence.

IMPORTANT DATES

NOV 1-2	Venture Out Weekend
NOV 15	Regional Council Meeting
NOV 30	Regional Horse Committee Mtg.
JAN 4	Fun Day
JAN 18	Canadian Bull Congress 4-H Program
FEB 21-23	Winter Camp



The Goat Tying Class at a 4-H rodeo. Photo courtesy of McCormick Photography.

West Central

June was a busy project month for horse and beef members in the region. May 31 to June 2, saw over 175 4-H members and their horses gather at Westerner Park in Red Deer for another successful 4-H Horse Show. This show is a long standing show and is the largest in the province. Members competed in English, Western and Game classes, along with a dance on Saturday night. Thanks to the organizing committee who does a tremendous amount of work to make this show happen.

The regional Heifer Show was held on June 16th in Bashaw. Nearly 60 heifers and cow calf pairs were shown, representing both the East and West Central regions. This year we split the classes into commercial and purebred classes and declared a champion in each division. The commercial champion was shown by Cache McLerie, of Bow Inn Beef and the reserve by Kendall Janssen, of Knee Hill Valley Beef. The purebred champion was shown by Dakota Townsend, and the reserve by Kathryn Dolliver.

Thanks to Kubota for supporting both shows. 🍀

IMPORTANT DATES

OCT 18 - 19	Venture Out Weekend
OCT 20	Beef Update for Members and Leaders
NOV 16	Regional Council Meeting
NOV 23	Executive Training Workshop
JAN 18	Bull Congress 4-H Program
JAN 21	Light Horse Committee Meeting
JAN 25	Equine Project Workshop - Which tack is legal and illegal?
JAN 29	Regional Council Meeting
FEB 15	Multi Species Judging
FEB 21	Light Horse Committee Meeting
FEB. 28 - MAR. 2	Winter Camp

Northeast Region

BY: LEILA HICKMAN, *Regional 4-H Specialist – Northeast*

Blue Sky's Country Chrysler 4-H Quad Give Away

On Saturday, July 13th the excitement and anticipation in Vegreville, Alberta was very high for eight 4-H members and their families! The Blue Sky's Country Chrysler dealership in Vegreville is a family owned and operated business that has been a proud supporter of 4-H for four decades, and their newest support came in the form of a draw for a new quad!

Eight finalists, all selected from a member draw at their local achievement day, met in Vegreville with their friends and family to attend a BBQ lunch complete with cotton-candy, popcorn, activities and games where they could win a variety of prizes!

A reverse draw took place with each of the winners receiving a radio controlled Mean Machine 4X4 and a hat. Congratulations go out to nine year old Billy Dyck, from the Two Hills/Myrnam/Willingdon Show as he became the new owner of a Polaris Sportsman 400! When asked how he felt, he responded saying, "I'm really



Billy and his new quad!

happy, really happy! I'm going to get a helmet, and maybe drive it!"

Thank you Blue Sky's Country Chrysler for being an amazing supporter of the 4-H Beef members in the NE region.

Contest Reminder - Parade Float/ Promotion Photo Contest

If you and your club are out promoting 4-H and your club in the region this year, make sure you take a picture and either email or send it in to the Regional 4-H Office in Vermilion for a chance to win! One entry per event, but clubs can attend multiple events for more chances to win. The draw will be made at the Annual Regional Council meeting in February.

NE Programs NEW and Seasoned!

Don't forget to be on the lookout all of the programs happening in the Northeast region this Fall. Check out the website for applications forms, or ask your leader for more information.

Venture Out will be a new program for members aged 13 – 16 years of age and will be highlighting 4-H Alberta's new and exciting entrepreneurial resource. The program will be held as a separate program, but at the same time and location as Fall Fling. Space is limited so be sure to apply early for this opportunity. Application form are now available online. ♣

UPCOMING EVENTS:

NOV 2	Next Regional Council Meeting will be held at the Vegreville Train Station November 16 – NE Forum – hosted by NE Regional Council held in Vermilion
NOV 29 -30	Fall Fling and Venture Out

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Northwest Region

BY: STACY MURRAY, *Regional 4-H Specialist – Northwest*

Focus on 4-H

Over 240 members attended Focus on 4-H, and despite uncooperative weather everyone came together to fill a weekend with fun as only 4-H'ers can. Members had the chance to show off their projects at the biggest 4-H show in the region. Focus on 4-H is made possible thanks to the tireless efforts of volunteers and committee members who give so much of their time to pull this amazing show together. Thanks also to all the members, leaders and parents who all have a role in making Focus on 4-H a success! Last but not least, thank you to our generous sponsors.

