

4-H Alberta

MAGAZINE

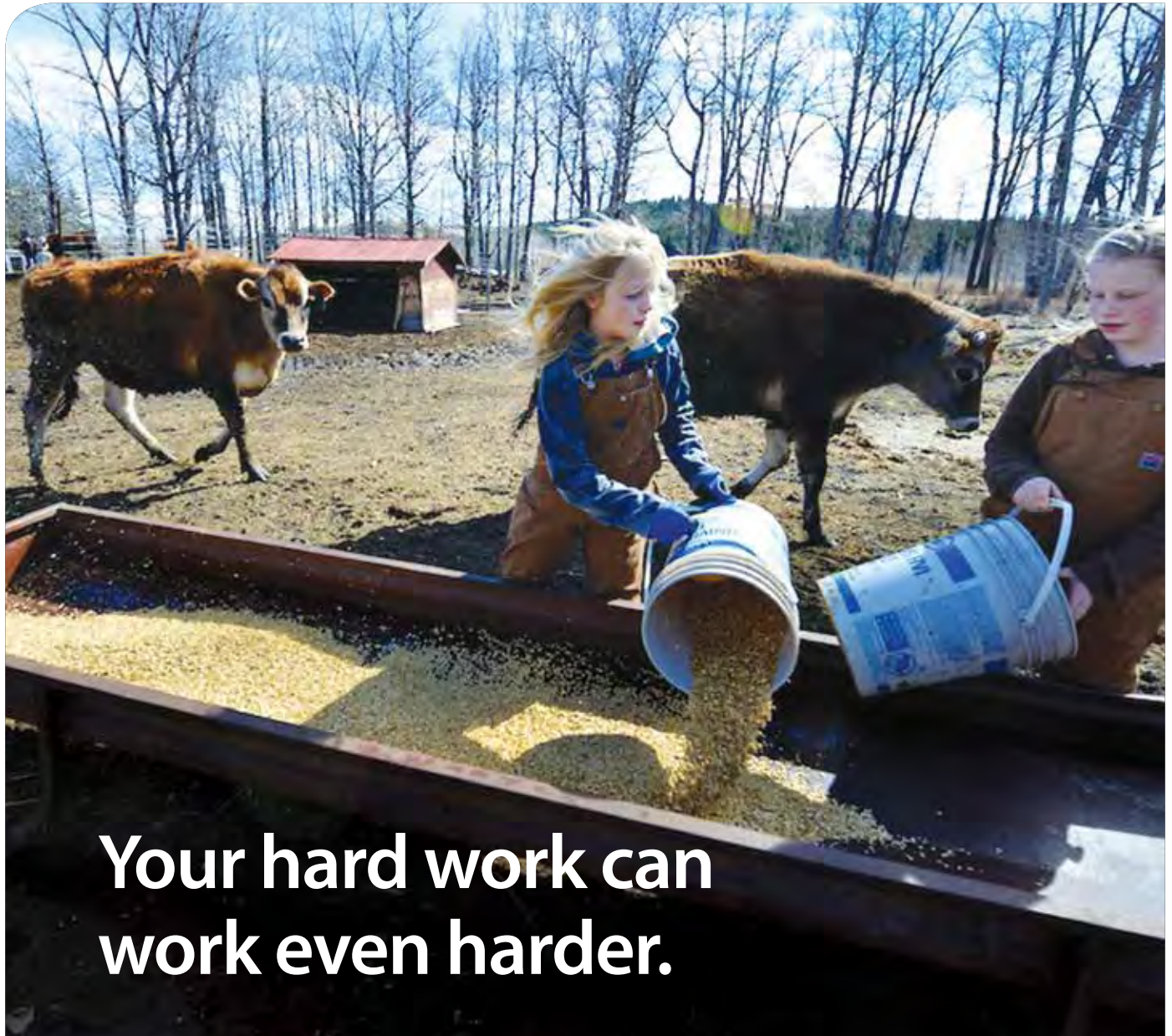
SPRING 2013 // www.4h.ab.ca
VOLUME 9 • ISSUE 2

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PROGRAM
GUIDE** page 23

**GET GROWING
CONTEST
WINNERS** page 16

**BECOME A
KEY MEMBER
TODAY** page 14





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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:

1. Articles should be 100-150 words and should have accompanying photo(s). You should also state the author of the article.
2. When you send your photo(s):
 - a. 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.*
 - b. When sending digital photos, please send them as a large file. Photos that are 1MB or larger are preferred.
3. 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

Future camp counselors hone their teamwork skills at LTCS

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.



Editorial

Well it took long enough, but spring has finally SPRUNG!

I always find that come spring-time I'm ready for an adventure. I'm sick of hovering over the heat register of my car, and office and home – I want to get out there and try new things, explore new places and rediscover old ones.

For anyone that knows me, they may tell you that I'm partial to food-related adventures. If it involves shopping for it, cooking it, eating it or even just talking about it - count me IN! So, when I saw that the global Youth Ag Summit had come out with a "Hungry Planet" app, I was pumped! Now, when I'm out and about on any food-related adventure, I can use the app to upload a photo of a delicious dish or a unique ingredient that I've come across. And because my friends, family and co-workers spend a lot of time talking about food, I add interesting tidbits from our conversations to the "Add Your Perspective" page of the Hungry Planet app. The Youth Ag Summit is interested in your perspective too, and with this app it's easy to give! So go ahead, create and share your own food adventure with the Hungry Planet app!

What's a better way to begin an adventure than to travel or go on an exchange with 4-H Alberta? Check out the Travel & Exchange section starting on page 32 to hear members' first-hand accounts of the amazing time they had while exploring with 4-H. OR you could attend one of our many summer camps or programs - that'll be sure to ignite your inner-adventurer! Deadlines for opportunities such as these are fast approaching, so be sure to visit www.4h.ab.ca or 4-H Alberta's Facebook page for more details and registration information. Also check out the 2013 Summer Program Guide on pages 23-26 Want a year-long 4-H adventure? Check out page 14, and apply to become a Key Member today!

This issue is jam-packed with feel good stories about some of the amazing things that our members and volunteers have accomplished recently. Check out page 18 to hear about how one Key Member forged his own path to Queen's University and the title of Loran Scholar. Wondering how to keep your volunteer experience with 4-H fresh? Read about how Richard Stark, recent UFA Alumni Volunteer Service Award recipient, has done just that. Don't forget to visit page 20 to hear about Gillian Shield's adventures as Miss Rodeo Canada.

See you in the Fall!

Jalisa Barnett
Editor – 4-H Alberta Magazine

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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 STEPHANIUK, *Communications Advisor, 4-H Canada* & **LEXI HOY**, *100th Anniversary Champion 4-H Alberta*

After years of planning, preparations and anticipation, 4-H Canada is finally celebrating its 100th Anniversary! Centennial festivities are taking place coast to coast and we want to get YOU involved!

100TH ANNIVERSARY EVENTS

4-H Living History

How are you celebrating the 100th Anniversary of 4-H in Canada!? Whether you are shooting for the stars or staying a little closer to earth with your plans, we want to hear about them! 4-H members, families, clubs, alumni, volunteers, sponsors, and supporters are able to post information about centennial celebrations taking place in their area* to www.4hlivinghistory.ca.

Visitors can also submit historical information as part of the 4-H Living History PLUS search the interactive map by date or location for both anniversary and historical information.

Agriculture Gets A SHOUT OUT!

Canadian 4-Hers who think agriculture is A-MA-Zing submitted their videos about why agriculture is important to a competition sponsored by Farm Credit Canada (FCC). All videos are available for viewing on Facebook at www.facebook.com/4HCanada. There's great prizes for the top videos in each province PLUS a grand prize for the top video in Canada.



Canada Post Commemorative Envelope

In May, to mark 4-H Canada's 100th anniversary, Canada Post will issue a commemorative envelope. The unveiling will take place on May 31 at the 4-H Night at the Museum in Roland, Manitoba.



Root For 4-H!

Use your cell phone to donate to 4-H! A new mobile giving campaign, \$10 for 10, has been launched to raise funds for the 4-H Canada Legacy Fund in support of future national 4-H programming. The Root For 4-H campaign aims to strengthen 4-H's already strong roots and long history in Canada. People from across Canada can text 'GROW' to 45678 to donate \$10 to this fund. What are the steps to donate?

1. Text "GROW" to 46789 to donate \$10 to the 4-H Legacy Fund
2. Reply "YES" to confirm your \$10 donation
3. Receive the text message "Thx! \$10 charged 2 phone bill. Txt 'GROW' up to 3 times/mth."

The \$10 will be added to your phone bill and will be payable to your mobile service provider.



National Food Drive & Do More With Less Recipe Challenge

As part of the 4-H National Food Drive, 4-H clubs are busy collecting one pound of food for every 4-H member and leader for local food banks. To support and complement this initiative between 4-H Canada and Food Banks Canada, 4-Hers are also encouraged to design recipes, with budget and nutrition in mind, for the Do More with Less Recipe Challenge.

Select recipes will be included in a recipe book, which will be published online and in print, and made available at food banks and other locations.

NATIONAL PROGRAMS AND OPPORTUNITIES

National Citizenship Seminar

Fifty-two members from across the country, including eight from Alberta, travelled to Ottawa for the National Citizenship Seminar April 12 - 18, where they attended a citizenship ceremony and visited Parliament Hill as well as the Supreme Court of Canada.

Youth Exchange Canada

Alberta groups will also be involved in Youth Exchanges in Canada. They will get to experience a different culture, visit new places and make new friends.

*If you have a centennial event or celebration planned to take place in Alberta, please share this with Lexi Hoy, alexia.hoy@gov.ab.ca. ❁

Farm Fresh

This flavour-filled video series introduces viewers to ranchers, farmers and other businesses related to agriculture and food production in Southern Alberta. Basically, it's all about good food and where it comes from! Farm Fresh also highlights the community, heritage and tradition that surrounds agriculture and food production in the Southern region of the province.

As a way to showcase our partnership, UFA Co-operative Limited offered 4-H Alberta a segment on the UFA Farm Fresh series. On November 1, 2012, the Farm Fresh Crew came to cover the 4-H Alberta Corporate Partnerships Appreciation Evening at the Crossfield & District Community Centre.

Watch for 4-H Alberta's segment on the Shaw TV Alberta Network or check it out online at

shaw.ca/UFAFarmFresh/Videos/



MEAT OPERATIONS AND MANAGEMENT PROGRAM

**APPLICATION DEADLINE
AUGUST 1, 2013**

SAIT Polytechnic's Meat Operations and Management is a 19-week fast-track program. The program teaches students the comprehensive theoretical and practical knowledge of meat handling, processing, sanitation and management needed to enter Alberta's real meat cutting trade. Students receive extensive hands-on training in the preparation of beef, pork, lamb, poultry and fish for retail meat cutting operations.

Graduates are in demand and employed in independent butcher shops and retail in-store facilities as meat cutters, managers and merchandisers.

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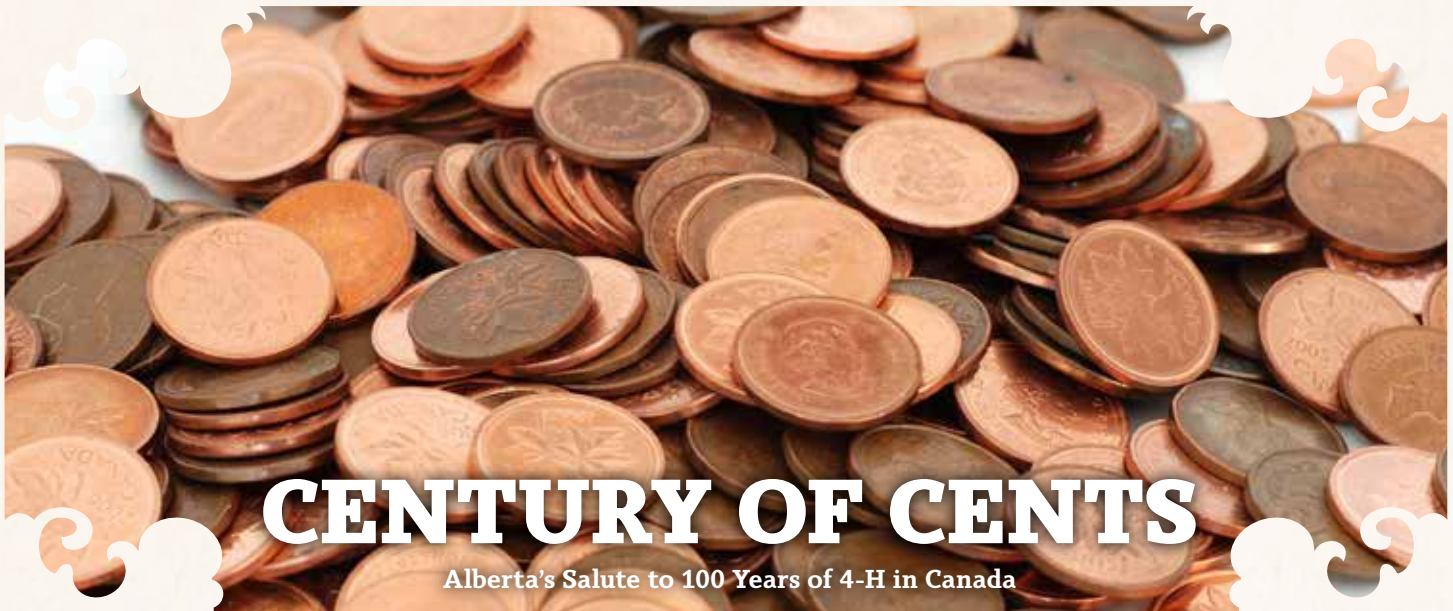
DID YOU KNOW?

