

Alberta

VOLUME FOUR • ISSUE THREE
WINTER

2008

4-H

MAGAZINE

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Brand new Contest!**

page **5**



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Submission Guidelines

Your articles are important to us and we can't wait to see them in the next issue of the Alberta 4-H Magazine!

We spent considerable time working with members and leaders like you to determine what types of articles captivate 4-H'ers attention. To keep with the recommendations of your fellow members and leaders, please use the following guidelines:

Please submit:

- Pictures – We want to see you and your friends taking part in fun activities. Remember to include the names of the people in the photo.
- Feature stories such as a large fundraising effort, special trip or innovative activity.
- Articles 325 words (1.25 pages double spaced) or less in length, highlighting only the most relevant activities of your 4-H activity, trip, exchange etc.
- Articles that encompass the 5W's: who what where when and why.

Please avoid submitting:

- Long lists of results
- An overview of all activities your club has taken part in; please highlight only the most important ones
- Information on regular club activities that take place more than two months before the submission deadline

Although we will make every effort to accommodate each article received, articles may be reduced in size or withheld.

Alberta 4-H Magazine

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4-H Specialist – Communication and Marketing

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Perpetual Notion Inc. – www.perpetualnotion.ca

Submit your article and photos (preferably in electronic form) to magazine@4h.ab.ca, or by mail to:

4-H Branch

Room 200, 7000 – 113 Street
Edmonton, Alberta T6H 5T6

**Please label photos with name, 4-H club, article, and return address.*

Deadlines for submissions:

February 27, July 25 & October 24

Distribution to public:

April 1, September 1 & December 1

Advertising Inquiries

Please contact Susann at the 4-H Foundation of Alberta at 1.877.682.2153 or foundation@4hab.com

Deadline for submissions are February 15, July 15 & October 15

Publication Mail Contract #41132526. If undeliverable as addressed, please return with the forwarding address to 4-H Branch: Room 200, 7000 – 113 Street, Edmonton, Alberta T6H 5T6.

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Correction – On the cover of the Fall 2008 edition we incorrectly identified Byron Brandl as the judge at Focus on 4-H. In fact, it was Brad Yoder doing the judging. Our apologies to both Byron and Barry.

on the cover

Thomas Withers of the RQB Rancheros 4-H Multi Club is all eyes and ears while he learns the finer points of making barn board branded signs from Vance Utri.

VISION: 4-H in Alberta is the organization of choice to develop marketable skills and outstanding community leaders.

MISSION: To develop youth as self-reliant, contributing individuals with marketable skills to succeed in today's society.

Editorial



Webster's defines tradition as "an inherited, established, or customary pattern of thought, action, or behaviour" and nowhere is tradition more evident than in the 4-H community. Each fall members and leaders flock to their local community hall or school classroom to partake in a 91-year old tradition – another 4-H club year!

I remember the excitement of attending the year's first meeting – a chance to reconnect with old friends and welcome new members and parents into the 4-H family. I also recall the anxiety that can be present when new members and parents come to a 4-H meeting, and how important it is for them to be welcomed and oriented by everyone.

Speaking of welcoming new people, a big 4-H "Hello!" goes out to our government colleagues from Agriculture Education and Training. As part of some restructuring to help serve our clients better, an amalgamation occurred that saw 4-H and Ag Ed join together to become the 4-H and Agriculture Education Branch. It will be a great opportunity to acquire knowledge and determine complementary areas of programming such as Green Certificate, Farm Safety, Education Design and Program Support and Agriculture Education and Program Delivery.

Also, just to update you on a 4-H staff change. As some of you may already know Henry Wiegman retired from the 4-H Branch after serving the 4-H community for almost 30 years. Funny thing though, about this "retirement" - I know for a fact that he did not even take one day off before starting his new position with the 4-H Foundation. So even though I lost a cubical neighbour, Alberta 4-H will continue to have Henry serving its best interests for many years to come.

Congratulations to Leah Murphy from the John Ware 4-H Light Horse Club in Duchess for winning our latest magazine contest. She correctly located Cleaver in all six website locales.

Thank you again for all of your submissions. The articles and pictures continue to show the passion and excitement 4-H members, leaders and parents have for this great program. For those articles and photos that have not made the magazine we will again be posting them on the website through the on-line supplement. AWESOME JOB EVERYONE!

Lastly, I would like to wish a Merry Christmas and a fantastic 2009 from all of us to all of you!

Until next time...

Cameron Horner
EDITOR AND 4-H SPECIALIST

Contact Us

4-H has a number of resource people to answer your questions and provide you with assistance. Below is a contact list for the Alberta 4-H Branch and 4-H Foundation of Alberta.

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EXPRESS MEANS

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CALLING ALL 4-H MEMBERS:

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SUBMISSIONS WILL BE ACCEPTED UNTIL **OCTOBER 15, 2009**.

FOR COMPLETE CONTEST DETAILS, PLEASE VISIT THE 4-H WEB SITE AT WWW.4H.AB.CA



National News & Events

Canadian 4-H Council Update

BY KEN LANCASTLE

COMMUNICATIONS AND MARKETING MANAGER – CANADIAN 4-H COUNCIL

It has been a very exciting time at the Canadian 4-H Council. Our new magazine, *Lavantage 4-H Advantage* was delivered to more than 23,000 households and businesses in the fall. We also distributed a new electronic magazine to more than 9,000 4-H alumni in Canada. The *Alumni Alert* and our new magazine were both very popular publications from the Canadian 4-H Council.

The most exciting time came in November when we officially kicked off National 4-H Month across Canada. The Show Your 4-H Colours event on November 5 was extremely popular, and we were very excited to see everybody wearing green on that day.

On behalf of the Canadian 4-H Council, thank you for taking part in Show Your 4-H Colours Day and for showing your 4-H pride and spirit. The event was an incredible success because of everyone involved. Also, we would like to extend a special thanks to Bayer CropScience for their help and support.

Our National 4-H Conferences were also held in the early part of November. More than 100 delegates from across Canada traveled to Toronto to take part in the conferences. It was a great learning experience for everyone, and everybody left with new ideas and friendships. Alberta delegates, as well as delegates from across Canada, had a chance to take part in the National 4-H Conferences, where they visited Niagara Falls, the John Deere factory, the TSX Trading Floor and many other sights around Toronto and its surrounding area.

The theme of the Conferences was “Harnessing the Energy.” The theme resounded throughout the conferences as delegates learned how to harness their own energy, as well as what sorts of things are being done to harness new forms of energy. The Conferences were very positive experiences for everyone involved.

We are gearing up for the holiday season and the New Year. Look for changes to the national 4-H website over the coming months as we are aiming for more interactive content. We would love to hear your suggestions for how we can improve our site to make it a better experience for everyone.

The second issue of our new magazine will be reaching mailboxes in the Spring of 2009, and we are expecting some exciting times over the coming months. Stay tuned to www.4-h-canada.ca for updates and changes.

From everyone at the Canadian 4-H Council, have a great holiday season and a very Happy New Year! 🍀



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Be Seen in Green: 4-H members attending Northlands' Farmfair, October 31 to November 8, 2008, visited the Alberta 4-H booth, all decked out in their green get-ups.



Alberta Agriculture and Rural Development division members, Laurie, Michele and Cathrine, model their green threads.

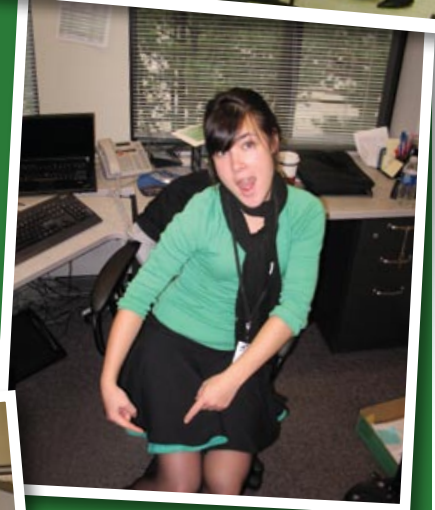
The Scene was Decidedly Green

November 5, 2008: Wear Your 4-H Colours Day

Thank you to all 4-H members, leaders, volunteers and sponsors, nationwide, who participated in what was another successful "Wear Your 4-H Colours Day" event.



Staff at ATB Financial, an Alberta 4-H Legacy Builder, in Barrhead celebrate Wear Your 4-H Colours Day with green attire and an information table.



Jess Hainstock, Communications and Marketing Assistant, shows off her matching green combo with gusto.



Marissa Verbeek proudly represents her 4-H roots.



Staff members at EnCana, an Alberta 4-H Legacy Builder, display their jazz hands, Wear Your 4-H Colours Day style.



Members and leaders take the day's green theme to the streets of Toronto during the National 4-H Conference.

Provincial News & Events



Ambassadors Kari Bergerud and Jolene Noble volunteering during the 2008 Provincial Beef Heifer Show.

Ambassador Report

BY GREG BORDUZAK

AMBASSADOR

Hi there everyone! I am reporting from the sunny island of New Zealand, and despite the distance, I wasn't going to let distance get in the way of letting everyone know what the Ambassadors have been up to!

This past summer Ambassadors were actively involved with the promotion of the 4-H program, attending regional and provincial events across the province. Some of us were asked to judge shows and award members with prizes for their hard work while others represented Alberta 4-H at events like the *Rural Matters!* Conference in Edmonton. Now, with the new 4-H year beginning, many of us are in school or working. But we're still more than willing to help in our communities – we're just a phone call away.

This year, we are looking forward to new adventures. As the Christmas season draws closer with every day, some Ambassadors are beginning to plan toboggan parties and get-togethers. Stay tuned for further details, as these events are a great way for members to get to know their regional Ambassadors, as well as to find a great partner in a snowball fight!