Northwest Summers Camps

2013 regional camps brought plenty of smiles this year. Thanks to our keen counselors, camp staff, and camp moms for making these happy, fun filled weeks for all. The region would like to especially thank our cooks for providing specially prepared meals that kept our campers and counselors very well fed.

New Regional Specialist

With the retirement of long time Regional 4-H Specialist, Jocelyn McKinnon, in February, a void was created in the regional office. Dustin Banks was hired as an interim Regional Coordinator and helped with the execution of the many regional activities that take place between March and the end of August. With the end of summer, Dustin has bid the region farewell, taking with him a great deal of new knowledge and an abiding respect for the leaders, volunteers, parents, and members that are involved with the 4-H program. Stacy Murray, who has been around the 4-H family for many years, will be taking over the role of Northwest Specialist full time as of September 1st. She is looking forward to working with the region.

Regional Communications

The Regional Communication competitions showcased the amazing elucidation skills of our very own Northwest 4-H'ers, making the top placing achieved by these members even more impressive.

Regional Judging

Few programs tie together the need to combine a keen eye and honed oratory skills quite like judging. Congratulations to all of those who took the opportunity to practice and improve their decision making skills.

Keep an eye on the 4-H website for updated information on these and other upcoming events! 🌸

UPCOMING EVENTS:

NOV 2	Horse Play – Registration Now Open
NOV 16	Northwest Regional 4-H Council Meeting
NOV 23	Northwest Fall Fair – Registration Now Open
JAN 31 - FEB 2	Frosty Fun Camp



Members in the Performing Arts Project performing at Focus on 4-H.

Peace Region

BY: ALEXIA HOY, *Regional 4-H Specialist – Peace Region*

Welcome to a new 4-H Club Year! Whether last year was your first or fifth year in 4-H, I can assure you that the 2013-14 Club year will present new opportunities to you! 4-H Alberta has a wide range of projects available to ALL members. In the Peace Region we have clubs that are taking 4-H projects to the next level by building go-karts, taking on a “Healthy Lifestyle” Creative Options project or combining the 4-H canine project with Dogs with Wings. No matter what, 4-H has a project with your name on it!

Change-up! After offering ‘Something to Say’ for two consecutive years, this year we will be offering a Venture Out Camp for 12-16 year olds. Like the Venture Out Toolbox that clubs received last year, this camp is designed for intermediate members who are interested in learning about entrepreneurship. Find out how to turn your 4-H project into a successful business venture!

Come one, come all to the Peace Region celebration of 100 years of 4-H in Canada! Immediately following Frosty Fest, we will begin celebrating the Centennial- Peace style! Each district, with the help of their Key Leader and Key Member, will prepare a skit to be presented at the event.

The Peace Region Key Leaders will once again be presenting a Regional Learning Day- you don't need to be a leader to attend this event. If you are interested in learning more about 4-H or something within 4-H then this event is for you. Contact your myself or your Key Leader, and watch the Bits'n'Peaces for more information. 🌸

UPCOMING EVENTS:

NOV 2	Regional Meeting	10 AM	Fairview College,
NOV 23	Regional Centennial Event: Supper (6PM) with entertainment	5 PM	Grimshaw Legion
NOV 22-23	Frosty Fest		Grimshaw
DEC 7	Venture Out Camp		Grande Prairie

Club+District Articles



Cleaver sure knows how to have a good time!

Ponoka District Promotes 4-H

BY: ERIN FLECK, *Leader, Central Ponoka 4-H Beef Club.*

The 4-H clubs of the Ponoka District pulled together to promote 4-H at the Ponoka Trade Fair on April 19-20, of which the theme was "It's a Jungle in Here". Parents, leaders and members took turns manning the table at the 4-H booth and answering questions from potential new 4-H members. Cleaver the Beaver also took time out of his busy schedule to meet some new friends and have some fun at the trade show!