There are over 1400 volunteers who help make exciting events like the Northlands Farm & Ranch Show, Farmfair International, Canadian Finals Rodeo and K-Days happen. You could be one of them. Come join us!



Sign up at northlands.com/volunteer

Northlands, creating tomorrow's memories, every day.



CENTURY OF CENTS

Alberta's Salute to 100 Years of 4-H in Canada

As a way to celebrate 100 years of 4-H in Canada, as well as the end of the Canadian penny in 2013, a yearlong collection of pennies and history will result in a single large wall mounted plaque to be displayed at the Alberta 4-H Centre. Each year from 1913 – 2013 will contain two items: a penny made in that year, and a 4-H Alberta highlight featuring a club, event, camp, program, location, sponsor, or other. Accompanying the

plaque, an album will showcase each year with a photo and brief summary of the particular 4-H Alberta highlight.

Throughout 2013, 4-H clubs and applicants for each year of Century of Cents are encouraged to collect pennies and coins of all denominations. Coins will be combined at year-end and funds donated to the 4-H Alberta Legacy Fund as well as the Food Bank.

BE PART OF CENTURY OF CENTS!

4-H Alberta's clubs, leaders, programs, staff, alumni, and sponsors all have the chance to be part of our province's unique initiative to celebrate 100 years of 4-H in Canada. **Here's how:**

STEP 1	CHOOSE A YEAR	4-H Alberta has an incredible history! Be part of showcasing that history by choosing an important event, milestone, or achievement. Note the year that it occurred.
STEP 2	FIND A PENNY	Sift through your can of change to locate a penny that was made in the same year as your 4-H highlight. Gather up all other coins for the year-long collection of coins by 4-H Alberta.
STEP 3	APPLY	Apply to have your highlight selected as the feature for a particular year (application on reverse). You may apply for up to three years.
STEP 4	AWAIT CONFIRMATION	Based on the applications received, members of the 4-H Alberta Centennial Committee will designate highlight(s) for every year from 1913 – 2013. All applicants will be notified about the status of their application.
STEP 5	CAPTURE THE CELEBRATION SUBMIT BY SEPTEMBER 31 ST	Congratulations! If your 4-H highlight was selected as the feature for a particular year, it's time to celebrate. Gather your year's penny and the important people that are part of your highlight – capture the celebration with a photograph that will become part of the album showcasing 4-H Alberta's history over the past century.

Have a penny? While we hope to find a penny for every year from 1913 – 2013, some years could be difficult to locate. If you have pennies, particularly from the early years, that you're willing to donate to 4-H Alberta Century of Cents, it would be greatly appreciated.

APPLICATION DEADLINE:

To see what penny years are still available, contact Vanessa Goodman. Applications are welcome for penny years that haven't been spoken for.

QUESTIONS?

Vanessa Goodman
4-H Alberta Centennial Celebrations Committee
780.789.3122 / vpgoodman@yahoo.ca

CENTURY OF CENTS: APPLICATION FORM

NAME OF GROUP APPLYING (CLUB, ALUMNI, PROGRAM, SPONSOR, ETC)	
NAME OF CONTACT PERSON	
EMAIL (WILL BE PRIMARY METHOD OF CORRESPONDING)	
MAILING ADDRESS	
PHONE	

FIRST CHOICE: YEAR _____	
TITLE OF YOUR 4-H HIGHLIGHT (IE. 4-H CLOVER CLUB CELEBRATES 50 YEARS, OR ALBERTA LEADERS' CONFERENCE INAUGURAL YEAR)	
DESCRIPTION - 200 WORDS OR LESS (YOU MAY ATTACH A SEPARATE DOCUMENT FOR YOUR 200 WORD DESCRIPTION)	
HAVE A PENNY FOR THIS YEAR?	YES ____ NO ____
SECOND CHOICE: YEAR _____	
TITLE OF YOUR 4-H HIGHLIGHT (IE. 4-H CLOVER CLUB CELEBRATES 50 YEARS, OR ALBERTA LEADERS' CONFERENCE INAUGURAL YEAR)	
DESCRIPTION - 200 WORDS OR LESS (YOU MAY ATTACH A SEPARATE DOCUMENT FOR YOUR 200 WORD DESCRIPTION)	
HAVE A PENNY FOR THIS YEAR?	YES ____ NO ____
THIRD CHOICE: YEAR _____	
TITLE OF YOUR 4-H HIGHLIGHT (IE. 4-H CLOVER CLUB CELEBRATES 50 YEARS, OR ALBERTA LEADERS' CONFERENCE INAUGURAL YEAR)	
DESCRIPTION - 200 WORDS OR LESS (YOU MAY ATTACH A SEPARATE DOCUMENT FOR YOUR 200 WORD DESCRIPTION)	
HAVE A PENNY FOR THIS YEAR?	YES ____ NO ____

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780.422.7755

EMAIL
VANESSA GOODMAN - VPGOODMAN@YAHOO.CA
(AS PDF OR TYPED INTO AN EMAIL)





Join The Conversation!

The global Youth Ag Summit applications have been received, and participants from around the world have been selected to come together for the global Youth Ag Summit in Calgary, Alberta for August 19 – 25, 2013.

You too can be a part of the conversation! Simply download the FREE Hungry Planet App to bring your perspective to the table.

FOOD FOR THOUGHT

1

Around the globe, when we sit down to eat, we share a common perspective. But not everyone gets to eat. Today, 1 billion people do not have enough safe and nutritious food. And in the next 40 years the world's population will grow from 7 billion to 9 billion, leaving 3 billion to wonder where their next meal will come from.

TABLE FOR DISCUSSION

2

Now's the time to share your perspective. Maybe you've got thoughts about the world's food supply. Or ideas about how to feed everyone as populations continue to grow. Maybe you've just got something interesting on your plate.

STEP UP TO THE PLATE

3

1. Take a picture of your place and provide your first name. We'll add it to our video for you to share with your friends and family, inviting them to come to the table too.

2. Next, you'll be prompted to enter your thoughts on world hunger. Once complete, your insights will be added to the perspective from around the world on the Youth Ag-Summit website.



Provincial News & Events



100 YEARS OF DISCOVERING DIAMONDS

BY: YVONNE YAREMCIO

Members of the West Central Region Organizing Committee in their 1913 costumes.

The 2013 4-H Alberta Leaders' Conference saw over 250 volunteer leaders from across the province congregate for a weekend of learning, laughter and recognition. Leaders' Conference celebrated a big milestone this year, as this was the 70th annual conference! The West Central Region graciously hosted at the Radisson Hotel Edmonton South.

"The committee chose the theme of "100 Years for Discovering Diamonds" for the 2013 Leaders' Conference to acknowledge 4-H Canada's 100th Anniversary and to recognize 4-H leaders' work with members." reported Janet Kerr, 4-H Specialist for the West Central Region and member of the organizing committee. The weekend was interspersed with a variety of sessions and speakers that ranged in scope from inspirational to informative to developmental, offering something for every leader. There were also plenty of opportunities for networking, swapping ideas and even some very competitive games of spoons. And to go with the celebratory theme, Leaders' Conference kicked off the 2013 and 2017 Centennial Celebrations with a bang on Friday night!

4-H Alberta leaders were recognized throughout the weekend for the lengths they go to for 4-H members, their fellow leaders and the program as a whole. At Saturday's luncheon, Premier's Award Recipient, Jacob Onyschuk shared his 4-H journey with the leaders. Jacob shared some of the lessons he had learned, and thanked those leaders and mentors who had guided him through his 4-H career. Like many 4-H members, he recognized these experiences as lifelong lessons that he will carry with him well into the future.

At the Saturday evening banquet, two individuals were recognized for their outstanding contribution to 4-H Alberta with

a Queen's Diamond Jubilee Medal. Carol Arntzen from Sedgewick and Sylvia Mathon from Innisfail were presented with these honours by His Honour, Colonel (Ret'd) the Honourable Donald S. Ethell, OC, OMM, AOE, MSC, CD, LLD, Lieutenant Governor of Alberta and Her Honour, Mrs. Linda Ethell was also in attendance at the banquet for the presentations.



2012 Premier's Award Recipient, Jacob Onyschuk and Jocelyn McKinnon, past Regional Specialist for the Northwest Region.

Two deserving individuals were inducted into the 4-H Hall of Fame and personally congratulated by the Honorable Verlyn Olson, Minister of Alberta Agriculture and Rural Development. Edith Walker*, 4-H volunteer leader since 1952 in the Wetaskiwin District. Edith was instrumental on the committee that spearheaded the development of the Alberta 4-H Centre. Tim Church has been involved in the 4-H program in Alberta since 1969 as a member and a volunteer. Tim has volunteered countless hours at 4-H shows, achievement days, judging clinics and 4-H communications events along with being a director on the 4-H Foundation of Alberta.



2013 Hall of Fame inductees Edith Walker and Tim Church.

Also recognized at Leaders' Conference was Lorraine Parkinson, the recipient of the Golden Clover Award, for her dedication to the creation of growth opportunities for members in the District of Rockyview. By championing members' participation in the cooking demonstration at the Calgary Exhibition and Stampede, Lorraine has enabled countless members to showcase their skills and 4-H.

This caliber of conference wouldn't be possible without the hard work of the committee and the support of sponsors. The committee would like to thank the following for their generous support of Leaders' Conference. Presenting Partners: Alberta

Livestock and Meat Agency and Rocky Mountain Equipment, Partner Supporters: Agriculture Financial Services Corporation, Agriculture and Agri-Food Canada, AMA Insurance, ATB Financial, Encana Corporation, FortisAlberta, Government of Alberta, Lammle's Western Wear & Tack, Olds College, UFA Co-operative Limited and Partner Friends: Alberta Recycling Management Authority, Calgary Exhibition and Stampede, I.T.S Travel & Cruise, Northlands, Talbot Marketing, Battle River Watershed Alliance/Agrium Inc.

It was a jam-packed weekend with leaders parting with increased knowledge, original ideas to take back to their clubs, districts and regions as well as new and rekindled friendships. Leaders' Conference 2013 will definitely be remembered as a conference where we celebrated! 🍀

*On April 18, 2013 Edith Walker passed away after a valiant battle with cancer. On behalf of 4-H Alberta, our deepest sympathies go out to Edith's family and friends.



Carol Arntzen receives the Queen's Diamond Jubilee Medal.



Sylvia Mathon receives the Queen's Diamond Jubilee Medal.



Lorraine Parkinson (middle) is presented with the Golden Clover Award by 4-H Council of Alberta Directors Stacy Price (left) and Cheryl Hardy (right).



Friday night's entertainment has a little fun with 4-H Council of Alberta President, Mark "Sawyers" Sayers.



4-H Alberta Ambassadors having a blast at SMC.

Mining The Future At SMC

BY: KATE BOLLUM, 4-H Ambassador, Calgary Region

Senior Members' Conference has all the fun of a week-long summer camp packed into a single weekend, and also gives senior members a chance to get prepared for whatever life brings after high school.

Senior 4-H members ages 16 and up ventured out through the cold and made the trek to the Alberta 4-H Centre February 1-3, 2013. The Ambassadors spent a long time preparing for the program, and came up with this year's theme - Mining the Future. The Ambassadors were almost as excited to facilitate as the senior members were to be SMC delegates!

This year's jam-packed schedule included plenty of opportunities for FUN and learning. Delegates were enlightened about all of the opportunities available through 4-H Alberta including the Key Member program, Venture Out, various travel opportunities like the Finland and Japanese exchange plus all of the awesome scholarships one can apply for through 4-H!

Guest speakers provided words of wisdom and shared life-lessons on how they forged their own path to success, happiness and a balanced life. Hearing other peoples' stories got delegates thinking about their next steps for transitioning out of high school into the workforce or post-secondary.

Despite an early morning following our hilarious "surprise" movie night, we had a non-stop, action-packed day of sessions, sledding and snow sculpture making, topped off with delicious banana boats. We even dreamt up some pretty cool candy-land inspired sculptures in honor of 4-H Canada's 100th Anniversary. To act on the concept of continuing to give back after your 4-H career has come to a close, members sewed pillow cases that were donated to Brigantia House, a women's shelter in Camrose.

On Saturday night keynote speaker, and former CFL player, Gizmo Williams had members mesmerized by the story of his life. He finished the inspirational address by saying, "Don't regret anything, always look to the future and be excited for what's coming next." With those words, delegates finished off the weekend with the legendary dance, knowing they had gained valuable knowledge pertaining to their future, made some great memories and that plans to reconvene in 2014 were made.

Thanks to Presenting Partner: ATB Financial and Partner Supporters: Federated Co-operatives Limited, Government of Alberta, Livestock Identification Services, Monsanto Canada Inc., Olds College and Rocky Mountain Equipment. 🍀

Dan Schneider, cartoonist and owner of Smashed Head Studios



SMC delegates having a snowy-good time





4-H COUNCIL OF ALBERTA CORNER

CONTACT THE 4-H COUNCIL OF ALBERTA AT
1-877-682-2244 OR COUNCIL@4HAB.COM

Golden Clover Award

Do you know an individual or group who have exhibited outstanding leadership while initiating a special contribution such as an innovative idea, program, activity or event that has made a significant difference to 4-H Alberta? If you answered yes, nominate them for the 2014 Golden Clover Award! The Deadline is November 1, 2013. Contact the 4-H Council of Alberta for more information.

4-H Leader Screening

Our volunteer leaders' time and dedication is what makes 4-H Alberta a strong and vibrant youth program. If you are a NEW or a returning leader who was last screened in the 2008 –2009 club year, or who has never completed the screening process, watch your email inbox for an email outlining screening requirements and steps for completion.