Ambassadors are currently preparing Senior Members' Conference and it will be one to remember. We are planning sessions and activities to ensure that the attending senior members will leave the program well informed about college life and future career opportunities. We want to make sure everyone has a fantastic time learning about post-secondary education, scholarships, time management and personal finances, all the while creating new memories and rekindling past friendships. This program will be the highlight of your 4-H year.

I hope all of you will have a great year, and don't be afraid to contact any of the Ambassadors if you have any questions. 🍀



Planning Senior Members' Conference (SMC) is one of the many responsibilities Ambassadors partake in. Here Ryan Davidson and Brett Giebelhaus try and unravel a problem.

Needed - Alumni Voice On Alberta 4-H Council

Alberta 4-H Alumni have two seats on the Alberta 4-H Council with one Alumni representative being chosen through an application and election process conducted by the executive of the Council.

The Alberta 4-H Council makes policy decisions on behalf of the 4-H Partners on matters pertaining to 4-H, and has taken on the lead for marketing the Alberta 4-H Program.

This application form, which can be downloaded from the Alberta 4-H Website at www.4h.ab.ca, is designed to provide the council with information it needs to determine who will be selected to represent the alumni voice at the provincial level. You will be interviewed prior to the council's annual meeting. Someone from the council will contact you to set a date for the interview.

Deadline: Application must be received by **4:30 pm January 9, 2009**

Send To: Executive Secretary
Alberta 4-H Council
97 East Lake Ramp NE
Airdrie, Alberta T4A 0C3

Inquiries: Phone toll-free **310-0000**, then enter **(403) 948-8509**

Suggestion: Send by registered or priority post or fax to **(403) 948-2069**

E-mail to marguerite.stark@gov.ab.ca

A Very Useful Skill

Olds, AB – August 8 to 10 saw 37 senior 4-H members using their vast skills to analyze, compare, evaluate and reason at the 22nd Annual Provincial Judging Competition. The competition, sponsored by ATB Financial, is an invite-only event that saw 4-Her's judge 10 different livestock classes consisting of five different species: sheep, swine, beef, dairy and horse.

To qualify as a participant for the event, delegates must have placed at the top of their regional judging competitions. With members having earned their position at the competition, it creates a situation for a highly intense competition. For some delegates it was an opportunity to return for a second year, while for many it was their first time at the event.

"It's great to see so many members enthusiastic and focused on learning and practicing this important life skill," commented Stacy Murray, 4-H Specialist and coordinator of the competition. "I hope members leave having gained confidence in their decision-making skills and having strengthened their ability to defend their point of view."

For a second year the event coincided with the Olds Fair and delegates were introduced to a new experience: judging animals based only on visual inspection. Not having the ability to approach animals to get a closer look caused members to hone a different aspect of their judging ability.

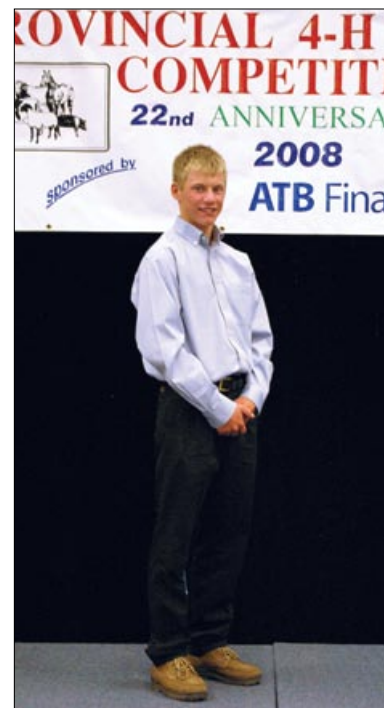
Participant Emily Wall saw the weekend as an interesting learning experience. "Regardless of how you placed, every delegate will take something positive away from this experience as it's a great learning opportunity for every 4-H member."



Alberta 4-H Ambassador Luke Wrubleski leaves no hoof unturned at the Provincial 4-H Judging Competition.

Following a grueling schedule that saw members judging all the livestock classes on Saturday morning, and then giving oral reasons that afternoon, a top Overall Judge was named. Tyson Hertz of Duchess, Alberta and a member of the John Ware 4-H Beef Club showed off his skill and keen eye all the way to the top. As a reward for his ability and effort Tyson was awarded a trip to the Denver National Western Stock Show in January.

A special thank you goes to the Olds Agricultural Society for the use of the livestock that was used in the judging competition. 🍀



Top Overall Judge, Tyson Hertz.

In Memory

Hall of Fame member and long-time Northwest 4-H Leader, Robert (Bob) Burns of Pickardville, Alberta, passed away October 12, 2008 at age 91. Bob was a Northwest 4-H Leader for 45 years and well respected for all of the work he had contributed to the 4-H program. He was involved with the Echo Hill, and later the Double Diamond 4-H Multi Clubs, the Westlock 4-H District Council and the Northwest 4-H Regional Council. Bob was inducted into the Alberta 4-H Hall of Fame in 1983.



Bob and Mary Burns in Grande Prairie, 1983, at Leaders' Conference, where Bob received the Alberta 4-H Hall of Fame Award.

Most noticeable was his work with 4-H members. An obvious connection existed between Bob and his 4-H members. He encouraged them to succeed in and contribute to 4-H. As they advanced in their 4-H careers or to higher levels of competition and recognition, he was there "to give support to his members." The members appreciated him making the effort and years ago gave him the title of "Super Dad." They had great respect for their leader, Bob Burns, as did many in the 4-H community.

In recent years four generations of his family were registered with Double Diamond 4-H Multi: his two daughters, his granddaughter, and his great grandchildren.

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Who is less elusive than a Sasquatch and seen much more frequently than Lake Okanagan's Ogoogo, yet stands to answer many curious questions once people hear about his or her experience? It's an Alberta Green Certificate Program graduate and each day Albertans cross paths with thousands of Green Certificate trainees, volunteer trainers and graduates and are probably not aware of it. Despite the program being around since 1975, it's somewhat unknown in many areas of the province.

The Green Certificate is an apprenticeship-style agricultural training program covering nine specialty areas: beekeeping, cow-calf, dairy, equine*, feedlot, field crop, irrigated crop, sheep and swine. Trainees are encouraged to learn about the many aspects of an agricultural operation. It's common to help calculate feed costs, view a calving schedule or examine a bill of sale. Like 4-H's motto, Green Certificate trainees learn by doing.

Becoming Involved

To become a trainee, you must be 15 years of age or older, or in grade 10. A real highlight is that you can take the Green Certificate Program as part of your high school courses, earning yourself up to 16 diploma-level credits. A certificate of completion will be awarded to you after three successful testing events. Graduates of the program are encouraged to place their certificate prominently on their resume.

While the training is based around production agriculture skills, the knowledge you gain in the program can be applied to many areas of the natural and life sciences. If you are thinking of pursuing agriculture, biology, ecology or environmental sciences at a post-secondary level, you may find your hands-on experience gives you an advantage for linking theory with practice. If you're aspiring to be a veterinarian or animal health technologist, you may revel at your hands-on experience working with the livestock specialties, especially relating to herd-health maintenance and care.

Taking Green Certificate as Your 4-H Project

The Green Certificate and Alberta 4-H programs truly complement each other. As a 4-H senior member registering with the program, you will find the experience helps to round out your understanding of the agriculture industry. Alberta 4-H Ambassador, Cole Andrew, completed the program while he was in high school and speaks highly of the program. "The Green Certificate Program is great because it combines more of the industry with your 4-H project," says Cole.

It is a great avenue to explore and develop marketable skills while earning high school credits. If you're interested in completing the program (non-credit), you can enrol in the Green Certificate free of charge.

When asked about the Green Certificate Program, Cole was quick to say, "It's an awesome program! I only wish I had time to do more."

This program is administered through the 4-H and Agriculture Education Branch of Alberta Agriculture and Rural Development. For more information call Nicole Hornett, Provincial Program Coordinator at 780-644-5378 or e-mail nicole.hornett@gov.ab.ca.

Visit the program's website at agriculture.alberta.ca/greencertificate or the Green Certificate Employment (and training!) Directory at agriculture.alberta.ca/GCED. 🍀

* Equine available in early 2009

The Ideal 4-H Club

BY JANET KERR

SPECIAL PROJECTS COORDINATOR

Have you ever wondered what the ideal 4-H club would look like? At Club Week this year delegates were asked to think about and design their ideal 4-H club. The delegates had a lot of enthusiasm and generated a number of ideas. In discussing these ideas, some common themes became evident. Many of these ideas echoed what Kirk Astroth, a 4-H staff member in Montana, found when he researched vibrant youth groups.

The first common theme from the Club Week delegates was that members should run the meetings with some assistance



Learning to do by doing ensures that members feel empowered rather than embalmed.

from the club leader. There would be minimal parent involvement in decision-making. Some of the group suggested that members and parents should meet separately and then convene when the meeting is finished.

Astroth's vibrant youth groups shared this trait. In the course of his research he determined that:

Vibrant youth groups are more concerned with weaning, not winning.

Members are the focus of vibrant groups. Effective youth groups help young people develop a sense that they "own" the group. Young people in such programs, particularly older members, want to feel that the group is theirs and want adults to reduce their part in decision-making. Fun, learning, growth—these are the important concerns in vibrant groups. Training youth to become independent, thinking people are the goals of vibrant groups. Research indicated that less effective groups were focused on winning and beating others. Winning awards, competitions, contests, ribbons or trophies and "being the best" are the greatest concerns in less effective youth groups.

Vibrant youth groups empower rather than embalm young people.

Empowerment means to "authorize, delegate, give authority, enable or permit a person to do something." In short, vibrant youth groups enable youth to do what they are qualified to do. Rather than try and preserve young people in some child-like state, vibrant youth groups empower members to develop personal responsibility.