This is the second year that the Ponoka District 4-H clubs have promoted 4-H at the Ponoka Trade Fair. I am very proud of our members for their professionalism while acting as ambassadors of 4-H at the trade fair booth, and for their enthusiasm in promoting 4-H to future 4-H members. I'm sure many were inspired to join the 4-H family! 🍀



Back row: John Lockhart, Cassidy Reinhardt, Dale Palsson, Grace Heuver.
Middle Row: Landon Hebbes, May Lockhart. Front Row: Kylee Hebbes and Lamb Nubby

Charity Lamb for Children's Hospital

BY: HEATHER HEBBES,

At 4-H one Parade, the Standard 4-H Sheep Club auctioned off their charity lamb, raised by Kylee Hebbes. The auction was held to support the Alberta Children's Hospital, at which Kylee was a cardiology patient at. When she spoke to the crowd she asked that they help her give back to the hospital that had done so much for her.

The buyers of her lamb, John and May Lockhart of Calgary, did exactly that. The Lockhart's lost a son to Hodgkins Disease in 1985 at the age of 19, a painful experience that led to them starting the Doug Lockhart Memorial Fund, which to date has raised around \$50,000.

Nubby, the lamb auctioned off, weighed 100 lbs and sold for \$60/lb. Through their generosity Kylee and her 4-H Club were able to beat her initial goal of raising \$2000.00, and ended up raising \$6,000 for Alberta Children's Hospital. Way to go Kylee and the Standard 4-H Sheep Club! 🍀

Rachel Mundell from the Rangeland 4-H Beef Club sent us a photo of her and her heifer Rosie. Rosie is her first heifer project and this year they won the Club and Interclub Grand Champion. Way to go Rachel and Rosie!





Ryan (right) and a fellow member of the "Back to the Future" Relay for Life team.

Charity Lamb for Cancer

SUBMITTED BY: WILD 'N WOOLY 4-H CLUB

Earlier this year, the Wild 'n Wooly 4-H Club decided that they would raise a charity lamb. Emery and Sharon Dueck, housed the charity lamb named 'George' at their farm. The money raised from the sale of George would go towards cancer research - a cause that hit close to home.

The club agreed that the money would be given to Ryan Uytdewilligen, a past 4-H member who was very active in the community during his 4-H career. Ryan had recently participated in the Relay for Life Walk in Lethbridge, and all the proceeds he raised were donated in his parents' names, as Ryan's parents, Andrew and Kim, both tragically passed away due to cancer. The Uytdewilligen's were very involved in the Lethbridge 4-H District through the Coaldale 4-H Swine Club.

On June 8, 2013 George was sold at the Lethbridge Show and Sale - but then he was turned back and sold again FOUR more times! After all the money was totaled, the Wild 'n Wooly 4-H Club had raised \$3950.00 dollars for Ryan's Relay for Life Team. The Wild 'n Wooly 4H Club would like to thank all the buyers for their generous support of this very worthy cause - they really helped make a difference in the lives of all those affected by cancer. ❀



The very excited Greenshields 4-H Club and their 1st place ribbon!

The First Place Float

BY: TAYLOR HRUBENIUK, Greenshields 4-H Club

This year we were all very excited that the theme of the Wainwright Stampede Parade was celebrating 100 Years of 4-H in Canada. We were excited with this theme because we had a lot of 4-H clubs in the Wainwright District that came and displayed their floats in the parade. As the theme was 100 Years of 4-H in Canada, the District decided to do a Heritage Float and invited past 4-H leaders to come and participate.

The Greenshields 4-H Club ended up with the first place ribbon. It seems of all our hard work, from blowing up the balloons to getting a baby calf onto the float, and then getting the float to the meeting spot, paid off! We all ended up having an awesome time and we look forward to next year's parade. ❀

Encana and 4-H Alberta Join Together to Fight Hunger!

4-H Clubs in select Encana operating areas (Grande Prairie, Ponoka, Strathmore, Dawson Creek) were invited help to raise food, funds and or awareness for their local food bank through the 4-H Fights Hunger Campaign held in conjunction with Encana's Race Against Hunger Program. Disasters like the 2013 floods in southern Alberta serve as a reminder that anyone at any time could unexpectedly find themselves in need and reliant on the generosity and kindness of others.

Throughout each campaign, 4-H members are required use their marketing, community service and public speaking skills to support the initiative. Thank you to Encana for giving the opportunity to members to "Learn to Do by Doing", and fight hunger in our communities!