Applications and reference forms are available online by logging on with your Username and Password provided by 4-H Alberta. Leaders are also required to obtain and submit a current criminal record check. For further information and or assistance please contact the 4-H Council of Alberta. Deadline for completing leader screening is December 15th 2013.



(Left) A 4-H Alberta Cleaver Kid shows off his farm diorama. (Right) 4-H Alberta Cleaver Kids hanging out with their Cleaver Kids Leader.

Cleaver Kids

In the 2012 – 2013 club year, 317 Cleaver Kids joined 107 clubs to learn about all that 4-H is. Over the course of this four year pilot, the number of Cleaver Kids in the province has grown. In addition to measuring participation numbers, the pilot has also measured the degree to which clubs can successfully provide programming and opportunities for nurturing future 4-H members and families.

Cleaver Kids can be a great way to involve younger siblings of current 4-H members who are already attending club activities. By offering them age-appropriate and introductory 4-H programming at the club level, Cleaver Kids can learn about 4-H and kick start their 4-H journey. Plus, your club will have future members to count on!

It's up to the club to decide if they wish to welcome Cleaver Kids and how they will involve these six to eight year olds in their club. The Cleaver Kid experience will be as unique as the club they are a part of. There are basic requirements for having Cleaver Kids. There should also be a plan and clear expectations for how they and their families will be engaged in the club as well as a leader who will coordinate their involvement.

We want Cleaver Kids to succeed and have fun, and to get the whole family excited about joining 4-H. One of the most important things to keep mind, for both Cleaver Kids as well as members, is that club level activities should be progressive and age appropriate from year to year. When making a plan for your club, always keep in mind that it should be fun, fresh and increasingly challenging for Cleaver Kids and members as they grow in 4-H.

Simply learning the pledge, coloring a picture of Cleaver the Beaver or doing a hands-on introductory activity around a project (like building a clay model farm-yard) may be enough for a Cleaver Kid but will certainly not hold the attention of an Intermediate member. Knowing that next year will bring new challenges, experiences and learning opportunities is what will transition Cleaver Kids into members and keep members coming back year after year. When program planning for the whole club, ask yourself what are the intriguing aspects of the club experience that will retain and encourage the Cleaver Kid to become a Junior and other members to continue through to a Senior?

At the end of the year, clubs with Cleaver Kids should reflect on what the Cleaver Kids, leaders and families discovered and experienced by being part of the club. Ask questions and use the feedback to evolve and grow Cleaver Kid involvement in your club.

Thank you to each Cleaver Kid, leader and family member that are currently helping to develop tomorrow's 4-H members.



UNLOCK OPPORTUNITY WITH THE KEY MEMBER PROGRAM

The Key Member Program gives senior 4-H members the opportunity to expand their skills plus build and share their 4-H knowledge and experience! Focusing on using their strengths and interests, Key Members act as a resource for clubs, councils and committees in their local district. As a Key Member the opportunities are endless, which ones you choose are up to you and your district council. So, APPLY NOW!

What opportunities are there for Key Members?

- FREE Key Member Training and Key Member resources
- Meet and get to know fellow senior members from throughout the province, plus leaders and members in your district
- Personal development and growth
- Develop communication, leadership, planning and presentation skills
- Rewards through contests and challenges
- Have a TON of fun!

What does a Key Member do?

- Promote and talk with members about 4-H and 4-H opportunities
- Act as a role model and mentor for younger 4-H members
- Do presentations, workshops and clinics
- Help with fun days, camping programs, achievement activities, sponsor recognition, radio promotions
- With the support of your district council, anything you'd like to do to support and promote 4-H in your district!



HOW DO YOU APPLY?

1. Develop your cover letter and resume
2. Contact Leila Hickman, Key Member Program Coordinator at leila.hickman@gov.ab.ca if you have any questions
3. Submit your cover letter and resume to your Regional 4-H Specialist
4. Participate in an interview with representatives of your district council
5. Attend Key Member training at the Alberta 4-H Centre at Battle Lake, August 2013

Don't delay, contact your Regional 4-H Specialist today!



Key Member Training

This weekend is designed to allow Key Members to share ideas, discover their role within 4-H and the community and map out a course of action for the club year. Together, members will build on skills and be challenged in new ways. This year's training program will be held at the Alberta 4-H Centre at Battle Lake. Thanks to our fantastic sponsorship from Encana Corporation and the Government of Alberta, Key Member Training is provided free of charge.



GET GROWING CONTEST WINNERS



This Fall, we challenged 4-H clubs across Alberta to recruit as many brand new members to their club as they could. Vying for the grand prize of an all-inclusive family and club camp at the 4-H Centre, clubs got busy recruiting new members! Here are the winners for each region who are sure to enjoy their time at Battle Lake May 17th -19th. Congratulations to the winning clubs and thanks to everyone who participated in this challenge. Be sure to read on to see what innovative things these clubs did recruit new members!

THE TOP RECRUITING CLUBS

South	Claresholm 4-H Nimble Fingers Club	14
Calgary	Big Hill West Light Horse 4-H Club	17
West Central	Leslieville Trail Trotters 4-H Club	10
East Central	Golden Prairie 4-H Multi Club	10
Northeast	Wainwright 4-H Multi Club	17
Northwest	Double Diamond 4-H Multi Club	22
Northwest	Hinton High Rock Riders 4-H Club	22
Peace	Beaverlodge 4-H Beef Club	13

Total: 125 new members!

Claresholm 4-H Nimble Fingers

For the last five years we have attended the Claresholm Resource Fair to promote our club and teach more people about 4-H. We promote our club in the schools and try expand peoples' understanding of all that 4-H is. People are very excited to learn that their kids can gain the advantages of all 4-H has to offer in terms of leadership and communications skills, without having to have an animal.

In the past we added a boy's craft project which increased our numbers. So this year, we changed those projects up (airplane model, rockets, robotics) and added a foods project to attract male members – and it worked!

To keep the older members interested we encourage them to do a creative options project. This year we have members doing digital photography, fiber arts, jewelry making, food preservation and sewing a grad dress.

We have found that it is very important to create clear expectations for being a 4-H member or parent. Don't assume that new 4-H families, or even seasoned ones, are aware of all that comes with being a part of the club or taking on a new project. To prevent member-loss or parent-burnout we emphasize what exactly comes along with being a 4-H member and parent from the beginning.

This year we even created an information sheet for perspective new members that explained the five basic member expectations so parents know exactly what we need from them during the year. We believe these simple steps helped us to recruit, and retain, 16 new members!



Claresholm 4-H Nimble Fingers.

Wainwright 4-H Multi Club

To recruit new members we advertised in the local paper and created a flyer that was distributed to local schools, targeting grades of five and six. This age group is where we saw the most growth.

The projects we offered this year were equine, canine, crafts, photography, and woodworking. Our members are junior and intermediate and are very enthusiastic about their projects.

The best thing about our fairly new club is seeing the members discover all that 4-H is. We have excellent support from the parents of our members and we also have seven new leaders assisting with club and project activities. clubs did recruit new members!

Hinton High Rock Riders 4-H Club – New Club!

After noticing an increased demand for riding lessons in the community, our current project leader started asking families if they'd be interested in starting a new 4-H club. With multiple families interested in starting a club, an information night open to anyone in the community was held. A Power Point about 4-H and the light-horse project was shown and any questions answered. We also set up a booth at the Registration Fair held every fall by the Town of Hinton. With this, and a lot of word of mouth recruitment, the club started up in the fall of 2012 with 22 members!

We are offering a horsemanship level 1-3 and 4-7. However, next year may bring different projects our way! We have a great club, full of helpful families. Our new club wouldn't be the success that it is without the support of the Madison Avenue Training Stables in Hinton. Thanks to the support of them and our community, we look forward a bright future for our club.



Hinton High Riders 4-H Club.

Golden Prairie 4-H Club

We're a positive, group-activity focused and member-run club. We hold a club trip and fun days, in addition to going sledding, skiing, bowling and paint-balling together as a group. For our Community Service Activity, we like to volunteer at the local theatre. Many of our activities are "bring a friend" events where we can show potential members how much fun 4-H is!

The projects we are offering this year are horse, busking, scrapbooking, creative options, outdoorsman, photography and archery. Members stay in our club because each year they can sign up for a new project, and challenge. And, if there's interest in a project we don't have, we seek out a new project leader from the community. Having several leaders is really important when offering many different projects. If members are interested in a project that 4-H Alberta doesn't currently offer, we put a project plan into place and go for it! Some of the ones we've done include geocaching, art history and robotics.

The best things about our club are the opportunities that we offer to the members and all the fun we have!

The Golden Prairie 4-H Club.



Big Hill West Light Horse 4-H Club

In the last couple of years, our club has approached recruiting new members a little differently. Rather than saying "come join our club - bring your horse, helmet and boots", we're saying, "we'll help you find the horse, helmet and boots so that you may participate in the wonderful world of 4-H". No horse? No problem! We match members with a horse suited to them, for the benefit of the member, horse, club and community. We believe that 4-H is an opportunity every potential member should be able to take advantage of.

The parents and leaders work very hard to make 4-H a positive experience for members, and they in turn talk to their peers about what they are doing in 4-H and the fun they are having.

The projects we offered this year were Horsemanship Levels 1-3 and 4-7, Reining and Dressage. We encourage our members to take their projects to the District, Regional and Provincial levels of 4-H.

The best thing about our club, and 4-H, is that the members get out of it what they put into it. As in any group there is positive and negative. We focus on the positive, deal with the negative and most of all.... we have fun! 🍀



The Big Hill West Light Horse 4-H Club.



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Features

Winston assists the Department of Biochemistry at the UofA on some cutting edge research.

HOW 4-H LED WINSTON GAMACHE RIGHT TO HIS FUTURE!

BY: JALISA BARNETT, 4-H SPECIALIST - LEADERSHIP & RESOURCE DEVELOPMENT

Winston Gamache joined the Ardmore 4-H Beef Club when he was nine. Today, he's getting ready to launch into his post-secondary career at Queen's University in Kingston, Ontario. So what's the connection between Winston being a 4-H member and his path to a career in biochemistry? Read on to find out!

Winston's grabbed onto many opportunities during his time as a 4-H member. He's taken on various roles in his club and projects ranging from beef to photography and a unique creative options project where he focused on building his greenhouse business. By turning his business into a 4-H project, Winston found out that he was more successful than he knew and was better able to plan for the business' future. He's been able to give back to the community by donating plants (and his knowledge) for the creation of the local elementary school's outdoor learning space.

For Winston, the 4-H camps and programs he's attended over the years will always remind him of three things: the lifelong friends he's made, the skills and personal growth gained PLUS the taste for discovery that he's developed! Being a Key Member has given Winston the skills and ability to foster diversity and inclusivity in the Bonnyville 4-H District. He can't wait put the icing on his 4-H cake by attending Club Week and to give back to 4-H through counselling a program this summer.

In addition to Winston's busy 4-H career, he's stayed active in his school and community too! Since Winston has been involved in Helping Our Peers Everywhere (HOPE), the group has helped to provide funds for the training and supplies needed to teach members of a Kenyan village about producing food in more efficient and environmentally friendly ways. Students Against



Winston takes aim at a 4-H Alberta summer camp.

Drunk Driving, the Street Team, the musical theatre group have also benefited from Winston's active participation.

Another passion of Winston's is biochemistry. In fact, this past summer Winston assisted the Department of Biochemistry at the University of Alberta to conduct some cutting edge research! He's also been awarded the Chemical Institute of Canada's Young Chemist Award.

Winston is also a recipient of the 2013 Great Kids Award. This is an accolade that his employer, Triple T Greenery and teacher, Nicole Baker were honored to nominate him for. In her nomination letter, Nicole wrote, "Winston demonstrates humility and a drive to improve. He is a true leader – a leader who does not command, or force his way, but rather a leader who models by example, who guides gently."

And so, where has all of Winston's 4-H, community and school-based leadership, entrepreneurship and biochemistry experience brought him today? In March 2013, Winston was announced as a Loran Scholar by the Canadian Merit Scholarship Foundation (CMSF). Since 1988, this organization has been committed to selecting and supporting students who show promise of leadership and a strong commitment to service in the community.

They're looking for individuals who demonstrate a wide breadth of understanding, face challenges head-on and are willing to take risks. After completing his application last fall, Winston attended a regional interview and advanced to the national interview process in Toronto with other finalists from across Canada. With an amazing opportunity on the line, Winston said that all of his 4-H public speaking experience gave him the confidence he needed, and that his 4-H leadership and community service experience gave him plenty to talk about.

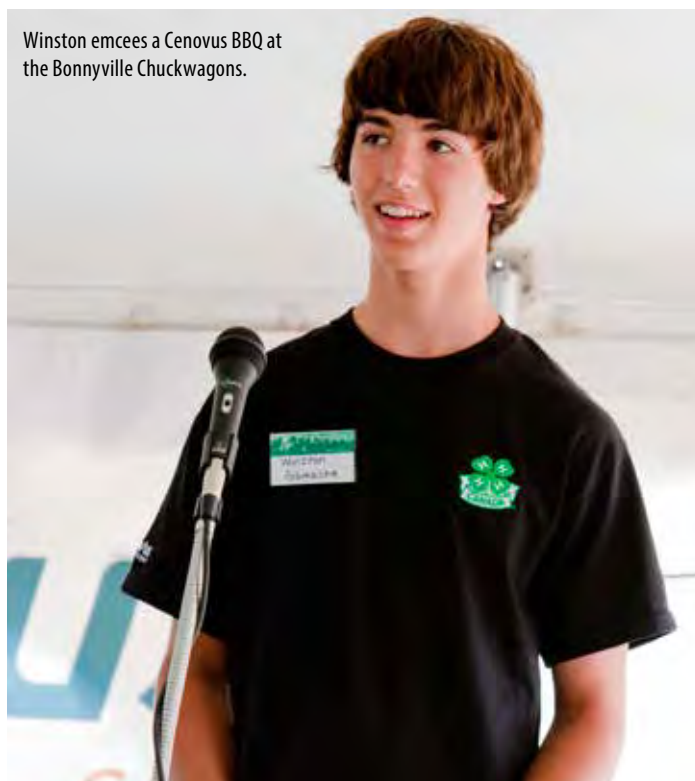
Soon Winston will be headed east to pursue his dream of studying biochemistry at Queen's University. As a Loran Scholar, Winston will be paired with a mentor in his field of study, provided with a variety of national and international intern opportunities in addition to having his tuition and living expenses paid for. Where Winston will go from there? We can't wait to find out! ❀



Winston was chosen as a "Difference Maker" medal bearer for the Rick Hanson 25th Anniversary Relay.