Most of the Club Week groups reported that in an ideal 4-H club there would be some sort of a buddy system or mentorship program to orient and assist new members. Vibrant youth groups share this trait. As Astroth's study reported:

Vibrant youth groups use a mentoring system to socialize newcomers into the club environment.

Helping new members feel welcomed into the group is a hallmark of vibrant youth groups. Such efforts help new members learn the language and traditions of the program or organization. Buddy systems were common in vibrant groups where older, more experienced members adopted younger members and served as practical role models for them.

The ideal clubs dreamt up by Club Week delegates would also have a variety of programming and many wanted to see this programming be "changed up every year to make it interesting." Astroth's vibrant youth groups share this trait:

Vibrant youth groups change how they do things but not what they do.

Truly effective youth groups are "firm yet flexible." Vibrant youth groups experiment with seating arrangements, try new activities and experiment within a certain accepted structure and organizational culture. As one youth put it, "Our club is really original in our meetings."

At the same time, though, vibrant groups provide a consistency and reliability on which members can always count. Other research has indicated that moderate levels of structure are often characteristic of healthy groups. Vibrant groups meet regularly and consistently. Traditions, rituals and ceremonies are used to foster a sense of

continuity with the past and the organization on a level larger than just the immediate club setting.

Many of the Club Week groups reported that their ideal club would have a community involvement component. This ranged from participating in a local parade to planting trees at a community location. Astroth reports:

Vibrant youth groups value and practice service to others.

Although community service is a key value for many youth groups, vibrant groups actively practice and treasure community service. Community service was not viewed in these groups as just another requirement for a charter or as program expectation, but rather community service was valued as important in itself. Indeed, vibrant youth groups perceived community service as a part of the group's fundamental experiences. One member said: "Helping is the fun part."

Other points in Astroth's study are:

- Vibrant youth groups work hard and play hard.
- Vibrant youth groups communicate and listen.
- Vibrant youth groups are able to achieve a balance between chaos and rigidity.
- Vibrant youth groups affirm and support one another.
- Vibrant youth groups take time for training.
- The whole is greater than the sum of these elements.

Club Week delegates also determined that in an ideal 4-H club, 4-H'ers would be more aware of the opportunities available to 4-H members beyond the club experience, and would be encouraged to participate in these activities.

When planning your club program this year, keep these suggestions and ideas in mind. Perhaps you will create the ideal 4-H club!

For more information on Kirk Astroth's, "Building Vibrant Youth Groups" go to: www.montana.edu/www4h/vibrant.html 🍀



Erin Young participates in one of Alberta 4-H's annual fundraisers, Highway Clean-up, which is a way for 4-H members to give back to the communities that support them.

Alberta 4-H Welcomes New Hall of Fame Member

BY CAMERON HORNER

MARKETING AND COMMUNICATIONS SPECIALIST



Sharon Uhrich became the 71st member of the Alberta 4-H Hall of Fame.

November 6, 2008 will likely have a special new meaning for Sharon Uhrich. It was on that day she was officially announced by Agriculture and Rural Development Minister George Groenewald as the 71st member of the Alberta 4-H Hall of Fame.

“Being inducted into the Hall of fame is a great honour and very humbling when I think of the other inductees I am joining,” states Sharon. “Over the past 25 years I have met and worked with so many wonderful people including 4-H members, leaders and parents. I have had incredible experiences because of 4-H including trips to Manitoba, Montana, Toronto and chaperoning the NWT member award trip.”

Sharon’s involvement in 4-H started with the Golden Rod 4-H Multi-Club where she held a range of leadership roles during her 17 years. She also has served on the Rockyview 4-H District Council, holding various executive positions since 1985 and is currently serving as a 4-H Key Leader for the district. In addition, Sharon has sat on the Calgary Regional 4-H Council for 21 years, which includes the past 11 years as Treasurer for the region.

“The program has so many wonderful things to offer members including learning life-skills, communications training, opportunities such as camps, travel, and making lifelong friends,” Sharon goes on to say. “4-H is a world of endless possibilities with so many projects to choose from, great opportunities and friends for the making. It also involves the entire family, which makes for a unique experience of learning, sharing and having fun together.”

“I would like to encourage leaders to continue volunteering with 4-H when their kids leave the program,” she concludes. “There are many opportunities for adults to travel, learn new skills, share their talents and expand their horizons. I would also like to encourage former 4-H members to return to their 4-H family as leaders once they finish their education and begin their careers. 4-H will stay strong due to the great volunteer spirit in its leaders, members and families.”

Well said Sharon!

Sharon will be formally inducted into the Alberta 4-H Hall of Fame at an official ceremony at the annual Alberta 4-H Leaders’ Conference on January 10, 2009 in Red Deer. 🍀

FUN FACT

A cat’s jaws can not move sideways.

FUN FACT

A squid has 10 tentacles.

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**Alberta
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PEAC – 4-H Provincial Equine Advisory Committee

BY LINDA GOOCH

The 4-H Provincial Equine Advisory Committee consists of volunteers involved in the Alberta 4-H Equine Project and includes two designated 4-H equine club leaders from each of the seven regional equine committees or Regional Councils and their alternatives, a 4-H and Agriculture Education Branch representative, a representative from the Alberta 4-H Council and up to three members at large. PEAC has three regular meetings a year, in the fall, winter and spring.

This committee serves as an advisory body to the Alberta 4-H Council and the 4-H Branch of Alberta Agriculture and Rural Development. Policies, guidelines and project-specific rules and regulations for the 4-H equine projects are established through PEAC and presented to the Alberta 4-H Council for review, consultation and final approval.

PEAC has developed all of the materials that are being used in the present 4-H Equine Project, including the Horse Reference Manual, the record book, the Horsemanship Assessment Level 1-3 and 4-7 checklists and all of the individual project manuals and resource materials. As well, PEAC is constantly reviewing and updating these materials in order to keep them current.

Events organized by PEAC include the Provincial Equine Leaders Forum (PELF), the provincial and regional Train-the-Trainer clinics, Provincial Horse Classic and the Provincial 4-H Competition held during the Alberta Equestrian Games.

Present PEAC members include: *Peace* – Bonnie Ridley (Vice Chair), Jodee Hawley and Laureen Kosheiff; *Northwest* – Ken Schmuland and Corine Verbeek; *Northeast* – Larry Baddock, Karen Allen and Lana Graham; *West Central* – Pam French, Kippy Maitland-Smith, Connie Kluczny (Secretary) and Lori Stuart; *East Central* – Jimilee Chostner (Chair), Kym Lawrence, Beth MacGougan (AEF Rep), Lee Carothers (Alberta 4-H Council Rep), and Bernie McGowan; *Calgary* – MaryLou Tainsh, Linda Gooch and Anita Beaudin; *South* – Dixie Crowson, Sherri Hosker and Trudy Andrews; 4-H Office – Ashley Eckel and Yvonne Yaremicio.

PEAC has just completed what is going to be a very useful teaching tool for all: 4-H Equine Projects - a Horsemanship video with Muffy Knox as the instructor/narrator and 4-H members as the demonstrators of the Level 1-6 skills required for the program. This video will be distributed this fall to every 4-H club in Alberta with an equine project, as well as to several of the other provinces across Canada.

Another step towards the continual pursuit of educating and training our leaders in order to standardize the skill development of our members was the hosting of a Provincial Leader Assessment Clinic, where leaders from the different regions were invited to learn how to properly assess 4-H members in the different skills required for each level. This first clinic has produced leaders who are willing to go to different clubs to do assessments. They include Level 1-3 Assessors: South – Nina Connors; West Central – Kippy Maitland-Smith, Pamela French and Stacey Harris; Northwest – Joanna James. Level 1-7 Assessors: Leslie Oszli; Calgary – Lorna Malmberg. The

next Leader Assessment Clinic is planned for March 2009 (for application, see Winter Program insert).

Other items discussed at our last meeting included the Young Horse Incentive Program, the Standardbred Project, Horse Classic, Alberta Equestrian Federation topics (Horse Welfare Alliance of Canada, appointment of new chair Dixie Crowson, casino funding, Live Outside the Box program, horse slaughter, Horse Racing Alberta promotion), 4-H tack guidelines, drill teams and the possibility of a 4-H/Pony Club/Polocrosse Alberta Summer Games for 2009.

If you have any questions about or would like more information on any of these or any other 4-H Equine related topics, please contact one of your Regional reps. 🍀



4-H Specialist Mark Shand leads Key Leaders through some games related to his "Leadership and Relationship" session.

Key Leaders 'Key' to 4-H's Success

BY STACY PRICE

ROCKYVIEW DISTRICT KEY LEADER

From building bridges (literally) to Consumer Decision Making to ideas on how to orientate new families to our 4-H clubs, and of course, a game or two of spoons, 26 Key Leaders from around the province gathered for a fun-filled, whirlwind weekend of education, fun and team building at Battle Lake on October 24 – 26.

Our Friday evening began with a wonderful dinner and socializing with the "old" and new Key Leaders, followed by a welcome from our fearless leader Jocelyn McKinnon. Susann Stone of the 4-H Foundation updated us on the available fundraising initiatives as well as scholarship opportunities. Thanks go out to Marguerite for being available for a Q&A session; once the questions started, we were flying along, picking her brain for the evening. As a group, we really appreciate the fact that Marguerite is there to help us out and answer our questions.

Saturday morning started out bright and early with Janet Kerr giving us an update of where she is at with "Year of the 4-H Club Experience." Not only were we able to see what she has come up with so far, she used the group to assist her with con-



Alberta 4-H Key Leaders for the 2008-2009 club year

tinuing her work, just another example of 4-H working together. It was interesting to see some of the comments that came out of the 2008 summer program season. Leading us into “Leadership & Relationships” Mark Shand truly brought us that one step closer; he took us through some trust activities and we learned things about one another that maybe we really didn’t want to know, for example Mark’s thoughts on spandex! His energetic session had us all up and running around, pushing our personal limits with trust.