Thank you to 2012/2013 4-H participants:

- Arrowwood River Wranglers 4-H Horse Club, "Hungry as a Horse Food Bank Drive", raised \$530 for the Vulcan FCSS and \$500 for the Strathmore Food Bank.
- Central Ponoka 4-H Beef Club, East Ponoka 4-H Beef Club, and West Ponoka 4-H Club joined forces to organize a steer raffle. A total of 775 tickets were printed and sold for \$10 each, raising approximately \$7,500 for the Ponoka Food Bank.
- Cheadle 4-H Beef Club auctioned off a charity steer at Strathmore Heritage Days, with a whopping \$25,250 raised towards the Wheatland County Food Bank.
- Heads and Tails 4-H Club supported the St. Mark's Soup Kitchen in Dawson Creek using food collection boxes in local businesses, grocery stores, and at the Dawson Creek Exhibition and Stampede. The club more than doubled their expectation of 100 pounds of food. Total weight of food was 213.6 pounds.

To see if this opportunity is available to your club for 2014, please contact the 4-H Foundation of Alberta: **1.877.682.2153** ❀



Many hands make light work.

Fortis Alberta and 4-H Alberta to Clean Up the Alberta 4-H Centre...

4-Hers were out in full force at Battle Lake once again this year dedicating their time to help out with the Fortis Alberta 4-H Centre Work Bee Cleanup Weekend! The cleanup was held May 10th – 12th, 2013 and marked the start of spring as the Alberta 4-H Centre began preparations to host a variety of exciting provincial 4-H programs that kicked off over the summer.

The participants rolled up their sleeves and helped out with a variety of important tasks around the 4-H Centre. Two clubs participated this year - Prairie Winds 4-H Multi Club and Calgary K-9's 4-H Club. Both used the weekend as a club windup for the year. A variety of fun activities throughout the weekend kept everyone's spirits high and balanced out the workload – including an exhilarating championship game of Kick Ball. After a lot of fun and good natured rivalry, Calgary K-9's took home the Kickin' Ball Championship trophy (made of sticks, grass, wood chips and rocks)!

On behalf of 4-H Alberta thank you to FortisAlberta for sponsoring the 4-H Centre Work Bee Weekend again this spring, and a big thank you Dave Rudisuela for representing FortisAlberta along with your daughter and her 4-H Club! Finally, thank you to the volunteers from the Prairie Winds 4-H Multi Club and Calgary K-9's 4-H Club for pledging your Hands to Larger Service to help out. Your contribution has once again made it possible for the 4-H Centre to keep up its reputation of being one of the most beautiful retreats in Alberta. We look forward to hosting another Work Bee Cleanup Weekend again in 2014!



A 4-H member proves she got her hands more than a little dirty.

...and Communities!

In partnership with FortisAlberta, 4-H Alberta continued what was started in 2012 with the 2nd Annual Community Cares Contest. Four 4-H Alberta regions were invited once again in 2013 to have the chance to win one of four \$1,000 prizes! Clubs in the South, East Central, West Central, and Northeast Regions were eligible to enter the contest, complete a community improvement venture and submit their project presentation, or "Journey", via the 4-H Alberta Facebook page. This contest runs from September to June each club year, and was designed recognize the efforts of 4-H Alberta clubs that are working to make improvements to their own local communities.

The following entries were received this year:

- Vermillion 4-H Beef Club, Northeast Region, Cemetery Clean Up;
- Consort 4-H Beef Club, East Central Region, Communities in Bloom;
- Golden Prairie 4-H Club, East Central Region, Riparian Restoration;
- Rocky North 4-H Multi Club, West Central Region, Playground Landscaping Initiative;
- Borderline 4-H Club, South Region, School Cleanup

Thank you to everyone who participated and your commitment to improving your local communities!

All entries are showcased on the 4-H Alberta Facebook page, <http://www.facebook.com/#!/events/524929727552093/>. One winner from each of the four eligible regions is selected each year.

The contest will run for a third year during 2013-2014, with deadline for submissions being June 30, 2014. Clubs in the South, East Central, West Central and Northeast Regions are invited once again to participate. Contact the 4-H Foundation of Alberta for more information. 🍀



Members jump for joy because they've completed their task!

Another Successful Year for the Ardmore Wolves

BY: NATASHA BOWMAN, Ardmore Wolves 4-H Club Reporter

On June 4th the Ardmore Wolves School 4-H Club had our Achievement Day to show what all we had accomplished over the year, and judges from our 4-H district and region were very pleased with the amount of effort the students put into their projects. This year our club also had the pleasure of announcing that 20 of our members were receiving Awards of Excellence medallions.