A display created for his Creative Options Project centred around his Greenhouse Business.



Winston emcees a Cenovus BBQ at the Bonnyville Chuckwagons.

Gillian Shields Named Miss Rodeo Canada

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

On November 10th, 2012 4-H alumnus Gillian Shields was named Miss Rodeo Canada at the Canadian National Finals Rodeo in Edmonton, Alberta.

After a week-long competition in the categories of horsemanship, public speaking, a personal interview, rodeo knowledge plus personality, poise and maturity - each contestant was anxious to hear which name Les McIntyre would be announcing as Miss Rodeo Canada 2013! It was Miss Rodeo Airdrie and former member of the Didsbury Outlaws 4-H Club, Gillian Shields, who heard her name called that afternoon. As the crown was passed to her by a fellow 4-H alumnus, Arleta Bowhay, she remembers feeling excited, nervous and surprised!

Gillian is 21 years old, and was born and raised on a farm west of Didsbury, Alberta. Being a 4-H member in the local 4-H horse club is something that Gillian says played a huge role on her road to the crown. The horsemanship and public speaking skills that she developed from such a young age have served her well – along with the 4-H Horse Reference Manual that she still uses to study for horsemanship quizzes!

Gillian credits her early involvement in 4-H and rodeo for igniting her passion for agriculture, our western culture as well as the importance of community. Looking back on her time as a member, Gillian will tell you that the most important thing 4-H provided her with was a great place to grow up - a positive environment and a supportive extended family. This humble Miss Rodeo Canada will tell you that she wasn't just running for herself, but that she wanted to win for everyone who was supporting her- including those 4-H families who have been behind her all the way!

The community around 4-H and rodeo made a huge impact on Gillian, and today she says that she wouldn't know how to live a life that didn't involve giving back through volunteering and community service. Gillian has often returned to her 4-H club to facilitate Queen Clinics for its members. She also enjoys volunteering with the Mountain View Arts Society, Didsbury Agriculture Society and performing regularly for seniors and patients at the Didsbury hospital with her violin.

Now that the crowning has sunk in, Gillian has a busy year ahead of her. As Miss Rodeo Canada, Gillian will attend hundreds of events locally, across Canada and around the world; volunteering, promoting agriculture and our western heritage in addition to serving as the Canadian ambassador for the sport of rodeo. We're willing to bet that she's going to spread the word about 4-H in her travels too.

On behalf of 4-H Alberta, congratulations Gillian on being crowned Miss Rodeo Canada!

"4-H puts members on the path to success. Thanks to 4-H Alberta for all that you are and all that you do!"

GILLIAN SHIELDS, Miss Rodeo Canada 2013 . ❁





Samantha receiving her award from Alberta Premier Alison Redford with Alberta Culture Minister Heather Klimchuk.

Shooting For The Stars

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

On December 5th, 2012, 4-H alumnus Samantha Sperber was presented with a Stars of Alberta Volunteer Award in the Youth Category. The Stars of Alberta Volunteer Awards recognize extraordinary Albertans whose volunteer efforts have contributed to the well-being of their community and fellow community members. Six awards, two in each category of youth, adult and senior are presented annually on or around International Volunteer Day.

Eleven-year 4-H member of the West Ponoka 4-H Beef Club, Samantha Sperber, was nominated by Mr. Richard Lewis of Grant MacEwan University for the award. Speaking to how Samantha exemplifies the spirit of community service, serves as a role model for others in her community, inspires others to engage in volunteer service, demonstrates initiative, leadership and creativity in her service to others and finally, how she improves the quality of life for fellow Albertans and her community, is certainly made easy by her actions.

Samantha Sperber is a passionate young leader with a keen sense of duty. Her volunteer activities are extensive in scope and have impacted the lives of her peers, her local community, and the wider global populace. Samantha is a member of the Youth Secretariat of the Human Services department playing a critical role ensuring that the youth perspective is heard in Government. She participated at the Alberta Culture Forum and had a voice in the Premier's Council for Economic Strategy report.

Aspiring to become an optometrist, Samantha is the Vice-President of the Pre-Optometry Club at the Grant MacEwan University and a founder of the STARE program with the objective to collect used eye glasses for those less fortunate in the developing countries.

Samantha is an avid supporter and promoter of the agricultural industry, a passion that she always brought with her and further developed through the 4-H beef project. Samantha participates in the Canadian Cattlemen's Association Cattlemen's Young Leaders program and has attended conferences across North America speaking to the industry about the importance of youth in agriculture. She was also selected to be a Canadian representative at the Five Nations Beef Alliance Young Ranch-

ers Program, where she had opportunity to talk to young ranchers from all over the world about the Canadian cattle industry.

The Stars of Alberta Volunteer Award was presented to Samantha by Alberta Premier Alison Redford with Alberta Culture Minister Heather Klimchuk following Samantha's address in which she spoke of the power of volunteerism. Congratulations Samantha!

Participating in the club's Community Service Activity is a Basic Member Requirement for all 4-H members. Remember, the goal is to give back to a group of people, an organization or the community as a whole. So choose an activity with impact, because in the end we're all responsible for the greater good of our community. ♣



Speaking to the power of volunteerism. Samantha is a staunch advocate of Alberta's agriculture industry and shines as a voice for youth in discussions on a range of issues effecting Alberta's young people.

Richard (3rd from left) is recognized at his local UFA store.



RICHARD STARK RECEIVES UFA 4-H ALUMNI VOLUNTEER SERVICE AWARD

BY: 4-H FOUNDATION OF ALBERTA

In conjunction with National Volunteer Week, April 21 – 27, 2013, UFA Co-operative Limited and 4-H Alberta were proud to recognize the 2012 recipient of the UFA 4-H Alumni Volunteer Service Award, Richard Stark, at the UFA Farm & Ranch Supply store in Red Deer, Alberta.

Richard was recognized for his noteworthy contributions to his local community via his continued involvement with 4-H Alberta. The timing of this presentation was fitting, as National Volunteer Week works to pay tribute to the millions of Canadian volunteers who graciously donate their time and talents to our communities. Today, volunteers are involved in more ways than ever before, and Richard is no exception.

Richard is a former nine year 4-H member and Calgary resident, was involved in both the Golden Rod 4-H Club and the Airdrie Helping Hands Club. Following his membership with 4-H Alberta, he immediately became involved in the West Central 4-H Alumni, volunteering his time as Vice President and then President. Emulating his former 4-H leaders, Richard wanted to give back to 4-H and the community in order to follow in the footsteps of exceptional volunteers and his mentors.

According to his nominators, Sylvia Mathon, Greg Coleman and Christine Patten, “Richard’s smile, enthusiasm and devotion to 4-H Alberta are never ending”. Richard has remained committed to the 4-H Alberta program by volunteering and representing the West Central 4-H Alumni at the West Central 4-H Regional Council, spearheading volunteers for the Agri-Trade 4-H Alumni information booth, reviewing financial statements and arranging annual West Central, East Central and Calgary Region Intermediate and Senior 4-H Member Ski trips for three consecutive years.

“UFA is proud to partner with 4-H Alberta to recognize exemplary individuals who continue to volunteer their time to support their communities and 4-H clubs to develop the next generation of leaders,” said Jenn Norrie, Manager of Communications, UFA. “Richard Stark is a well-deserving recipient of this award and we thank him for his continuing efforts.”

Richard, who currently resides in Red Deer, Alberta, was presented with a UFA 4-H Alumni Service Award certificate and received a \$2,000 UFA gift certificate in recognition of demonstrating leadership through volunteerism.

Richard’s achievements and commitments should certainly be celebrated and thanked, as well as the rest of the 4-H Alberta volunteers that continue to strengthen the program and our communities. On behalf of 4-H Alberta, congratulations to Richard and many thanks to all of our fantastic volunteers. 🍀



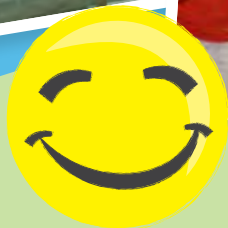
Richard Stark (left) receives award from Mark Sayers, UFA Delegate and 4-H Council of Alberta Director.



SUMMER'S HERE CELEBRATE!



4-H CAMP



4-H ALBERTA'S 2013 SUMMER PROGRAM GUIDE

SIGN UP FOR FUN BY JUNE 14TH, 2013
REGISTER ONLINE AT WWW.4H.AB.CA

Junior Camp

Five days of non-stop fun for delegates ages 9-11, perfect for those who have never attended camp before! Campfires and crafting, archery and dancing, beach time and slip 'n' slide – what more could you ask for? Self-discovery, skill development and FUN will make the time fly while members are busy forming friendships. This camp leaves the junior delegate with a taste for more!

July 21 - 25	Alberta 4-H Centre – Provincial Program
Aug 12 - 16	Alberta 4-H Centre – Provincial Program
July 10 - 13	Elkwater – Regional Program, South
July 23 - 27	Artaban – Regional Program, Peace
Aug 12 - 16	Moose Lake – Regional Program, Northeast
Aug 19 - 23	Mackinickola – Regional Program, Northwest



FRIENDS

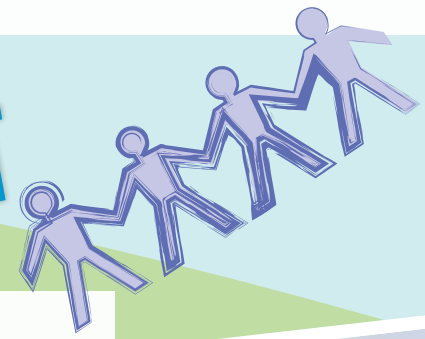
Combined Camp

For delegates ages 10-13, this camp is great for families with junior and intermediate members who want to attend the same summer program. Delegates will get to take part in their favorite large group and team activities, interactive games and challenging skill sessions while catching up with 4-H friends.

July 8 - 12	Alberta 4-H Centre – Provincial Program
July 15-19	Alberta 4-H Centre – Provincial Program
Aug 18 - 22	Alberta 4-H Centre – Provincial Program



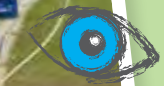
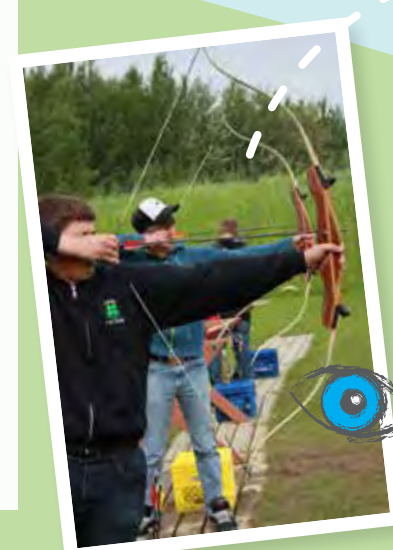
FUN



Intermediate Camp

If you loved junior camp, you're going to have a blast at intermediate camp! With the same fun and friends that you enjoyed as a junior delegate, but with activities and knowledge sessions designed to take you to the next level of your journey as a 4-H member. Plus, you'll get to choose your own adventure by picking and choosing some of the activities at camp.

Aug 05 - 10	Alberta 4-H Centre – Provincial Program
July 14 - 18	Elkwater – Regional Program, South
July 29 - Aug 2	Artaban – Regional Program, Peace
Aug 12 - 16	Mackinickolea – Regional Program, Northwest
Aug 19 - 23	Moose Lake – Regional Program, Northeast



CAMP

Club Week

You've now reached the peak of your 4-H Alberta summer program journey, and Club Week just happens to be the icing on the cake. This program has been described by so many as "life changing" with its emphasis on making you think about your past experiences, your current circumstances and your vision for the future. The Club Week experience wouldn't be complete without plenty of fun, friends and dancing.

July 23 – 28 Olds College, Olds Provincial Program



Leadership Through Counseling Seminar (LTCS)

You're a senior member! If you want to gain teamwork, leadership and personal development skills and training for club, camp counseling and other life situations – LTCS is the program for you. Attending this program means that you'll get to help recreate the awesome experience you had at camp by counseling a regional or provincial one later in the summer yourself!

July 1-5 Alberta 4-H Centre – Provincial Program



LEAD



DISCOVER



People Developing People Plus (PDP Plus)

Now that you've been to PDP, and you're 14-16 years old, you can experience the hands-on sessions that will help you explore your role in the development of your club, community, country and world. You will also be given the opportunity to mentor Combined Camp participants.

Aug 18 - 23 Alberta 4-H Centre – Provincial Program

People Developing People (PDP)

This program is a great way to build leadership and citizenship skills in the 13-15 year old while learning, playing and developing lifelong friendships in a community based environment. Delegates will gain camping skills, participate in recreational activities as well as special interest sessions. The PDP delegate's horizon will be broadened!