This was followed up by Cameron Horner helping us to understand the need for and the importance of coming up with ideas to help orientate new 4-H families as a means of ensuring that they get all the information they need without going into overload. Our sessions finished up with Stacy Murray giving us a look at Consumer Decision Making and giving us the opportunity to come up with our own scenarios and study guides. Our evening ended off with lots of visiting and a rousing game of spoons.

Sunday morning started out with a wonderful breakfast and once again lots of visiting and following up with our new and old friends. Jocelyn, Stacy and Ashley Eckel got us all thinking about safety and what we can do to promote it. We were up-



Jocelyn McKinnon, 4-H Specialist and Key Leader program coordinator, and Cameron Horner, 4-H Specialist – Communications and Marketing, talk with Key Leaders.

dated on some exciting ideas from BC 4-H and what they have done to create an excellent safety program. Although we are all practicing safety we do feel there is always more that we could do to promote not only farm safety but all forms of safety from food to livestock handling as we all certainly would like to “Live Safely.” Our morning finished off with a reminder and idea exchange for providing various levels of leader training within our districts, thanks to Rob Smith, Stacy and Jocelyn for this discussion.

As you can see our weekend was full of ideas, fun, laughing and learning throughout all of our sessions, as well as during our socializing time.

Big thanks go out UFA Co-operative Limited, the exclusive sponsor of the Alberta 4-H Key Leader Program, for all their support. ♣

We Salute You!

To Dave Brabazon and Corine Verbeek, who work their fingers to the bone each fall making sure that club supply orders are filled, Award of Excellence medallions are sent out and that program resources—from Cleaver to tattoos—remain in good condition and are well-stocked.

For all of the behind-the-scenes work that these two do that ensure the smooth delivery of the 4-H program, we thank you.



Dave Brabazon and Corine Verbeek

Key Member Update

BY LEILA HICKMAN

4-H SPECIALIST – NORTHEAST REGION

We currently have 45 Key Members working with clubs and districts from across the province. These members are keen and ready to go to work so please look up your Key Member and consider using them when looking for volunteer assistance.

The first Key Member Challenge for the '08-'09 club year has been completed. In light of the FCC Drive Away Hunger campaign, Key Members were asked to become more aware of the cost of their monthly food intake. For the challenge Key Members were told that they had \$100 to spend on food, and by keeping track of the amount of money that was spent on meals, both in the home and meals purchased, the members get a sense of how much money is needed for food banks. Those wishing to participate were entered into a draw to determine the winner of the challenge. I am happy to congratulate Robyn Fisher of the North Peace District and Kristina Huisman of the Barrhead District on winning this challenge. As the challenge winners, both girls were given complimentary tickets to the CFR in Edmonton. Just as a note of interest, the average amount of days that the participating members spent their money in was 10 days. Therefore, if we do a rough average it costs approximately \$300 per month to feed the average teenager!

The second challenge for the Key Members occurred during the month of November. As November is National 4-H Awareness month, members were challenged to start a 4-H Spirit message chain. Keep posted to the website or the next update on details of how that worked and who our lucky winners were.

For more information on the Key Member program contact your district Key Leader, regional 4-H Specialist, or Leila Hickman, Key Member Coordinator (*contact information can be found on the Alberta 4-H website, www.4h.ab.ca*). 🍀



Key Members work on teamwork and trust at their annual training weekend...



A work in progress, really.



2008-2009 Key Members



Then...



Now...

Where Are They Now?

Name: Gord Bamford

Club: Central Lacombe 4-H Beef Club

Projects participated in: Steer, Market Beef Carcass, Heifer, Cow/calf

Highlight of 4-H career: Achievement day activities, doing well at showmanship, learning about the animals that we were working with daily and of course, meeting new people.

What are you doing now: I am currently enjoying a successful country music career and have been very fortunate to have great support from both the music industry and fans from across the country. It has been a long road, but all of the hard work and determination have paid off. Many of the people skills, confidence and work ethic I developed through 4-H have made my journey possible.

What is a skill that you learned through the 4-H program that you use every day: Public speaking! Being involved in the music industry has made me realize that the skills I was able to develop through public speaking have been an invaluable asset.

How would you describe the 4-H program to someone who is unaware of its benefits: The benefits really are endless. The motto *learn to do by doing* is all encompassing. It teaches you about responsibility and patience when dealing with animals, gaining confidence when speaking in front of people, being in a group setting, meeting people with similar interests and enjoying learning new skills together.

www.gordbamford.com 🍀

FUN FACT

There are more insects in ten square feet of a rain forest than there are people in Manhattan.

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Photo provided by the United Farmers Historical Society



UFA Farm and Ranch store in Stettler, Alberta

UFA's Centennial: Deep Roots. Promising Future.

It was 1909. Alberta was a mere four years old, Ford's Model T was the hottest ride in town and an exciting new co-operative was born. UFA's founders saw opportunities as endless as the Alberta sky that day – then spent the next 100 years pursuing them.

In 2009, UFA will reach its centennial. Not only as one of Canada's largest and most successful co-operatives, but as a landmark in the communities where we live, work and play. UFA has grown into an extensive retail and distribution network of 36 farm and ranch supply stores, acquired retail stores, over 115 petroleum locations and more than 110,000 members.

That is something worth celebrating. The official kick-off will be in UFA's 36 farm and ranch supply stores, petroleum agencies and offices on UFA's official birthday on January 14, 2009. But it won't end there. UFA's Centennial Committee has plans to mark our 100-year milestone in many ways. Centennial grassroots events will be held in eight communities across the province next summer to celebrate our banner year and recognize the people who contribute to and enjoy the benefits of the co-operative today.

"A century of history only matters if it enables you to know the people you serve, better than anyone else," says Dallas Thorsteinson, president and chief executive officer, UFA. "If you live, work or play in the country, UFA knows you and our vision is to earn your business for a second century."

UFA touches countless people. Each and every one of them has contributed to our success and longevity in some manner. We will celebrate with the people who built and sustain our co-operative – employees, petroleum agents, elected officials, business partners and of course, our members. We will share our unique and proud history with the entire province. A special UFA exhibit will open at the Provincial Archives of Alberta

on January 14 and run until the end of March. A full-colour centennial book is being created, authored by the former coordinator of the United Farmer's Historical Society, Gordon Tolton. It will feature a photographic perspective of UFA and the people and communities we've served over the past 100 years.

"For 100 years, we've dedicated ourselves to creating a strong future for Alberta's rural communities and, in so doing, have become part of the fabric of this province," says Clarence Olthuis, UFA chairman of the board directors. "The theme "Celebrating our Past, Energizing our Present, Inspiring our Future" builds on the strength of our past, but also puts focus on where we are today and how well positioned we are for future growth and opportunity."

UFA is proud of our long-standing record of relevance and innovation. We will continue to adapt to the changing needs and demands of the agricultural community and rural markets in which we operate. We will continue to thrive and be progressive with a passion for agriculture and an affinity for rural life. We will continue to see those big-sky opportunities. We will take pride in celebrating our centennial. It's going to be a great year.



South Region

BY GINNY SMITH

4-H PROGRAM ASSISTANT - SOUTH REGION

"The South rocks!" is a simple statement but one that holds plenty of meaning for the members, leaders, friends, families and supporters of 4-H in the Southern Region.

During a recent evening of recognition, presented by FortisAlberta and the Southern 4-H Regional Council, leaders attaining milestone years of leadership, members achieving success in various categories throughout the 2007/2008 4-H year and multiple "Friends of 4-H" as identified by regional and district councils, were saluted.

Ninety-six leaders received pins and certificates for achieving their incremental years of leadership in various clubs across the Southern 4-H Region. It is incredible when you think that a cumulative total of all of these years equals 524 years of time and dedication to the youth in our 4-H program. Thank you leaders!

Members who received the Platinum Award of Excellence during this past year were commended on their participation and involvement throughout their many years of project work, leadership and community service. Southern members, who were awarded trips during the Provincial Selections program earlier in the year, were introduced including our two new 4-H Ambassadors, Stephanie Parker (Coaldale 4-H Equestrian Club) and Lindsey Meredith (Stavelly Stampede 4-H Club). Stephanie was on hand to co-host the evening's award presentations with Regional Specialist Rob Smith.

The aggregate results, from our two regional judging competitions, sponsored by AgriVet Health Centre Inc., were tabulated and recipients were presented with their awards.

Achievements in Public Speaking and Presentations at the 2008 Regional KPMG Communications Competition were reviewed, with extra applause given to Amanda High and Emily Puch, who, after advancing from the Willow Creek District competition and winning at regionals, went on to take first place honours in the Provincial Presentations competition.

The Southern Regional 4-H Light Horse Committee took the opportunity to recognize the 2007/2008 equine record book competition winners. This is the only regional-level record book competition held in the South, with the record books advancing from club level, through to their individual district competition (10 districts in the south) before advancing to the regional event.

The evening ended with presentation of 31 regional scholarships to 4-H members pursuing further education. Interesting to note that 50 of the 204 applications received for various

South Events

JANUARY 3

Southern Regional Multi-Species Judging
Brooks Silver Sage Arena

JANUARY 20, 7PM

Southern Regional Horse committee meeting
Taber Police Station
For further dates and times, please consult the Alberta 4-H on-line calendar (www.4h.ab.ca/regional_info).

provincial 4-H scholarships came from the Southern Region, with 15 successful southerners at that level. Congratulations to all scholarship recipients and good luck to all 4-H members pursuing post-secondary education. Remember your 4-H roots as you hit the next stage in your life!



A large number of members, leaders and volunteers were in attendance for the 2008 South Regional Celebration.