Members of the Ardmore Wolves 4-H Club took a variety of project options this year. In the Fine Arts project students had to use their imagination to create their own artistic masterpieces. They focused on technique, a steady hand, skill, and they worked their hardest to complete their project while adding their own unique style to them. The Babysitting project taught students how to take care of children on their own. They practiced life-saving skills and learned what had to be done in case of an emergency and at the end of the term they completed a test and received their results and certificates.

The students in the Foods project were taught how to bake, cook and prepare foods. They spent their time learning how to make delicious meals and snacks. They made their own tasty, unique popcorn flavours that were displayed at achievement day. They also learned how to prepare healthy, afterschool snacks and what appropriate portions of food are for their age. The Outdoor Ed project had a blast discovering ways to survive in the wilderness! They got to build shelters, start fires and learn basic skills for surviving outdoors. They also made fire-starters!

We had a great 4-H year and we are looking forward to new project challenges next fall! 🍀



Members receive their Awards of Excellence.



A member with her Achievement Day display board.

*Making a difference with
Ronald MacDonald House*



Last year, 4-H Clubs in the province gave more than \$21,500 to help families with sick children stay together at Ronald McDonald House. Participating clubs are recognized through the "4-H Champions of the House" recognition program.

- If your club is interested, there are number of ways members can support their local Ronald McDonald House including:
- Collecting pull tabs from aluminum cans for the Pull Tab Program
- Purchasing items from the House Wish List
- Supporting parents and leaders to volunteer for the Home for Dinner Program
- Participating in Ronald McDonald House signature fundraising events
- Donating funds raised at a club event

Thank you to all the clubs for doing great things for Ronald McDonald Houses!

For more information on this program and how you can get involved with any of our Houses, please contact Adrienne Day at adrienne@rmhsouthernalberta.org or 403-240-3000 ext.112. That's to all of the 2012-2-13 4-H Champions of the House!



This year, the Prairie Winds 4-H Club decided to support the Home For Dinner Program. The club was so happy to hear that the families loved the tacos and the sundaes they had prepared that they have decided to participate in the program 3-4 times during the club year.

TAKE NOTE

TO DO: SIGN UP FOR FUN WITH 4-H



Visit www.4h.ab.ca for more details on 4-H Alberta's upcoming programs and conferences. Don't delay, sign up today!

FOR MEMBERS:

Jan 31 – Feb 2, 2014	Senior Members' Conference (SMC) – Sign up Jan. 2014
May 2-5, 2014	Selections – Sign up by Jan. 15, 2014

FOR LEADERS:

Jan 10-12, 2014	Leaders' Conference - Sign up by Nov. 22, 2013
Feb 21-23, 2014	Provincial Equine Leaders' Forum – Sign up by Jan. 10, 2014

FOR KEY LEADERS:

Oct 25-27, 2013	Key Leaders' Training
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4-H PROJECTS - THE SKY'S THE LIMIT!



Looking to try something new with 4-H this year? With 4-H there are so many fantastic projects for members to explore. Visit www.4h.ab.ca to check out all of the tried and true PLUS fresh and new projects and resources that are available for the 2013-2014 club year.

Did you know that if you have a unique idea for a project, you can make it into a Creative Options project?! Check out page 29 if you're interested in hearing about a club that has a Creative Options Busking project! Are you a member who's looking for a project-related challenge? Then consider flexing your entrepreneurial muscles with Venture Out. See what resources may be available in your community to make your new project a success and talk to your 4-H leader today!

And remember, your project is just one of the ways you can try something new through 4-H. Follow 4-H Alberta on Facebook to stay up to date on all of the amazing opportunities that 4-H has for you to attend programs, see the world and much, much more!

CALLING ALL STORYTELLERS



Have a great 4-H story or photo you'd like featured in the 4-H Alberta Magazine? Submit it to us via email at magazine@4h.ab.ca. We love to share your stories and photos!

THE NEW 4-H DIARY

It's coming..... the NEW 4-H Diary will be available for members in the 2013-2014 club year. 4-H Diaries can help members unlock so many opportunities, so take advantage and keep a 4-H Diary.

DON'T FORGET...



Golden Clover Award

Nominations close Nov. 1, 2013.

UFA 4-H Alumni Volunteer Service Award

Nominations close Nov. 30, 2013.

Club Registration

Deadline is Dec. 1, 2013.

Leader Screening

Deadline is Dec. 15, 2013.

National Volunteer Leader of the Year Award

Nominations close Dec. 18, 2013.

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