July 21 – 26 Alberta 4-H Centre – Provincial Program
July 28 – Aug 2 Alberta 4-H Centre – Provincial Program

IMAGINE



HOW TO REGISTER

To register for 4-H Alberta's **provincial programs** one must use the Online Registration System. Using the steps below, you'll find the process fast, easy and convenient!

- 1 Visit www.4h.ab.ca and click on "Online Registrations"
- 2 Click on "Online Program/Event Registration"
- 3 Here, you will have to enter the member's Username and Password*
- 4 Once signed in, click on the "Program Registration" tab
- 5 Click on the program you would like to register for, and proceed through all of the steps
- 6 Once you have completed registration, you will receive an email stating that the registration has been submitted and is awaiting approval

To register for 4-H Alberta's **regional programs**, use the following steps.

- 1 Visit www.4h.ab.ca and click on the "Regional Info" tab
- 2 Select your Region
- 3 Select the month of the program you would like to register for
- 4 Click on the "Details" to access a program description, further instructions and the application form

*Remember, to register a member for a program one must use the Username and Password specific to that member. Once your club has registered, a member's Username and Password will be emailed to the address provided at the time of Club Registration.

If members encounter any problems with their Username and/or Password, please contact 4-H Alberta's Registrar by emailing 4hregistrar@gov.ab.ca or by calling 1-780-422-4444. Click on "Forgot your password?" on the sign-in page if you have indeed done so.



Marks of perfection

How were your Grade 11 marks?

If you're in Grade 12 and had a Grade 11 average of 85% or higher, you've already won a Lakeland College scholarship!

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- **Educational Assistant**
- **Environmental Sciences** (majors in conservation and restoration ecology, environmental conservation and reclamation, environmental monitoring and protection, wildlife and fisheries conservation)
- **University Transfer**

Apply by June 30, 2013 to cash in on your good marks!



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HORSE AND DAIRY

MEMBERS

CHECK OUT THESE PROGRAMS & SHOWS.

Provincial Sheep Show

JULY 9-12, OLDS

The sheep industry in Alberta is thriving, and so is the annual Provincial Sheep Show! 4-H sheep project members should definitely consider checking out this great opportunity for competition, increased project knowledge and the chance to learn more about this exciting industry. Registered members can participate in the show, skill competitions, industry workshops and may also enter the jackpot market lamb class. And because this event is happening in conjunction with other Provincial 4-H livestock programs, there will be plenty of chances for fun and making friends with fellow 4-Her's from throughout Alberta.

Program registration now closed.

Provincial Beef Heifer Show

JULY 8-11, OLDS

Are you a 4-H beef project member who's passionate about the industry and craving a summer livestock show where you get to participate with your beef project animal, as well as sharpen your showmanship, judging and marketing skills? Then the Provincial Beef Heifer Show is for you! Registration will be followed by three full days of learning, competition, and show for 4-H beef project members. Those with and without female projects are encouraged to develop and hone skills, share knowledge with less experienced members, to assist a friend or simply to check it all out. Social activities each evening are open to all 4-H members as well as junior beef breed show participants.

Program registration now closed.



Provincial Dairy Show

JULY 9-12, OLDS

This show welcomes all 4-H dairy project members from throughout Alberta to come together and participate in various skills competitions, the dairy husbandry quiz plus much, much more. The experiential learning happening at the Provincial Dairy Show is sure to encourage the next generation of dairy producers in a fun and exciting way. There will be plenty of opportunities to interact, socialize and build networks amongst fellow 4-H dairy members. Social activities each evening will also keep members busy meeting or re-connecting with other livestock 4-Her's from throughout the province!

Register now at www.4h.ab.ca.

Deadline for registration is June 29th.





Provincial Horse Show

AUGUST 3- 5, OLDS

The Provincial Horse Show is open to Level 4-7 horse project members from around the province, as they demonstrate their riding abilities competing against other 4-H members from their riding level. With over 100 diverse classes including English, Western and Gymkhana, the Provincial Horse Show is sure to offer something for every Level 4-7 4-H horse project member. Plus, who can resist an opportunity to hang out and have fun with fellow 4-Her's from across the province!

Register now at www.4h.ab.ca.

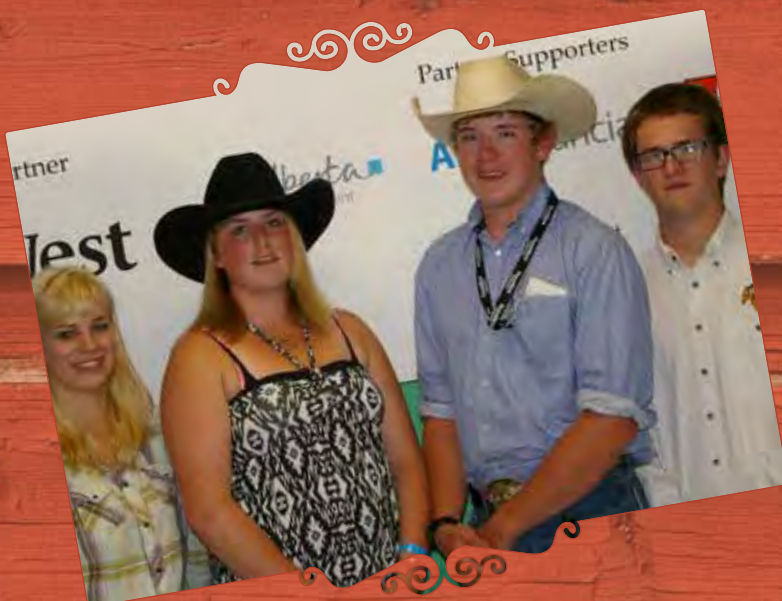
Deadline for registration is June 14th.

Summer Synergy

JULY 8-14, OLDS

Members who show livestock at either the Provincial Beef Heifer, Sheep or Dairy Shows, are also encouraged to check out the events of Summer Synergy. This program sees further show opportunities for those with animals, as well as a scholarship program. Summer Synergy is open to all Alberta youth (6-21) who show beef, as well as 4-H sheep and 4-H dairy members. Entry into Summer Synergy requires the completion of a separate marketing project and competition in each of the multi-judging classes.

Program registration now closed.



Horse Classic

JULY 31 – AUGUST 2, OLDS

4-H horse members, leaders and parents from around the province will gather in Olds to showcase their knowledge and better their understanding of the horse industry at this year's Horse Classic! This opportunity shouldn't be passed up by the horse-passionate 4-H member and doesn't require bringing a horse! Together, with their fellow 4-H horse project members, they'll experience clinics, judging, team activities, marketing and hippology contests, quizzes plus much, much more! The opportunity to launch your international 4-H career is also available through Horse Classic, with four delegates being selected to go to the National Western 4-H Horse Classic in Denver, Colorado in January.

Members, leaders and parents can register now at www.4h.ab.ca. Deadline for registration is June 14th.

Conflict Management Series: Responding To Emails

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

Conversations are had using words, gestures, facial expressions, body language, tone of voice and volume. While email is a form of communication, it is not a conversation. This is important to remember when you hit the reply button after receiving an email.

So, if you've added some emoticons and used what you'd consider positive language, don't assume the reader it will interpret the message how you feel you've written it. Just as an initial email can trigger an emotional response that a person did or did not intend, so too can the reply.

So how do you reply to an email that has you emotionally charged?

1. Sleep on it. And if you can't get a good night's sleep between receiving the email, writing a response and then hitting the send button, at least take a time out. Go for a quick walk, get a cup of tea, do something to decompress and then come back to your email reply. Read it over, is it really what you want to say or can you say it with a different tone? Often I will get someone else to read my response over (maintaining total confidentiality) to see and determine if it contains anything that the read may perceive as "attitude". A fresh set of eyes can be effective.
2. Unless it is necessary, do not "reply all". Only use reply all if you are confident that "all" will be interested in your response or need to be aware of your response. If you and the sender disagree on something, do you think others really need to know or are you hoping that by "reply all" you will get more people in your corner, on side in line with your way of thinking?

Don't use reply all to e-tattle, scold, correct or send nasty comments back to the sender because you found their email offensive. This may be a very important time to pick up the phone and ask for some clarification. If a correction needs to be made, allow the sender to make that change. We all want the chance to "save face" and by having some private dialogue, that opportunity is much greater.

Right now, or with your whole club at your next meeting, I encourage you to take the E-mail Etiquette Pledge! It can be found online at www.email Etiquettepledge.com/take-the-pledge/. It goes like this:

- "As a concerned "Netizen" who enjoys communicating with technology in an informed and courteous manner; who doesn't want to see the online world loose its humanity, I hereby take the following E-mail Etiquette Pledge:
- I will do my best and make an effort to learn about and follow proper E-mail Etiquette so I can communicate with courtesy and clarity so as to avoid misunderstandings. E-mail is not just about me — it is about the person on the other side of the screen as well!

- I will do my best to ensure I don't hide behind this screen to say and do things I would otherwise not do if face-to-face with those I e-mail. I will type to others as I would have them type unto me!
- I will do my best to make an effort to understand technology enough to be able to use it properly so that my lack of knowledge doesn't have a negative impact on those I communicate with.
- By taking the above simple pledge, I hope to help encourage other on-liners to not use this wonderful technology as an excuse to be lazy or not do what is right but rather as a reason to reach out and communicate as educated, civil, caring and courteous human beings."

I would encourage everyone to embrace this pledge and to please respond with care. How you choose to respond to an email can mean the difference between an efficient exchange of information and a full-blown e-war of words. And remember, that choice is up to you!

Long Love This Land

The music video Long Love This Land, commissioned by ATB Financial, is a grassroots hit with over 17,000 views on YouTube and is now available for download. The proceeds from the purchase of Long Love This Land will now benefit three Alberta charities – Ronald McDonald House®, 4-H Foundation of Alberta and STARS. The ATB Cares program will match funds up to \$10,000.

Long Love This Land is available for download from iTunes, CD Baby and Amazon for \$0.99. The original video can be viewed on YouTube.

The song, performed by Curtis Glas, was written by Mike Shields as a tribute the hard-working Albertans in agriculture and agribusiness. For more information on the project, visit

www.wearealberta.ca.



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Improving Club Safety is Simple!



BY: NICOLE HORNETT, Farm Safety Coordinator

There's no doubt about it: 4-H clubs are always busy with meetings, project work, community service, social events, shows and much more! To keep everything running smoothly, members serve on the club executive, support positions and committees. With everyone working towards the greater good of the club, no wonder successful years are always well within reach! While all these club activities are fun and exciting, they can come with risks to health and safety. Does your club have a safety representative or safety committee?

For some, knowing how to best approach safety can bring about uncertainty. Truthfully, the most successful safety approach is the one that's designed with your club's members and activities in mind.

Safety Representatives or Committees may:

- **Encourage** conversations by starting meetings with a 'Safety Minute' to discuss a safety topic
- **Work** with leaders to write a club safety plan. The plan could cover topics like: emergency procedures, appointing a first aider at events, livestock handling guidelines at shows, and boundaries around bullying or horseplay
- **Assist** with pre-event inspections to look for hazardous

issues, then decide on a suitable solution

- **Remind** members to wear protective gear like helmets, close-toed shoes and safety glasses
- **Poll** the club on first aid training needs, then seek prices to host a training day
- **Help** leaders ensure activities follow insurance rules, that fire exits are not blocked or that room capacities are not exceeded
Of course, representing safety has its fun side, too!
- **Promote** safety through events like colouring contests, poster competitions, or year-end celebrations
- **Invite** a guest speaker to talk about what safety means to them
- **Request** an interactive safety display for a district or regional 4-H events
- **Sign up** for the Safety Wranglers Club through the Alberta Farm Safety Program
- **Book** a tour at a safety supply store to learn about protective equipment

There is a good chance that many of the above activities are already happening in your club. If thinking about safety shifts from being a stand-alone topic to just being a part of how things are done, positive results will be shared by all. For more information on striking up a safety committee, or how to locate resources on safety topics that apply to your club, contact your Regional 4-H Specialist or a Farm Safety Coordinator with the Alberta Farm Safety Program.

www.agriculture.alberta.ca/farmsafety 🌱



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Travel & Exchange

4-HERS FLOCK TO DENVER



The Livestock Judging and Hippology Teams.

This January, nine 4-H members travelled to the Western National Round-Up and the National Western Stock Show in Denver, Colorado for the experience of a lifetime. Due to their achievements at Horse Classic and the Provincial Judging Competition, each member was able to partake in this fun adventure, full of fantastic opportunities. Read on to hear about their unique experiences!

Livestock Judging Team Soaks In Western National Round-Up

BY: CASEY MOREY, *Livestock Judging Team Member*

This January I travelled to Denver, Colorado with my fellow Livestock Judging team members. Firstly, we took part in an orientation and then had a pin swap, where we exchanged state (or in our case, provincial) pins and met participants from all over the states.

On Friday we traveled to the Colorado State University in Fort Collins for a judging workshop. On the drive we met a very nice group from Wyoming, and got to learn a lot about the state and how their 4-H differs from ours. The workshop allowed us to work as a team with our coach to evaluate classes and give reasons.

I think that the most noticeable difference between judging in Canada and the United States is the structure of reasons. In the states, when giving reasons they give both positives and negatives on the classes and really paint vivid picture of the class. It is less of a comparison of the animals and more of a description of the individual animals in greater detail. Following the workshop we traveled back to Denver and went to the stock show followed by a dance.

On Saturday morning we traveled back to Fort Collins for the

Livestock Judging competition. We judged 10 classes in total - four beef, three swine, two sheep and one goat. After we finished judging, we were loaded onto a bus and given a bag lunch (no talking allowed). From the University it was a quick drive to the hotel where we gave reasons on 2 beef, 2 swine, and 2 sheep classes.