Southern Regional Horse Show Huge Success

BY TRUDY ANDREWS

SHOW MANAGER

One hundred and thirty-five enthusiastic 4-H members participated in the annual Southern Regional Horse Show held August 10 – 13 at the Claresholm Agriplex. Trailers started rolling in Sunday afternoon to set up for the three and a half day event.

The show started on Sunday evening with its traditional Parade of Clubs and costume classes. The weather cooperated and so on Monday and Tuesday volunteers were active as the main indoor arena and two outdoor arenas were kept busy with a variety of English and western classes. These classes included showmanship, pleasure, horsemanship, dressage, trail, jumping, reining, barrels and poles. The show wrapped



Marianne Sandberg received the "Friends of 4-H" distinction during the 2008 South Regional Celebration. Marion Van Sluys presented.

up on Wednesday with members competing in Gymkhana and cattle events.

The Southern Regional Horse Show gives members a great opportunity to showcase their projects and most importantly, have tons of fun with other 4-H members across the region. The matched pairs' class, where members must choose a partner from a different club, encourages them to mix with other members. The Sportsmanship award presented annually by Harold Seymore, a long time 4-H supporter, had three recipients this year: Kyle O'Brien (Taber Roughriders), Katie Musgrove (John Ware Light Horse), and Dalcyce Unruh (Circle V Multi). Special thanks to all the volunteers, parents and leaders who made this event a success. 🍀



Calgary Region: In Memory...

It is with an extraordinarily heavy heart and a fractured spirit that I regret to inform the 4-H family of a tragic loss. Sonya Isley, wife of Gerry and mother of outstanding 4-H members Riley, Taylor and Cody died as a result of a vehicle accident in Calgary on November 12, 2008.

Sonya was just starting her second year as a registered leader with the Bow Valley Beef & Multi Club in the Rockview District of the Calgary 4-H Region, even though she has been rather involved for the past six years.

Sonya's greatest pride is in her children, and watching them mature and progress. Whether it is with Riley's work ethic, Taylor's Reserve Grand Champion Steer at 4-H On Parade last June (from which the family donated sale proceeds to the 4-H Foundation of Alberta) or Cody doing well in a judging contest, she lived through the growth and development of her and Gerry's three outstanding children.

Please join me in providing Gerry, Taylor, Riley and Cody with thought and prayer for the discovery of hope and light amid absolute despair and darkness.

ROB SMITH

Calgary Region

Learning and Laughing at National Conference

BY BEV RASMUSSEN

CLUB LEADER

I am back and energized and what an incredible experience National 4-H Conference turned out to be. I was honoured to go and represent the Calgary Region in what was days of learning but also a whole lot of fun!

What a wonderful opportunity it was to talk to members who had flown for the first time and to others who were on their first adventure outside their home province – truly a fantastic trip for these young adults.

The seminars were done by awesome people, and I would like to see Alberta bring Mark Essay to do seminars for not only the leaders but the members as well. It would be great to have him visit each region to energize everyone. All Alberta delegates thoroughly enjoyed him and I feel due to his young age he connects really well with the members.

Speaking of Alberta delegates, I did learn not to plant any seeds in their minds as both Sherry Howey and Greg Coleman would do anything! In one instance, as staff were pushing the trolleys by, I said we should have trolley races. That proved to be a big mistake! Long story short – Greg dared Sherry, Sherry conceded and off they went, feverishly pushing the trolley down the hallway getting caught red-handed by Jim Washer, Program Manager with the Canadian 4-H Council. Needless to say we looked like kids who had just been nabbed with their hands in the cookie jar. A big laugh was shared by all.

Calgary Events

MONDAY, JANUARY 5

Calgary Regional Communications Meeting
Airdrie

WEDNESDAY, JANUARY 21

Calgary Regional Horse Committee Meeting
Airdrie

SATURDAY, JANUARY 24

Regional Level I Multi-Species Judging Contest
Olds Cow Palace

WEDNESDAY, FEBRUARY 4

Calgary Regional Council Meeting
Airdrie

MONDAY, FEBRUARY 9

4-H On Parade Planning Committees Meeting
Balzac

FEBRUARY 16 AND 17

Calgary Regional Council Casino
Calgary Casino

FEBRUARY 20 - FEBRUARY 22

Calgary Regional Intermediate Winter Camp
location TBA, tentative dates

MONDAY, MARCH 2

Calgary Regional Communications Meeting
Airdrie

WEDNESDAY, MARCH 11

Calgary Regional Horse Committee Meeting
Airdrie

SATURDAY, MARCH 21

Regional Communications Competition
Strathmore Civic Centre

WEDNESDAY, APRIL 1

4-H On Parade Deadline

SATURDAY, APRIL 4

Junior / Intermediate Fun Day
Pioneer Lodge

WEDNESDAY, APRIL 8

Calgary Regional Council Meeting
Airdrie

MONDAY, APRIL 20

4-H On Parade Planning Committees Meeting
Balzac

A few observations delegates shared included how fortunate Alberta is to have the 4-H Centre at Battle Lake to use for our programming, camps, conferences, etc. It was also mentioned how some provinces limit the number of projects members can partake in during a given year. One common issue, however, did seem to be that all provinces are having a hard time keeping our senior members, which may be a sign of the times.

I want to thank the Calgary Region once again for this incredible opportunity of learning, laughing and sharing - it was a wonderful experience. 🍀

East Central Region

BY ASHLEY ECKEL

4-H SPECIALIST – EAST CENTRAL REGION

Winter Camp

Attention 4-H members! If you are between the ages of 9 and 12 (as of January 1, 2009) come and join us for Winter Camp at Circle Square Ranch Camp from February 20-22. This weekend is going to be a great time as we have the chance to experience a 4-H camp-like experience over a fun-filled weekend. Applications were sent out with club's start-up packages and are also available on the 4-H website (www.4h.ab.ca) in the Regional Info - East Central section. Check the calendar for information on this event and lots of other great East Central Events.

East Central Events

DATE: FEBRUARY 20

Regional 4-H Winter Junior Camp
Circle Square Ranch, Halkirk, AB

Red Deer Rebels Hockey Night

Following a short break we are once again bringing back our Red Deer Rebels Hockey Night! This December members from both the East and West Central Region have the opportunity to attend a Red Deer Rebels hockey game together and cheer on the Red Deer Rebels as they take on the Calgary Hitmen! It is a great opportunity for everyone in these two regions to get together and enjoy a great night of hockey! I have heard that that it has been a great event in the past, and this year will be no exception - I hope to see you all there!

Public Speaking and Presentations

Dates for Regional Public Speaking and Presentations for the upcoming year have been set, so mark these dates on your calendars. The dates are as follows:

Regional Public Speaking - March 21, 2009 (Czar is hosting)

Regional Presentations - March 22, 2009 (Youngstown is hosting)

Please remember that all club and district presentations and public speaking competitions should be completed before Monday, March 9 so that the information regarding who advances to the regional level can be submitted to organizing committees. Good luck at all of your events this year!

Multi-Species Judging Competitions

There will be a number of multi-species judging competitions held in the East Central region once again this year. Not all of the exact dates are known yet, but as soon as the dates are confirmed they will be posted on the 4-H website and will be sent out to club contacts so that clubs will be informed about the competitions. These are great events to go to learn more about judging and challenge your judging skills. Do not forget seniors: you have the chance to qualify for Provincial Judging, which could mean an amazing trip as well as a chance to compete against Alberta's finest!

With this in mind, we do have one competition already scheduled, which is a great one to come to, and it is:

Multi-Species Judging Competition - March 7, 2009 (hosted by Veteran)

Fun Day 2009

The East Central Regional 4-H Fun Day will be held on January 3, 2009 at Stettler Middle School. Our 4-H Ambassadors—Cole Andrew, Stacey Benjamin, Joshua Foot, and Ryan Davidson—are planning this event, and have packed the day full of many fun activities and interactive games. Last year's Fun Day included topics such as: welding, woodworking, sketching, theatre sports, scrapbooking, rural safety, rain sticks, taekwondo, glass etching, hip hop dancing, rock painting, dog agility and much more! Fun Day is available to all 4-H members in the region, and because of the wonderful support we have from a number of amazing sponsors there is no fee for the event. Fun Day starts with registration at 9:30 a.m. and events starting at 10 a.m. Hope to see you there! 🍀

West Central Region

BY ASHLEY ECKEL

4-H SPECIALIST – WEST CENTRAL REGION

Winter Camp

Attention 4-H members! If you are between the ages of 9 and 12 (as of January 1, 2009) come and join us for Winter Camp at the Alberta 4-H Centre, February 27 to March 1, 2009. This weekend is going to be a great time as we have the chance to experience a 4-H camp-like experience over a fun-filled weekend. Applications were sent out with club's start-up packages and are also available on the 4-H website (www.4h.ab.ca) in the Regional Info -West Central section. Check the calendar for information on this event and lots of other great West Central Events.

West Central Events

FEBRUARY 27

Junior Winter Camp
Alberta 4-H Centre,
Westerose AB

MARCH 21

Regional Senior Public Speaking
Wetaskiwin Hosts

MARCH 22

Regional Intermediate Public
Speaking
Red Deer Hosts

MARCH 29

Regional Presentations
Camrose District Hosts

Red Deer Rebels Hockey Night

We are bringing back our Red Deer Rebels Hockey Night! This December, members from both the East and West Central region have the opportunity to attend a Red Deer Rebels Hockey game and cheer for the Red Deer Rebels as they take on the Calgary Hitmen! This is a great opportunity to enjoy a wonderful hockey game while having the chance to visit with other members from both the East and West Central Region. I have heard that in the past it has been a great event and this year will be no exception - I hope to see you there!

Ski Trip

The West Central Alumni are once again hosting the Senior Member Ski Trip. The dates this year are March 6 - 8, 2009 and they will be skiing at Fernie. The exact costs of the trip are still being confirmed; however, once they have been confirmed, the registration forms will be posted on the 4-H website (www.4h.ab.ca). Information will also be sent to leaders to be distributed to members, or you can contact Shelly Neal by calling (403) 533-2263 or emailing her at marshmans@hotmail.com. The deadline for registration is January 15, 2009. Keep in mind this trip is a first come first serve basis as the busses are always filled! Don't miss out on this great trip!!!

Public Speaking

Dates for Regional Presentations and Public Speaking competitions have been set, so mark these dates on your calendar! The dates are as follows:

Regional Senior Public Speaking - March 15, 2009 – (Rocky Mountain House hosting)

Regional Intermediate Public Speaking - March 16, 2009 – (Ponoka hosting)

Regional Presentations - March 29, 2009 – (Camrose hosting)

Please remember all district public speaking competitions should be completed prior to Monday March 9 so that the information regarding who advances to the regional level can be submitted to organizing committees.

Correction

I would like to point out that I made an error in the summer magazine under the "West Central Regional Horse Show." I would like to congratulate this year's Drill Team winner, which was Shadow Riders rather than Silver Valley. It was a great competition overall and Shadow Riders deserve a huge congratulations for their great routine and performance! 🌿

FUN FACT

No two zebras have the same striped pattern.

FUN FACT

Elephant tusks grow throughout an elephant's life and can weigh more than 200 pounds.

Northeast Region

BY LEILA HICKMAN

4-H SPECIALIST – NORTHEAST REGION

After a beautiful fall, the 4-H year is now in full swing in the Northeast. We have a few new clubs organizing this year and both leaders and members are excited and optimistic for the year that lies ahead of them.

Key Member and Key Leader Training

The Northeast is proud to have 10 very energetic and passionate Key Members working for our clubs and districts this year. Key Member training was held at the end of August and they are an eager group that is ready to be put to work. Likewise, we had a strong showing of Key Leaders at the training weekend for Key Leaders held in October.

Project Book Competition

Each year the Northeast region hosts a regional project book competition that recognizes those individuals who wish to go beyond the normal standard for record keeping. Books are initially scored at the club and district level, and then those that meet a predetermined standard are accepted into the regional competition. It is a true compliment just to make it to this competition, but for those who were successful, a cash award was presented at the Northeast forum at Lakeland College in Vermilion.

Northeast Forum

This annual event is the highlight of the year in the Northeast. On this day a couple of very important goals are accomplished. The day begins with the project book award recipients being recognized for their efforts. This is followed by a series of sessions to teach and educate participants in a wide variety of subjects, which gives way to a fabulous meal and an award ceremony that recognizes the contribution of leaders and members to our 4-H program. The day is complemented by the opportunity to network and mingle with other like-minded people from across the region, who share in their support for the 4-H program and what it has to offer all individuals involved. Special congratulations to this year's Award of Distinction winner, Carol Selte. We wish to thank her for all of her contributions to the Northeast region over the past several years, though she is not off the hook yet as Carol is our Regional Council president and the chair of Leaders' Conference 2009.

Northeast Events

JANUARY 15

January Livestock Sale Information
4-H office, Vermilion

JANUARY 31

Annual Regional Council Meeting
St. Paul Ag Society

FEBRUARY 21

You Be the Judge
Lakeland College Riding Arena, Vermilion

MARCH 14

Regional Communications Competition
Minburn

MARCH 24

Regional Council Executive Meeting
Innisfree

MARCH 27

Spring Fling
Lac La Biche

Northeast Fall Fling

Hosted by the Two Hills district, the theme of the 2008 Fall Fling was "Hill Billies." Junior members from all across the region were exposed to a wide variety of creative sessions, large group games, interaction and personal development. This twenty-four hour program allows junior members the opportunity to experience the overnight camp environment in a short stay that is very affordable and encouraging for all members.

Reminder: Parade Float and Promotion Photo Contest

Just a reminder to clubs that if you have been out and about, promoting your club and 4-H, then you need to snap a picture and send it in for a chance to win. The draw will be made at the Annual Regional Council meeting in St. Paul on February 2, so there is lots of time to get those photos in. If your club has participated in a parade during the summer and will also do so at Christmas, on top of any community event promotion, please send in a photo for each time and increase your chances of winning a great prize for your club.

Leaders' Conference 2009 is being hosted by the Northeast Region. As with all of the past Leaders' Conferences, this year will be an excellent opportunity for leaders to network, learn through sessions and interaction, and have a lot of fun. Each year the hosting region puts a local twist to the conference and this year is no exception. Come out and enjoy some Northeast hospitality and have a great weekend. 🍀

Northwest Region

BY JOCELYN MCKINNON

4-H SPECIALIST – NORTHWEST REGION

4-H Fair

What will I make this year at the 4-H Fair?

Faced with a dozen different choices and only able to do two, 4-H members have challenging decisions to make. Leaders and parents also have a choice of six sessions designed as options for 4-H project items or activities. Each fall 4-H members eagerly anticipate the session details for the Northwest 4-H Fair, and 2008 will be no exception.

If a member is interested in painting, they can do tole (decorative painting on tin objects), crackle art or paint a friendship or seashell

Northwest Events

JANUARY 15

January Livestock Sale
Information
4-H Office, Barrhead

FEBRUARY 6

Frosty Fun Winter Camp
(ages 12-14)
Camp Nakamun

FEBRUARY 15

Northwest Safety Grant
4-H Office, Barrhead

FEBRUARY 28

Regional Presentations
Competition
Strathcona/Yellowhead Districts

MARCH 14

Regional Public Speaking
Competitions
Lac Ste. Anne/Leduc

APRIL 18

Regional Judging Competition
TBA

FUN FACT

Giraffes have no vocal cords.

frame. They may choose to construct a wooden tote box, a handprint wreath, a pillow, necklace or scarf. A lost mitten wall hanging is being offered to both members and adults. With increased interest in the Outdoors project, a session on furs and outdoor education experiences is an option. Lunch for the Bunch, Fun with Plaster of Paris, Christmas Floral Ball and Teabag Paper Folding will attract the curious looking to try something different.

Come November 29, bus and carloads of members and adults will be arriving at the Lillian Schick School in Bon Accord for another 4-H Fair. From the second members arrive and get acquainted with one another, to the time spent in various sessions and the bench show, to the moment they leave after the ice cream sundae social, a few things are certain: a great time will have been had, new friends will have been made and new skills will have been acquired.

Frosty Fun Weekend

Attention intermediate and senior members: plan on attending Frosty Fun at Camp Nakamun from February 6 to 8, 2009. Plans are underway for an action-filled frosty adventure with an agricultural twist. 4-H Alumni and senior member counselors will be leading campers through a weekend of fun and learning.

Northwest Regional Summer Camp

For the last few years at Camp Mackinicholea (in the Northwest region), there has only been one week of camp held for members, ages 9 to 13. To help decide whether there is a need for a second week of camp, a survey was distributed in September to all families in the region (through the club). The feedback from this survey will establish the need for both a junior and an intermediate level camp. If this idea comes to pass, the second week of camp would be held at a different camp facility in the region, probably in mid-August. 🍀

Peace Region

BY STACY MURRAY

4-H SPECIALIST – PEACE REGION

Most clubs are registered now and operations are well underway for the new 4-H year. Welcome to the new families and glad to have you back to those who are returning. You can make the most of your time in the 4-H program by ensuring that you participate fully in club meetings and events, ensuring that you voice your opin-

Peace Events

JANUARY 15

January Livestock Sale
Information
4-H Office, Fairview

FEBRUARY 6

Peace Regional 4-H Winter Camp
David Thompson Bible Camp

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Have you ever been to the Alberta 4-H Centre? Would your 4-H club like to come for FREE?

When: May 1-3, 2009

Where: Alberta 4-H Centre

What: Your club would be able to receive:

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- 5 home-style meals
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- to gear up for a great summer of 4-H programming

Who: Alberta 4-H Club(s) wanting:

- to enjoy a weekend together
- provide an opportunity for members and leaders to see the 4-H Centre
- mingle with other 4-H Clubs
- to use your hands to larger service at the Alberta 4-H Centre

Why: Come visit the Alberta 4-H Centre and hang out with your great 4-H pals in a relaxed atmosphere and help prepare the Alberta 4-H Centre for the thousands of footsteps to cross its paths in summer 2009.



To register or for more information, please contact:

4-H Foundation of Alberta
1-877-682-2153
foundation@4hab.com

4-H Clubs will be taken in order they are received.



ion at the club, district and regional levels, and by taking advantage of the activities beyond your club. There are many people in the region who would be happy to help you “Learn to Do By Doing” at every level.

Key Members

Our region welcomed five Key Members this fall. Jenna Logan, Sabrel Binks, Kristy Oatway, Robyn Fisher and Cara Noble are excited about having the opportunity to share their years of experience and knowledge with their districts and the region.

Key Leaders

For the first time in several years the region has a full complement of Key Leaders as well. These longtime leaders have a wealth of knowledge that they will be sharing with their districts to ensure that members, leaders and families are getting all they can out of the 4-H program. Welcome aboard to the new Key Leaders: JoAnn Clarke, Ray Binks, Tarolyn Peach and Marcy Beddome, and welcome back to returning Key Leaders: Rhonda Clarke-Gauthier, Darla Driscoll and Stella Pimm.

Fall 4-H Leader’s Forum

Thanks to all those who attended the annual Fall Forum in September! Great discussions took place as leaders from around the Peace met to receive their start-up packages and share ideas and concerns. Janet Kerr led a successful workshop, sharing ideas on making the club experience all that it

can be. Discussion about meetings, incorporating social and recreational activities, parliamentary procedure and family involvement, among other topics, were lively and informative. We also saw several new leaders complete their Level 1 training successfully. Congratulations! This is always a great way to start the year for the region.