After the placings were announced, we headed back to Denver for the banquet. There was another dance that evening where we had the opportunity to hang out with new people from different states in a non-competitive environment. We all had an amazing time learning how to swing dance!

On Sunday morning, we attended the awards banquet. Our team did really well. We placed 9th in team sheep placings, and 10th in overall team sheep judging. This was an incredible trip where we met new people and learned about the 4-H in the US. We'll remember this trip for a lifetime!



The Livestock Judging Team in deep contemplation during their team exercise.

Helloooo National Western Stock Show!

BY: DARIAN LIVINGSTON, *Trip Awardee*

Last summer, I attended the 4-H Provincial Judging Competition where I was awarded the chance to travel to Denver, Colorado for the National Western Stock Show.

Upon arrival I was greeted by my host family, the Phillips. From the airport where headed straight to the National Western Stock Show. I checked in as an international guest and was asked to put a pin on the map, showing that I was from Vermilion, Alberta.

The stock show is huge! So large that it took us all four days just to be able to see everything! There was an entire building

Hippology Team Takes On The Mile-High City

BY: SIERA BERG, *Hippology Team Member*

Adventure, fun, epic, awesome and memorable are just a few words to describe the Western National Round-Up in Denver, Colorado that the Hippology Team attended. Our first impression of the event was “wow, this is really fancy”. The hotel was quite large and was occupied by hundreds of 4-Her’s and FFAers from across the United States.

Our days were filled with late nights, early mornings, non-stop laughter and fun! We heard all sorts of accents from across the USA, and happily said ‘eh’ at every request of the Americans (which was often of course). There were plenty of discussions with other teams on vocabulary that is unique to where they are from.

The Western National 4-H Roundup event offered a banquet, two dances, pin-swaps, team photos plus opening and closing ceremonies. One of the many highlights of our trip took place on Saturday, when we were asked by the 4-H Mall organizer to pose in a photo shoot for the USA 4-H Mall 2014 Catalogue with their new appeal and items.

The Denver National Western Stock Show was huge, with too many booths at the trade fair to count. It was nearly impossible to go through the entire thing in time we had there. Before we knew it, it was time to head home. We will always have our memories of Denver plus our 6th place ribbons for the Team Problem Challenges that we had to complete and present. Our Denver trip was an amazing time! 🌟



(Above) The 4-H Alberta Hippology Team. (L to R) Glenda Brady (chaperone), Morgan Sorensen, Shawni Lupaschuk, Siera Berg and Jonathan Wrubleski (being held).

(Below) The 4-H Alberta Livestock Judging Team. Back row (L to R): Katie Crawford, Jade Marshall, Lexi Hoy (chaperone). Front Row (L to R): Andie Hadway and Casey Morey.



Dairan and Gina at the National Western Stock Show.

filled with cattle which overflowed out into the stock yards.

After a long first day of traveling and sight-seeing at the stock show, we ate at Chili’s and headed to the Phillips’ hometown of Sterling. About an hour out of Denver, Sterling is a small town with just three houses, a post office and a tea-shop. It’s a beautiful little spot!

The next morning we drove back to Denver to attend the collegiate judging competition. The stock classes were chosen well, and even though I wasn’t a competitor I found myself having an internal debate while deciding which order I would place each of the classes.

After roaming stockyards and the trade fair, Gina and I attended the rodeo that night. I found myself cheering for the livestock as most of them were from the Calgary Stampede. I got some funny looks from the people surrounding me but I just showed them my Canadian pin proudly displayed on my 4-H jacket and they understood. To round off our already busy day, Gina and I saw Josh Abot play at the Grizzly Rose, a very popular dance hall in Denver.

On Friday I attended the collegiate judging awards banquet as a guest of honour. I met the winner of the competition and we’re planning on meeting up during the summer when he comes to Alberta as part of his award. On Saturday we went downtown to check out the hunting and fishing expo and to do some shopping.

That night, to round my trip off, Gina took me bowling with one of her friends. After indulging in pizza, “soda” and several games of 10-pin bowling it hit me that I would soon be going home. Sunday morning came all too soon. Gina tried to convince her dad to drive right past the airport and onto Kansas so I wouldn’t have to go.

Although I hadn’t known the Phillips for very long, I had become good friends with them. I was reluctant to say goodbye, but took comfort in the fact that Gina and I had already started planning her trip to Alberta.

I was able to take so many things away from my trip, including some great connections. I am so thankful for the opportunity and those who made it possible. I highly suggest that every member attend as many 4-H programs that they are able to! The opportunities are endless and you won’t be disappointed.



Agribition

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

After travelling to Agribition through some less-than-desirable weather, both teams and their chaperone were happy to arrive safely in Regina, Saskatchewan for the Canadian Western Agribition.

Since there were some last-minute changes to the classes that were to be judged the next day, 4-H Alberta's judges spend their first night brushing up on their beef terms and characteristics. There were 11 classes to be judged the next day including: one dairy cow, two swine, one dairy heifer, one horse, two commercial beef cattle and the remaining classes were comprised of purebred beef cattle. Following a strenuous day of judging, the group headed back to the hotel for a swim.

The next day brought the awards ceremony. While none of our group placed in the top five, they all did very well. The rest of the day was filled with checking out all that Agribition has to offer it's visitors. While there was no luck for this group in the travelling department, (flights home delayed due to one Mrs. Mother Nature) they had a great trip to Agribition!

Congratulations to 4-H Alberta Ambassador, Becky Domolewski, for placing third while representing Lake-land College! 🍀

Exchange of a Lifetime

BY: BRYANA CRESSEY AND SHANNON BICKLEY

Our club was fortunate enough to be chosen to take part in the Youth Exchange Canada program in the summer of 2012. Ten members of Red Deer West 4-H Beef Club were paired with ten members from multiple clubs around Simcoe County, north of Toronto.

In early July the Ontario members travelled to Alberta and we took them to various places. They got to experience the Columbia Ice Fields, Drumheller, white-water rafting, Provincial 4-H Beef Heifer Show, Sylvan Star Cheese Farm and a RCMP dog training demonstration. We really enjoyed the group we were paired with and couldn't wait to go to Ontario!

In late July we flew down to Simcoe County and met up with our exchangees! We were lucky enough to be able to check out Niagara Falls, Canada's Wonderland, a local dairy farm and feedlot, as well as the CN Tower. We said our goodbyes with an all-nighter at one of the farms.

All us Albertans were amazed by the indoor feedlots and the differences between the two provinces - especially the milk in a bag! We learned that all provinces run 4-H a little differently and offer different opportunities within their area. Its amazing how in a short period of time we created friendships that will last a lifetime. We were truly blessed to have met the group of people that we did.

Thank you Youth Exchange Canada for providing us with this opportunity to experience another part of Canada!!!! 🍀

The exchange group visits Drumheller, Alberta.



Alberta heads East! Pictured here at the Niagara Falls.



Regional News & Events



Members received awards at the Regional Celebration evening.

Calgary Region

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

Regional Celebration

On December 2nd, 2012 the Calgary 4-H Region held its annual Regional Celebration, this year in Strathmore. Members from around the region were recognized for their accomplishments in multi judging, the record book competition, regional bursaries and scholarships. Leaders also received their 3, 5, 10 and 15 year pins. Thank you to all leaders for your support of the 4-H program! Two enthusiastic ladies in the 4-H program were recognized at this event, Bev Rasmussen and Carol Hadway. Both have dedicated countless hours to various events within the Calgary region and beyond. A big thanks goes to them for their support and commitment to the 4-H program.

Regional Multi-Judging Competition

Once again the Mountain View District hosted the Regional Multi-Judging Competition in Olds. Just under 200 members participated in this event which had them judging 6 classes. Luckily the weather cooperated.

Congratulations to Lorraine Parkinson!

Kudos to the Calgary 4-H Region's current council president, Lorraine Parkinson. At the 2013 Leaders' Conference she was awarded the Golden Clover award for her 15 years of being instrumental in Golden Rod Multi Club's involvement in a cooking demonstration during Kid's Day at the Calgary Stampede. The award couldn't go to a more deserving individual.

Good luck to all at 4-H on Parade! ❁

West Central Region

BY: JANET KERR, *Regional 4-H Specialist – West Central & East Central*

Regional Horse Show

The West Central 4-H Horse Show will be held at the Westerner in Red Deer from May 31 to June 2. It will once again be a large show with over 200 members from across the region. Friday is devoted to English Classes such as Pleasure, Equitation, Hunter Hack,

Dressage, and a variety of jumping classes. Additionally Levels 1 – 3 will have the opportunity to do their trail pattern on Friday.

Saturday is a very busy day which includes Showmanship, Western Pleasure and Horsemanship, Reining, Trail and new for 2013 – Ranch Horse Pleasure. The show concludes with Delsy Derby and then a judging class and the day ends with the ever popular dance.

Sunday includes matched pairs, command, drill team and then games – barrels, poles, keyhole, thread the needle, dream weavers and walk, trot, lead. ❁

Peace Region

BY: LEXI HOY, *Regional 4-H Specialist - Peace*

Beef Learning Day

Beef leaders who attend BUD in October made quick work of providing a unique opportunity to beef members, leaders and parents in the Peace! On November 17th over 150 members, leaders and parents attended two beef information sessions with Barry Yaremco - Beef and Forage Specialist with Alberta Agriculture and Don Campbell who works with the Meat Inspection/Investigation Branch with Alberta Agriculture. The day was very informative on the topics of beef nutrition and meat inspection. Thank-you to Barry and Don for the opportunity and also to UFA for providing meals at both events.

Something to Say

On a COLD Saturday in December, approximately 25 members braved the weather and attended the 2nd Annual Something to Say Workshop! The one day event saw the members being put through their paces as they practiced their public speaking and presentation skills. With help from Kayleigh Corfe, Peace Ambassador and Katherine Barkwell, Peace Alumnus the day was a with members who attended defiantly learned a bit more about themselves and how to improve their public speaking and presentations skills! Thank-you to Kayleigh and Katherine!

Winter Camp

Junior and intermediate members had wonderful spring-like weather on the weekend of February 8-10th for their annual Winter Camp. With the theme of "Survivor" the members descended on E.E Oliver School in Fairview for a weekend of FUN! We had a wonderful presentation from Mark Watson, who is a familiar face at Leaders Conference. Delegates also had a select-a-sessions, outside games and a "minute to win it" challenge. Thank-you to the Peace Country Beef and Forage Association for making it possible to have Mark at our Winter Camp!

Regional Learning Day

Also on February 9th, Peace Region Key Leaders hosted a Learning Day for adults involved with 4-H. Leaders were able to attend various sessions including: Venture Out (a really neat new resource), Leader Level 1 Training, Setting up Your Communications Activity, Parliamentary Workshop, Horse Record Books and a Round Table Q&A. Thank-you Key Leaders for making this day a success! ❁

East Central Region

BY: JANET KERR, *Regional 4-H Specialist, East Central & West Central*

East Central Recognition Night

The East Central Recognition Night was held on Sunday, April 14, 2013 at the Galahad Hall. The evening included dinner, entertainment and recognition. Leaders who have completed 3, 5, 10, 15, 20, 25, 30 and 35 years of Leadership in 2012 and 2013 were recognized along with all 4-H members who received Platinum Awards in 2012 and 2013.

Rodeos

There will be 6 rodeos in the East Central Region this year. The dates and locations are:

June 1 and 2	Halkirk
June 8 and 9	Stettler
June 22 and 23	Gooseberry Lake

All equine project members are welcome to attend these events. Check the 4-H website or with your East Central 4-H Equine Project leaders for information on events and how to register.

Horse Show

Calling all East Central 4-H equine project members and leaders, past and present. A horse show is being planned for all of you to participate in. This event is being planned to celebrate the 100th Anniversary of 4-H in Canada, as a reunion for past participants and as an opportunity for current 4-H members and leaders to experience the fun of this event.

The show will be held in Stettler from July 19 – 21 at the Stettler Agricultural Grounds. We hope to see lots of you there. ❀

Northeast Region

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

You Be the Judge & NE Adventure Day

Where can you go one Saturday in February and find a bunch of farm animals and even boxes of cereal under one roof... to Lakeland College of course! On February 9th the NE region hosted over 100 members and leaders at the annual 'You Be the Judge' event. Thank you to the Lakeland College Judging Team and the Collegiate 4-H members that shared judging tips and pointers with the group at thirteen different stations. Each year the Lakeland College judging team has an early morning gathering up several judging classes for the local 4-H members to evaluate and learn from. This year we had a wide variety of classes and everyone was able to take away a lot of good information.

During the NE Adventure day portion of the program, the members are encouraged to enter a Project Display for a 'People's Choice' competition. Everyone in attendance was allowed to judge the project display and winners were declared. Congratulations to our winners that were treated to a choice of a Fender acoustic guitar, a digital camera and an iPod shuffle as prizes. It was close competition, the final votes were close. The other participants didn't leave empty handed as they were given a collection of NE promotional items.

The large group was enjoyed a twine braiding activity before moving on to the classroom sessions. We had the pleasure of hearing Mr. Curtis Anderson talk about the importance of helmet safety from his own personal experience, and we were challenged to keep up to instructor Jodi Gueotal as she intro-

duced everyone to Zumba. We rounded out the day of sessions with a rousing round of Jeopardy!

We would be amiss if we didn't also mention the exciting activities that were taking place in the Cleaver Kid room! The youngsters had a chance to experience the judging groups and practice oral reasons. In the afternoon, at Adventure Day they made a Valentine's Day craft and cards, and played other games.

We would like to thank the Two Hills District for their help in hosting the day for the rest of the region. Overall it was a fun and successful learning day in the Northeast! ❀



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Clever the Beaver was on hand for plenty of photo ops!



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Southern Region

BY: GINNY SMITH, *Regional Coordinator – South, 4-H Branch & MARK SAYERS, Director, 4-H Council of Alberta*

The Southern Region Celebrates 4-H Canada's 100th Anniversary!

The Southern Region kicked off 2013 with a big party – we were ready to celebrate 100 Years of 4-H Pride in Canada – and so we did! The success of the event was evident not only on the faces of those who attended, but also by the number of faces that came out to help us celebrate. With our fantastic host, the Lethbridge Exhibition Park, the Southern 4-H Region welcomed over 35 booths at the trade fair with almost 2000 people checking them out AND over 650 members, families and dignitaries for the evening program and banquet.

The day kicked off with members and clubs excitedly setting up their booths and displays, showcasing the diverse range of things that members can do as a project and through 4-H. The sky really is the limit! Members served as excellent ambassadors of 4-H, speaking to hundreds of members of the public who knew nothing about 4-H. Their enthusiasm was infectious and you couldn't help but get caught up in the atmosphere. In the afternoon, members attended various sessions on expanding their 4-H horizons by embracing opportunities beyond the club.

Members creatively showcased their clubs and projects for attendees.



The entertainment stage was abuzz with activity every 15 minutes, highlighting some of our musically talented members and alumni including Leanna Santangelo, Morgan McAloon, Alyssa Barbero and Christie Folsom. Stories, memories and limitless reasons of why 4-H and all of its programs are great were enthusiastically shared with the mulling crowd.

In addition to the club booths and displays, visitors could purchase an array of 4-H items from the 4-H Foundation of Alberta or craft an elevator out of a milk carton at crafting table. People of all ages and stages kept busy all afternoon, some definitely reconnecting with their inner child. Clever the Beaver bounded around for most of the day, making for some great photos ops!

Entries for the art contest, judged prior to the event, were on display for everyone to see. Everything from framed seed art designs to iron-gate signs to colorful posters were entered. The winning entries were announced that evening and will be displayed at Ag Expo in Lethbridge. The seed art will be further displayed at the MNP office for further enjoyment by the Lethbridge community. Congratulations to all of the art contest participants on a job well done!

Seed art was on display as part of the art contest.



A press conference held two weeks prior to the event resulted in some great 4-H stories being highlighted in local newspapers and on the evening TV news. Tuning into the local radio station became a good reminder for the community that this great event was just around the corner. The day of, media were on site all afternoon interviewing attendees and Country 95.5 even gave away a pair of tickets to see Eric Church. Thank-you to all of the media who helped spread the word!

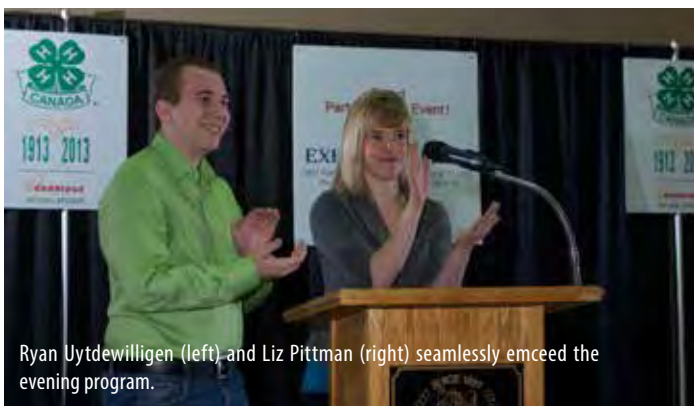
Following a delectable banquet for over 650 people, the evening program began. Emcees were alumni Ryan Uytdewilligen and Liz Pittman, members who have both gone onto successful media careers. 4-H members and leaders were recognized with a standing ovation and all of the sponsors were thanked for their generous support of 4-H. Long-time individual supporters of 4-H, Ian McDonald and Ric Swihart were also thanked for their personal and public promotion and support of 4-H Alberta throughout their media careers. A passion for 4-H was echoed by each person on the program, leaving everyone in attendance confident in 4-H Alberta's continued ability to produce our future community leaders. The evening was concluded with entertainment from singer, Trevor Panczak.



Let the celebration begin!



Two local food banks each received \$1000.00 from proceeds from this event.



Ryan Uytdewilligen (left) and Liz Pittman (right) seamlessly emceed the evening program.

Many thanks to all of the people, and especially the event committee, who made the day and evening a great celebration. Your efforts in bringing this event together were exemplary! This was just a warm-up for 4-H Alberta's centennial celebration in 2017 – yippee, more cake!

Thanks again to our sponsors and partners, the Lethbridge Exhibition Park, ATB Financial, MNP, UFA, Country 95.5 FM and the Government of Alberta. Proceeds from the banquet were donated to two local food banks, with each receiving \$1000.00.

Regional Judging & Communication Competitions

Also happening in the region was the first Regional Judging Competition, sponsored by Farming Smarter. This event in Brooks featured classes of swine, sheep, red angus bulls, horses and antlers (without critters attached). Congratulations to all of the competitors, and thank you to the organizers and all of the volunteers, led by Jay Good in the ring, and Sandra DeGroot in the kitchen.

The 2nd Judging Competition, was again sponsored by our friends at Farming Smarter and held in Claresholm on April 4th. There were some great livestock and interesting “consumer” classes – because judging is for everyone, not just livestock members. We judge everyday – even if it is picking clothing from our closets. Explore judging to show off your skills – it's lots of fun!

Congratulations to all 4-H members on another successful communications season! Whether at club, district, regional or provincial levels – you are learning skills and confidence that will serve you well into the future. ❁



A swine class at Regional Judging.



Judging antlers at Regional Judging.



Northwest Region

Frosty Fun Weekend

44 Northwest members spent February 1-3 at Frosty's County Fair. Winter camp activities included the traditional construction of sleds finely crafted from cardboard, duct tape and magic carpets and decorated to resemble a group's favourite ride at the fair. Sunday they slid down the slopes to the lake where the previous day they had skated, snow-shoed and played games. Thanks to the enthusiasm of the counselors who dreamed up a dozen different fair related games and challenges, the members tried their luck and spent their pennies. The pennies collected at Frosty's Fair will be donated to the Century of Cents campaign. Thanks to all who made the camp one to remember!

Northwest Summer Camps

Ask Northwest 4-H members about summer camp, and they will be sure to tell you all about their amazing time spent at Camp Mackinicholea. The regional camp is the same program offered at the 4-H Centre, but adapted to the site. The intermediate camp is August 12 to 16 and the following week, August 19 to 23, is the camp for junior members.

Focus on 4-H

The 15th annual Focus on 4-H program returns to Mayerthorpe July 4 to 7, 2013. 4-H Clubs will want to participate in this 100th milestone year program, and encourage members not only to take in the life skills, horse, beef, canine, goat and sheep shows but also the recreation activities that bring everyone together for some fun. The information booklet is posted on the 4-H Website under Northwest region programs.

Northwest Regional Judging Competition

Since this regional competition began, the aim has been to include all 4-H members and to challenge them with a variety of livestock and consumer choice classes. As members' knowledge and skills develop, the planning committee has added different classes and sought ways to include members and at the same time prepare senior members for competing at provincial level and beyond. They review what the members recommend for classes and come up with other classes to which the members can relate. No matter what your project, explore judging!

Horse Play!

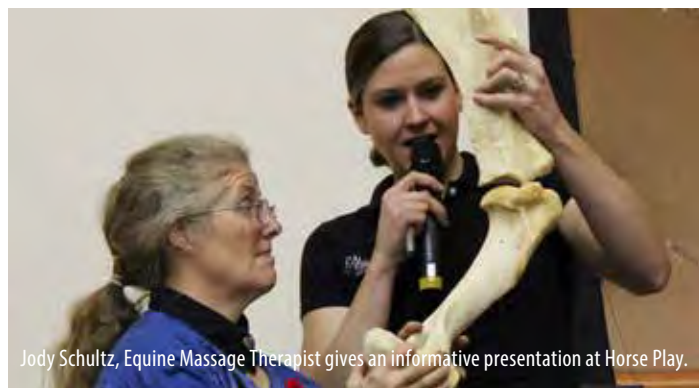
What's a fender? Where's the horn? At the inaugural Northwest Regional 4-H Horse Play day, the answers to those questions and many more equine-related facts were revealed to the leaders, members and parents.

The day started off by playing some interactive horse games, followed by a presentation from Jody Schultz, an equine massage therapist, who intrigued the audience with her horse skeleton. Before lunch, a slide show quiz challenged their minds and in the afternoon, teams tested their knowledge at several ID Stations.

The "Sock It To Me" station had a twist! Organizers placed horse equipment inside several socks and participants had to "feel" and figure out what was hiding. Another station developed by the Farm Safety team, demonstrated the advantage of wearing head protection. The eggs that wore the mini riding helmets survived the drop to the floor and the unprotected eggs cracked. The lesson learned was to wear your riding helmet and protect your head.

Thank You to our sponsors, Feedstore To Your Door, Legal Alfalfa, Canadian Agri-Blend Inc., Servus Credit Union, Lamle's Western Wear and Tack, Pfizer Animal Health and PEAC for their tremendous support.

Everyone left with a smile, knowing a fender and a horn are not only parts on a vehicle but they are also found on a saddle. Horse Play is scheduled for November 2nd 2013, so watch for more information in the Fall 🍁



Jody Schultz, Equine Massage Therapist gives an informative presentation at Horse Play.

Thank-You!

BY: THE NORTHWEST REGIONAL COUNCIL

It is with sadness and excitement the Northwest Region says goodbye to two enthusiastic ladies who have served our region and have recently retired, Linda Rentz and Jocelyn McKinnon.

Whenever calling the Northwest 4-H Regional Office, we were always greeted with a bubbly voice and a smile on the end of the phone. Linda graciously assisted leaders and members when Jocelyn was busy or out of the office. She knew where to find the information and supplies when 4-H people came looking. We wish Linda the best of retirement with her family.

Jocelyn McKinnon was the Northwest 4-H Regional Specialist from 1994 until February of this year. As 4-H Branch Head, Marguerite Stark said at Jocelyn's send-off, "Jocelyn's shoes will be difficult to fill!" Jocelyn looked after anything that leaders or members threw her way, returning calls and emails very promptly and sending information out as quickly as possible. Jocelyn's memory is second to none. She knew members and their parents by name after meeting them at any 4-H activity. She could always remember or track down any missing pieces of information for a meeting, committee or event!

Jocelyn has worked closely with the Northwest Regional Council and was always out and about in the region. Jocelyn attended many 4-H achievement days across the region and took a very keen interest in individual members and their projects. Jocelyn could certainly be seen at summer camps and Frosty Fun, making sure things were going well. It wasn't uncommon to see her at the east half regional communication competition in the morning and finish her day off at the west half, ensuring that each of the districts felt supported.

Each of the twelve districts in the Northwest 4-H Region, the 4-H Branch and 4-H Foundation of Alberta provided quilt blocks for the committee to construct a memory quilt for Jocelyn. On behalf of all the past and present 4-H members and volunteers in the Northwest Region, we would like to wish Jocelyn a very happy retirement.

Enjoy this next stage of life Jocelyn and Linda, 4-H thanks you and will miss you both. Remember, you'll always have friends in 4-H. ❀

Jocelyn (left) and Linda (right) at their farewell gathering.



4-H Fights Hunger with Encana

4-H Clubs in select Encana operating areas (Grande Prairie, Ponoka, Strathmore, Dawson Creek) can help to raise food, funds and or awareness for their local food bank in the 4-H Fights Hunger Campaign in conjunction with Encana's Race Against Hunger Program. The summer campaign is important because often donations to the food banks are fewer, despite constant community need.

Throughout each campaign, 4-H members will use their marketing, community service and public speaking skills to support the initiative. To see if this opportunity is available to your club, please contact the 4-H Foundation of Alberta: 1.877.682.2153

FYI

Fortis Alberta Community Cares Contest Returns!

The second annual Community Cares Contest launched in September.

Community improvement projects from 4-H clubs in the South, East Central, West Central and Northeast Regions, completed September 1, 2012 – June 30, 2013 are eligible.

Clubs are required to document their progress and compile it into a presentation to be submitted to the 4-H Foundation of Alberta or posted on the contest event page at 4-H Alberta's Facebook page.

Four \$1000 prizes will be awarded (one winner from each of the four regions).

Vote Now for Why 4-H is Great!

Visit "Why 4-H is Great" on Facebook and vote for your favorite 4-H District submission. The winning 4-H District will be able to use the community concert with Gord Bamford as fundraiser for 4-H. The partnership between ATB Financial, Gord Bamford and 4-H Alberta has led to more than \$37,000 in total being raised for local 4-H in the past three consecutive years.

Online Facebook voting closes:
August 11, 2013.

Club+District Articles



41 leaders were entered into the Sturgeon District's Wall of Fame.

Savanna Shakes Things Up

SUBMITTED BY KELSEY DAY, *Savanna 4-H Multi Club*

This year has been an exciting year for the Savanna 4-H Beef Club, full of many changes and new faces! First off, the Savanna 4-H Beef Club has changed to the Savanna 4-H Multi Club and now involves many different projects including sheep, rabbit, small engines and beef. In addition to the new projects, the club has also welcomed Cleaver Kids!

This year's beef project involves ten heifers and nine steers. The small engines project has mini-projects going on including a Ski-Doo®, a quad, some lawn mower engines and many more to come! The rabbit and sheep projects have been working on their animals and on their project books.