Leader Pins and Award Trips

This is just a brief reminder that if your club or district has a function that would be an appropriate place to present leader award pins, to contact the regional office in advance so that they can be ready for your event. If you have leaders in your area who have been involved for at least three years (for a chaperone opportunity) or five years (for a personal development opportunity), encourage them to submit their name for consideration for one of the trips available to leaders. They are generally a great deal of fun and the things you can learn are amazing. See the program booklet for more details. 🍀

FUN FACT

India has 50 million monkeys.

FUN FACT

A rat can go without water longer than a camel can.

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Applications are accepted beginning November 1
On-line applications are available on our web site

Travel & Exchange

4-H Member Heads to Washington!

Brandon Eisenreich, an intermediate member of the Cold Lake 4-H Light Horse Club, headed to Washington, D.C. in September, as one of only two representatives from Canada, to participate in the People to People Youth Leadership Forum. He was nominated by his school principal and was chosen to participate based on his academic achievements and community involvement. The weeklong forum, which focused on youth leadership skills, was a once in a lifetime opportunity. Some of the highlights included visiting Capitol Hill, the White House, Gettysburg and Jamestown, as well as meeting youth from around the world.



Brandon standing on the steps of Capitol Hill.

Brandon's 4-H experience definitely played a role in his success at the program. When approached to give an appreciation speech in front of 300 people, he didn't hesitate to comply. His thoughts: "It wasn't a big deal - I've had lots of practice through 4-H!!" 🍀

Basking in the Sunshine

BY OWEN BURDEK

From July 31 to August 7, 2008 I embarked on the California 4-H exchange to the University of California - Davis Campus. My host family, Robert and Susan Payne and their son Ryan, picked me up at the Sacramento Airport and we proceeded to head straight to the California State Leadership Conference.

For the first four days I attended the California State Leadership Conference with my host brother, Ryan. The facilities at the Davis Campus were excellent except for that most sessions were not in the same building so the whole group had to walk what seemed like miles to get from place to place. The State Leadership Conference is, in fact, planned by the state Ambassador team, whose hard work and excellent planning made the conference a great success.

During the opening ceremonies the speaker, Micah Jacobson, spoke to us about hope and how we should never let our hope die because there is always hope. I attended an interesting session on citizenship requirements of California 4-H. We also had the privilege of being addressed by Patty Hendrickson, a motivational speaker, who gave us the ability to say to ourselves, "Who I am depends on me." To help close the event and end it with a proverbial bang, a former 4-H member Chris Nowicki spoke to us about what 4-H can do for those who are willing to put in the necessary effort, what it has done for him and how 4-H affects the lives of thousands of people around

the world. That night, we had a dance where everyone had an awesome time. After saying our reluctant goodbyes and leaving the California State Leadership Conference forever, my host father Robert, Ryan and I headed off for San Francisco.

Upon entering San Francisco, via the Oakland Bay Bridge, was like entering a whole new world where the temperature drops a total of 20 degrees Celsius and a thick ocean fog shrouds the entire city as if someone covered it with a giant grey blanket. During my stay in the city by the bay I got to experience the famous, winding Lombard Street, the shops and boutiques of the fisherman's wharf, Pier 39 and its obnoxious population of sea lions, the world renowned Stinking Rose restaurant and all of its garlic cuisine, took a late night cable car ride past old Victorian houses and a five-story Macy's department store, which occupies an entire city block.

The next day we drove to the Golden Gate Bridge where we walked out to the middle of the bridge while enduring a cold, piercing wind and a thick layer of fog. If you have ever seen pictures of the Golden Gate Bridge they really don't even compare to actually experiencing its true magnitude and strength firsthand. After leaving the Golden Gate Bridge my host family took me through the Haight-Ashbury district, the birthplace of hippie-dom and then to Golden Gate Recreation area where, donning full body wet suits, we went boogie boarding catching eight and 10-foot high waves.

On the way back to my host family's home we stopped at In-N-Out Burger, the world's original fast-food chain that only operates in the state of California. When I was faced with the task of ordering I found there were only three menu choices. Despite the limited selection, the burgers were excellent and it definitely lived up to the company's motto of "quality you can taste." The next day I got to experience the Galt flea market with all of its vendors selling everything from mattresses and iPods to the common assortment of cheap trinkets and knick-knacks.

For my last day in California, Ryan, my host mother Susan and I met up with two local 4-H members and went on a walking tour of Old Sacramento, the ending point of the Pony Express riders, and the Capital. The California 4-H Exchange was a total blast and I would recommend it to any and all 4-H members as a top choice for their Selections' award trip picks. 🍀



Owen and Ryan tour Old Sacramento with two local 4-H members.

Alberta Meets West Virginia!

BY SHELLEY TYMOFICHUK

ST. PAUL DISTRICT 4-H COUNCIL EXCHANGE GROUP

This past summer was one of opportunity, experience and definitely one to never forget!

For those who may have thought about doing an exchange but was not quite sure if it is worth all the phone calls, fundraising and sometimes the let downs of not being selected – think again, it's worth every bit of it! And if your group is as determined as ours, Part I of our exchange was absolutely incredible!

About mid-January, when we started putting the idea of doing an exchange into motion, it was a race to plan out a host itinerary and budget – all before Feb 2! It was a little crazy, but thanks to all of our expert volunteers and hard-working members and their families; we made the deadline and the major fundraising started. We sold many 4-H cookbooks, assisted at a bull sale and local graduation. These activities were all great, and a big thanks to some of our fellow 4-Hers who gave us the opportunity to recycle their huge piles of tires! We worked hard, all the while having fun with all of those tires and all of that mud because we knew we were going to Eastern Canada – or that's what we thought. It was now mid-April and the letter that we received in the mail said otherwise. So we got in contact with the Canadian 4-H Council and asked for some names of other clubs in our same position (we are a very determined lot and decided that we were now going to do a self-directed exchange!). Low and behold, a Scouts group from Montreal came about (while not 4-H, we felt this would be an awesome learning and cultural opportunity).

And so, while some of the wind in our sails had been lost, determined we were! And then, a lonely email arrived from a 4-H group in West Virginia. They too had their exchange fall apart. Thanks to some Canadian 4-Hers who had left a great impression of Canada at the National 4-H Conference, our two groups decided that this exchange was going to be a go.



Members reflect on their thoughts and day's events during Reflections

This past July, our little group of nine members and two chaperones experienced West Virginian hospitality at its finest. Each of the members spent the first week with their respective families, learning this new way of life, touring West Virginia as well as neighbouring states, meeting extended families and yes, singing that ol' time country favourite, "Take Me Home Country Roads."

The last four and a half days were spent at West Virginia's State 4-H Camp, which was held at Jackson's Mill (home to late president, Stonewall Jackson). This camp is one of the most organized, engaging, enthusiastic and historical 4-H camps I have ever witnessed. The company (about 350 camp participants and 40 or so adult staff) and food were excellent, as were the accommodations (cottages built by the different counties of West Virginia).

All members, from the time they started going to camp, were assigned a tribe (Seneca – turtle, Mingo – bear, Cherokee – crescent moon and star, Delaware – thunderbird, while the tribe leaders and group organizers (adults) were the Chiefs and Sagamores, all of which collectively comprise the Big Foot

WV State 4-H Camp at Jackson's Mill





In a scene right out of "Survivor" the group attends Tribal Council

tribe). Each tribe learnt their song (along with a number of others) and proceeded to chant these at the tops of their lungs, trying to outdo all of the other tribes! The whole time it was like being in a huge pep rally.

Each day members attended the patriotic flag raising, grow group, select-a-sessions like hip hop, folk and line dancing, geo-caching, historical tours of Jackson's Mill, sports, choir, painting, etc., leisure activities and tribal meetings. Every evening there was Tribal Council—where there were challenges of different sorts—followed by a short dance and reflections. One afternoon there was a talent show that a couple of our members participated in and on another evening, a peaceful candle light ceremony took place.

We also witnessed the solemn ceremony of the retiring of a huge, United States of America flag. This flag had flown for years and as each stripe was cut away, a story for what it stood for was told. These stripes were then folded and placed in the ceremonial fire. The square of stars completed the story. Everyone watched in silence as the fire died down and the ashes were buried beneath Tribal Rock.

I wish that I could tell all about each and every experience that our members had with their families from WV, but our 12 days were jam-packed! Some of our members are seriously planning a trip back to Jackson's Mill next year to do it all again and we wish them the best of time! This 4-H camp is an absolute must see-and-do. Thank you to our State Camp sponsors who made our attending of this jewel possible.

And yes, we left the West Virginia 4-H State Camp with one of *our* 4-H tricks for silencing a huge crowd: the shouting out of "four," and having everyone look at you really funny, getting them to say "H," and be totally amazed that there was silence!

We are looking forward to when our friends make the trip here to our beautiful Alberta in July 2009! So stay tuned for Part II – West Virginia meets Alberta! 🍀

FUN FACT

Alberta is named after Princess Louise Caroline Alberta who was the daughter of Queen Victoria and Prince Albert.

Bluffton 4-H Has a Great Exchange with Thorndale, Ontario

BY LYNN STEEVES

TRIP CHAPERONE

From July 9-18, 2008 we had the privilege of hosting 11 4-H members and two chaperones from Thorndale, Ontario. While the 13 of them were here, we enjoyed a full day at the Calgary Stampede, wagon rides at Beelby's and a fantastic trip to Jasper to go camping with our new friends for a few days.