This year, Savanna was very excited to find out they would be hosting District public speaking, which took and District Fun Day (we held a pancake supper)! The Savanna club has had a wonderful year so far, including a community service activity. We're looking forward to much more fun to come! ❀

Sturgeon 4-H Wall Of Fame

SUBMITTED BY: STURGEON 4-H DISTRICT

A committee in the Sturgeon 4-H district is making sure leaders in the Northwest Region get the recognition they deserve. The district held its first-ever sturgeon wall of fame to honour leaders who have contributed their time and efforts to make opportunities possible to the 4-H youth of Sturgeon throughout the

last 81 years.

Two of the district's original members, Ray Rigney and Bob Lewis, attended the event and were acknowledged for their livestock judging skills in 1941 at the Royal Winter Fair in Toronto, where they won the national championship judging. In 1942, the same Bob Lewis and Frank Chubb (deceased) submitted a series of three essays in provincial competitions and placed 1st in all three categories!

We welcomed 41 leaders into the Sturgeon 4-H Wall of Fame, many of whom were at the awards night to accept their honour! For those deceased or unable to make it, a spouse, child or grandchild was present to accept their awards. Every year new leaders will be added to our Sturgeon wall of fame plaques.

We'd like to thank Travis Reed for building the wooden plaques that hold the recipients' engraved plates, and Mary Anne Reed for engraving the plates. These plaques will be hung at the Sturgeon agriplex in Cardiff. A big thank you to Jessica Golden (a former 4-H member in the Sturgeon district) for designing and printing the certificates for the leaders and lastly, a big thank you to Corine Verbeek and Leona Petherbridge for the work they did, digging into the archives and town history books, and talking to family members to collect the information.

This was a most successful evening; we were honoured that so many leaders or family members attended the Sturgeon wall of fame. If you know of a former leader who should be inducted into this "wall of fame", please contact Leona at (780) 921 - 2140 or (780) 257 - 5099. ❀

Ardmore School and 4-H Club Update

BY: NATASHA BOWMAN, *Club Reporter*

Ardmore Wolves' School and 4-H club is very proud to announce that so far we have been having a wonderful year! Our 4-H club has four different project options: Photography, Outdoor Education, Small Business and Pets. In these four options the 4-H student body has been having so much fun and are "learning to do by doing!"

Photography

In photography, the 4-H members have been working very hard at taking good pictures while working on their techniques and skills. The photography group has been taking photos both indoors and outdoors and recently took a trip around Ardmore, taking pictures of different things around town. The photography members are learning lots through compiling their photos album and are gaining plenty of photography skills that they can use now and later on in their lives.

Outdoor Education

The Outdoor Education members have been working on skills and techniques that can be used while exploring the outdoors. They've been having lots of fun learning about how to survive in the outdoors, and things that could be helpful or dangerous in the wild. The members have made shelters in the snow and learnt how to start fires outside (and keep them going).

A shot from the photography project's adventure through Ardmore.



(Below) The outdoor education project learned about starting fires for survival.



(Above) The pet project visited the local vet clinic to learn about how vets help animals.



Baked items for sale at the Ardmore School!

Small Businesses

The Small Business 4-H project group is trying their best to make a profit by selling items in the Ardmore School. All of the members had to write a business proposal with a budget and get it approved. From there they had to advertise and prepare all their materials for sale. Their group has been selling small items like popcorn, cookies, hot chocolate, candy and more. In class, when the members are not learning about how to run a small business, they make business cards. So far they are doing well selling their items to their fellow classmates.

Pets

Pet members have been learning a lot about how to care for a pet. Recently, the students wrote up a newspaper article or report about their pet of choice by researching that pet on the internet. The students also went on a field trip to a vet clinic and had so much fun learning about what vets do to help animals. Learning about pets gives the students effective ways to care for their pet, or a pet that they wish to adopt and take care of in the future.

Ardmore School was the first school in Canada to have a 4-H club. The club has been running for about 6 years. All the members love it and hope to see it continue in years for come. 🍀

Dashing Through the Snow!



Members of the Coal Lake Lighthouse 4-H Club spent a Sunday afternoon on a sleigh ride at member Lois Schultz's house in Wetaskiwin. Lois' neighbour Jim Angus volunteered to give members and their families a sleigh ride with his team of Fjord cross horses. (photo by Mary MacArthur)

Speaking of Spring

BY SIERRA BAZLEY, Club Member

What amazing presentations and speeches given by everyone this year! The judges said that the speeches really touched them emotionally, having them roll with laughter all the way to having tears roll down their cheeks.

We're busy getting our steers, heifers and record books ready now. We're swept up in the excitement of 100 years of 4-H in Canada. Everything seems to be part of the build-up!

We're also getting our horses out and about but since we got a lot of snow this year, we choose our riding paths carefully. The Cooking project is making some delicious dishes that they've generously shared with us.

On behalf of the Edgerton 4-H Multi Club I wish each of you a wonderful spring, and happy 100th Birthday Canada 4-H! 🍀



Sierra with her horse project, Bug, playing and exercising in the dark days of winter.

How to Survive Hosting a District Public Speaking Event

BY: CLAIRE SANDERCOCK, Club Reporter

Public speaking is feared by most and loved by a minority. So it is a common occurrence to have a club full of "social phobics" that has to host a District Level 4-H Public Speaking event. My club, Looma Lights Light Horse 4-H, hosted such an event on February 10, and I'm happy to report that it is possible to survive and have a fun and successful competition.

Our club was required to provide two judges, a Master of Ceremonies, an Impromptu Speech Coordinator, two Timekeepers, a Teller, a potluck lunch, greeters at the door, and gifts for the judges and other officials. It was quite easy to press two parents into service as judges, as long as they did not judge the same level their children were in. For some members, seeing a parent from their club on the judges' panel made the experience less threatening.

Parent and senior-level members who were not competing served as the Master of Ceremonies, introducing each speaker. Three or four more parents tallied up the speakers' scores and kept time. Any members from the club who came to cheer on their fellow club members greeted guests as they arrived, while the rest of the parents not yet assigned a task oversaw the provision of lunch. Members and parents arrived early and set up tables and chairs.

So now that the work has been delegated to the club members and parents, the event should go off without a hitch! Now, that wasn't too hard, was it? 🍀

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Members having a ball at the Lacombe and District 4-H Ski Day.

Lacombe and District 4-H Ski Day

BY: LUCAS BIERENS, *Clive Multi 4-H Robotics Club*

The Lacombe District is home to 11 4-H clubs, which include projects such as beef, dairy, canine, light horse, robotics and outdoor adventures. Our district plans lots of fun activities for us to do throughout the year, like our ski day, which was on Alberta's Family Day at Canyon Ski Resort in Red Deer, Alberta.

I really enjoy attending district activities because I get to meet new people and have fun. You can bring friends and family along with you to the ski hill, and lunch is included. The Lacombe and District 4-H Ski Day is my favourite part of 4-H. I think meeting new kids is a big part of 4-H and our ski day lets kids have fun in a winter wonderland. I think ski day is an important part of the 4-H season; it's just plain fun! ❁

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Cremona 4-H Club Turns 60!

BY: TANNER AND JOLEE SHAND, *Cremona 4-H Club Members*

The members, leaders and alumni of the Cremona 4-H Club are pleased to celebrate 60 continuous years of operation. Generations of 4-H families, dedicated volunteers and generous supporters have shared our 4-H experience.

While the origins of the club date back to 1939, when it operated as the Cremona Beef Feeding Calf Club, our current club was started in 1952 by Mr. Vair Reid, under the name the Cremona 4-H Junior Beef Club. We would be celebrating our 73rd anniversary, had the events of World War II not so deeply affected our community, causing the club to disband in 1941.

However, in 1952, Mr. Hugh McPhail, then-District Agriculturalist from Olds College, asked Vair Reid if he could organize and lead the Cremona 4-H Junior Beef Club. Vair agreed and remained leader for many years. We were saddened this year to learn of Vair's passing, a key person in our 4-H club history.



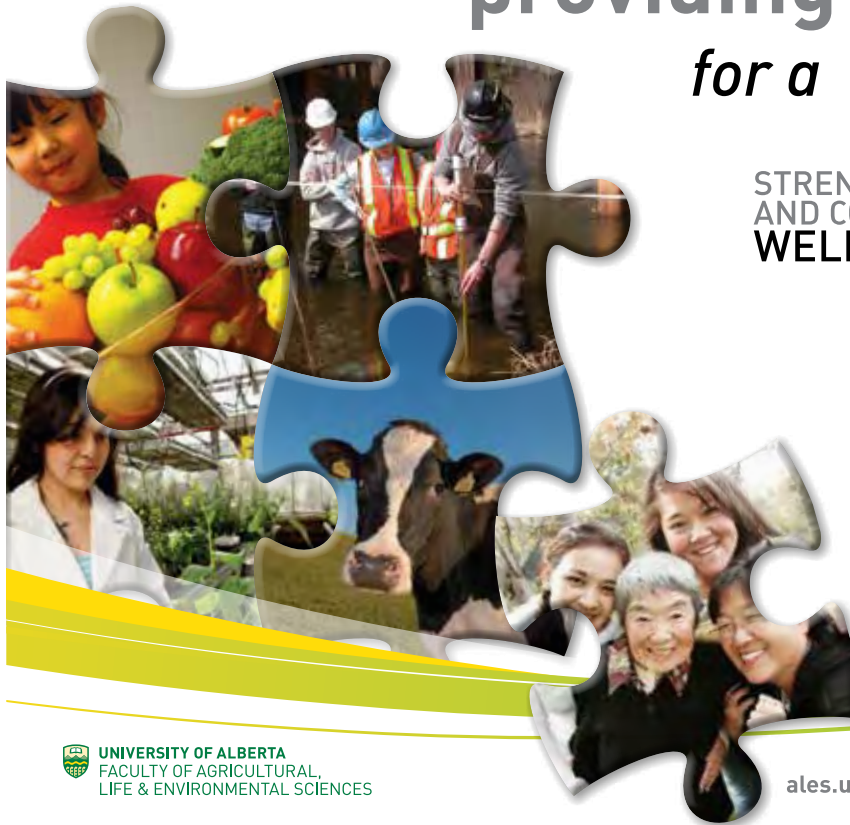
The Cremona 4-H Club in its 60th year!

Since then, generations of members have enjoyed all that 4-H Alberta has to offer, with many of our members advancing to regional and provincial levels of competition and participating in various events and programs.

In 1975 the club introduced its first heifer and carcass projects. Our projects over the years have included Beef, Pet, Creative Options, Horse, Sewing, Clothing, Crafts, Interior Design, Goat, Canine and Archery.

The Cremona 4-H Club has deep roots in our community. We look forward to celebrating with 4-H Canada and then 4-H Alberta in their 100th years, and look forward to many more years of enjoying 4-H! ❁

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Opportunities Await

BY: ASHLYNN DUFFY, Club Reporter for the Tees Wranglers 4-H Club

If you love horses and want to learn more, then Olds College can help you do just that. On Oct 16, 2012, the Tees Wranglers 4-H Club were given the opportunity to spend the day touring the College and checking out all the available courses in the school's Equine Science program.

The day was filled with so many things it's hard to list them all; however there were a few highlights. We got to check out the horse stables, and see firsthand what a student had to do as part of their schooling. It definitely reminded me of the 4-H Motto "Learn to do by doing". The horse stables were very clean and every student had jobs that they all take turns doing.

The foaling barn was one of my favorite things to see. It reminded me of a hospital, but for horses! The barn had cameras in every stall so that students could watch when a foal was being born and also make sure all went well. It's not every day that you get an opportunity to see a foal being born.

The fierier barn was also amazing. Did you know that they design shoes specifically made to fit a horse's hoof to help or correct any issues? If your horse has any leg or foot problems then this is the place to go.

Our tour guide, Olivia Knight, also took us to the student residence, which was also interesting to see. All students are matched with another student who the College thinks will have similar interests, which makes it a great place to make new and lasting friends. Our club thinks that if you love horses and think you would like to pursue a career in the horse industry, Olds College is the place for you. ❁



Tees Wranglers at Olds College

Left side Back row: BreAnnah Henry, Nikki Hiron, Kelsey Little, Payten Dunham, Morgan Chodzicki, Brydelle Wardley, Middle Row: Sawyer Schmidt, Maria Meston, Sydnie Schmidt, AshLynn Duffy Front row: Haley Ell, Jordynn Storey, Rylee Storey, Jax Meston.

Right Side Back Row: Lucienne Henry, Cassidy Meston, Allana Ell, Jared Little, Miranda Little Front Row: Lucas Moulton, Sam Schmidt

The HayEast Challenge

BY: MICHELLE HOOVER, District Key Member

The Bluffton West 4-H Beef Club donated \$1,000 to HayEast 2012, a program to help Ontario beef producers who experienced severe drought in 2012. The Bluffton West 4-H Beef Club challenged other 4-H clubs to participate as well. In addition, several Bluffton club families and others in the community also organized a shipment of 122 bales of hay to Ontario in December.

The Delia 4-H Beef Club met Bluffton's challenge and donated \$1,000 to HayEast, and in August 2012, four members of the Delia club travelled to Oxford County to see the drought firsthand. Everyone was talking about the drought and worried about having no hay for winter. A sheep and dairy farm that we visited had to stop milking their sheep because of the drought.

Weighing in on Delia's decision to donate to HayEast were some members and leaders of the Delia 4-H Club, whose family and neighbours were helped out by HayWest in 2002. That year, HayWest donated over 60,000 large bales to 1,000 farm families in Alberta and Saskatchewan. We look forward to hearing the results of HayEast 2012.

For more information on HayEast 2012, check out their website, www.hayeast2012.com. ❁



The Delia 4-H Beef Club was up to the challenge issued by Bluffton West 4-H Beef Club.



The Bluffton West 4-H Beef Club.

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