We bravely went white water rafting and enjoyed a horseback trip to take in more breathtaking scenery. Some of the group had a wonderful hike along Maligne Canyon while others rode the Jasper Tramway to take in the views of six different mountain ranges, glacial lakes and the Jasper town site. The local wildlife cooperated with our itinerary as we got to see a black bear, mountain sheep and goats, elk, deer and even a moose. We had a few days to do our own activities while our guests were visiting as well. Some toured the Rimbey gas plant, others did more horseback riding and quadding, some went shopping at West Edmonton Mall and some just hung out!

As the name 'exchange' would imply, a few weeks later – August 5-14 – ten Alberta 4-H members and two chaperones headed to Thorndale, where we were all kept very busy with sightseeing, socializing and learning.

Highlights from our trip included touring the Toronto harbour, going up the CN Tower and watching a Blue Jays game, which the Jays proceeded to win, at Rogers' Centre. One of the families invited us for a BBQ and some swimming at their cottage on Lake Huron. Another highlight was our day at Niagara Falls – wow! We learned about the major hydro plants on the Niagara River, and even got to tour the Ontario Power



Members and chaperones from Bluffton and Thorndale fearlessly face the white water rapids.

Generation where they are in the process of completing the Niagara Tunnel. The famous Maid of the Mist boats took us up close to the impressive falls, so close in fact that all of us got wet from the spray! We were also able to hike down along the Niagara River to see the force of the water after it comes over the falls. Our wonderful hosts planned a send-off picnic, complete with a pig roast, power point presentation and fire works.

What a great experience for all of us! We strongly encourage other youth to take part in a 4-H exchange. We made many new friends and lifelong memories! 🍀



Mission accomplished – check “conquer white water rapids” off of today’s to-do list.

Fall Into Leadership

BY VIKKI ROSS

PEACE REGION DELEGATE

What a fabulous opportunity! Five Alberta 4-H leaders were selected by their regions to attend the Montana 4-H Leaders’ Forum, “Fall Into Leadership,” which was held in Great Falls, Montana September 26 and 27. The five of us shared 4-H news and views with one another and with the Montana delegates.

We arrived in Great Falls, where the Montana 4-H host team greeted us. Having a few hours to spare, our Alberta group toured the Charlie M. Russell Museum in Great Falls where we enjoyed the historic western art of CM Russell. The Montana 4-H Council hosted the Alberta group for a wonderful dinner where the conversation was all 4-H!

Opening ceremonies, held at poolside, were quite formal with the US flag carried in by flag bearers from the local base; we were delighted to sing “O Canada,” and to be introduced to the group as the Canadian Delegation from Alberta!

The workshops followed on Friday night and Saturday. Our only complaint was that we could not attend more of them! The sessions were excellent, and included such topics as Real Colours, Youth Bullying, Geo-Coaching, The Art of Leadership, Microsoft Magic, Paintballs and Leadership, Put the Giddy-Up into your 4-H Horse, Riding As Trail Boss, Games to

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Teach Ecology, Kids' Chef School and Horse and Livestock Issues.

Saturday's lunch featured Keynote Speaker, Kim Gibbs, whose presentation on "Stirrup Success" inspired us all. She provided each delegate with a copy of her book called "Making A 'You' Turn."

The Forum closed with a wonderful banquet, followed by the Montana 4-H Volunteer Awards Banquet, closing ceremonies and entertainment by TJ Casey, who is a singer, songwriter and storyteller. The Montana host team treated us royally, and we look forward to returning the hospitality at the Alberta Leaders' Conference in January!

Our Alberta group continued our adventures on Sunday with a drive around the city of Great Falls, learning how it got its name: from the five sets of waterfalls on the Missouri River in the area. We then headed for the Lewis and Clark Interpretive Center, a fantastic museum that follows the amazing journey of these two explorers who were sent to map the west. Then it was on to some major shopping in Great Falls before heading to Lethbridge for the night, and home to our respective regions on Monday. All in all, we had a fantastic time and encourage all leaders to take advantage of the travel opportunities that are offered to us by Alberta 4-H.

Thank you Alberta 4-H and the regions for this wonderful opportunity, from Flossie Bodell, Shelley Reich, Maggie Smart-Miller, Trudy Andrews and Vikki Ross. 🍀



Piracy was the order of the day at the B.C. Leaders' Conference.

Pirates Invade B.C. Leaders' Conference

BY JACKIE BLAHUN

LOBSTICK 4-H BEEF & MULTI CLUB

On Friday, October 26, 2008 two Alberta 4-H leaders, Jackie Blahun and Nina Conners, had the opportunity to fly to Kelowna, B.C. to become pirates for the weekend at the 2008 B.C. Leaders' Conference.

The three-day gathering took place at the Ramada Lodge Hotel in the heart of Kelowna and saw roughly 90 B.C. leaders

joined together for a weekend full of fun and learning. This year's hosts, The Pirates of Prince George, did a great job hosting the bi-annual event.

During the conference we were kept busy with different activities such as fun team-building games, informative sessions and guest speakers. We were entertained by the talents of a young, local magician and treated to a wine tour at the Summerhill Winery. The conference definitely gave 4-H leaders the opportunity to have fun, increase their knowledge, share ideas, and become energized for the upcoming 4-H year.



Touring a local winery was one of the highlights of the B.C. Leaders' Conference.

As with our Alberta Leaders' Conference there was a theme to the B.C. event. Pirates filled up the whole room and it was so great to see all the different costumes and decorations.

It was also really neat to meet up with 4-H leaders who have been to the Alberta conference. In fact, one of them was my roommate at a previous Alberta conference. In addition, it was interesting to learn how different the 4-H program is there compared to how it is here at home.

It was a great weekend and I encourage all leaders who have this opportunity to take advantage of it. It was a weekend that I will never forget! 🍀

4-H Youth Exchange Canada

What can I say!! It has been an incredible summer for 20 teenagers and 4 chaperones. Not to mention, a very busy one. Ten members of the Cactus Country District 4-H were twinned with members of the Ontario-based Dufferin County 4-H for a youth exchange. Never would I have thought that we could have such a great time and make so many lasting friendships!

Over the course of the year in preparation for the arrival of the group from Dufferin County, we had many meetings and fundraisers. These included bottle drives, catering of lunch meetings, Electronic Round-up (recycling) and selling of Sobey's gift cards. We were also fortunate enough to receive donations from the following: B.T. Grazing Co-op, Sunrise

Rotary Club, Bindloss Community, Sobey's, Southridge Mohawk and the Acadia Valley Knights of Columbus.

Our exchange started with ten anxious participants greeting the Dufferin County bunch at the Medicine Hat Airport. From there we went to the Stenger farm by Dunmore for a BBQ and a chance to get to know one another. After that we all continued on to our respective homes. And then things really got busy.

After a good night's sleep we were literally on the go from morning to night for the next seven days. We toured across southern Alberta and Saskatchewan, taking in the sights of the following: Dinosaur Provincial Park, Sagebrush Studios, Estuary Colony, Estuary Ferry, tobogganing down the Great Sand Hills, Fort Walsh, Medicine Hat Leisure Centre, Waterton National Park, Head Smashed In Buffalo Jump, the Weiss dairy farm and the Medicine Hat Tepee. The group from Ontario was fascinated by the flatness of the area, and by how far they could see. Some also wondered why our trees were so small. After a fulfilling seven days, we saw the Dufferin group off at the Medicine Hat Airport, knowing we would be joining them about two weeks later.

Our excursion to Ontario began with a slight change in itinerary: Mother Nature decided to put a damper on our travel plans with a storm, which delayed our flights out of Medicine Hat thus resulting in us missing our connecting flight in Calgary...

So there we were, two chaperones and ten energetic teenagers having an overnight layover in the Calgary Airport. Needless to say, there weren't any dull moments. When we finally boarded our flight, thirteen hours later, there were some very

tired participants. Three provinces over, the group from Ontario anxiously awaited our arrival to begin a jam-packed seven days of adventure.

Of course, our group also noticed the difference in landscape. The Alberta group had never seen so many trees on one farm, especially not ones of the size and stature of those in Ontario. After a meet and greet BBQ, everyone was off to the homes where they were staying for a much needed sleep. The next few days were busy touring and seeing the sights of Southern Ontario. These included: Niagara Falls, stockyards, flea markets, a horse trolley ride, touring of a feedlot and dairy farm, the CN Tower, the Toronto Harbour and a Medieval Times dinner theatre.

And then back home to Alberta. This summer will have lasting memories for 24 people. After all: *"distance keeps us apart, friendship keeps us together."*

With much thanks, this was all made possible due to the Department of Canadian Heritage.

Note: The 4-H Youth Exchange Canada is a group reciprocal home stay exchange program intended for Canadians between the ages of 12 and 17. Groups of 10 participants are twinned with groups of youth the same age from another province or territory and take turns staying in each other's homes in July and August. The exchange lasts at least 5 days, excluding travel time. Budgets permitting, transportation costs for all eligible participants and organizers are paid by the Government of Canada through the 4-H Youth Exchanges Canada program, while the exchange group covers local transportation and other activity expenses when hosting the twin group. 🍀



Back Row: Justin Livingston, Travis Rafa, Monty Ehret, Clinton Grudecki, Devon McCutcheon, Alicia Van Kampen, Krista Sinclair, Dave Overgaauw, Alice Whyte
Middle Row: Jory Stenger, Jessica Kane, Kari Sinclair, Josh Lasby, Alexis McNeill, Brian Wells, Paige Ristau, Cymara Schock, Courtney Van Kampen, Chelsi Kellington, Hilde Raven
Front Row: Pam Ehret, Darlene Frizzell, Tylene Rafa, Jessica Lasby, Melody Darling

4-H Summer Staff Opportunities

During the summer of 2009, 4-H requires many summer staff to assist with a wide variety of programs and services. Employment period is from approximately May 1 to August 31, 2009 (may vary with position). This is a great way to get paid to do something you will love!

Log on to www.4h.ab.ca and click on "**Job Board**" to view all the mandatory qualifications and an in depth description of each position.

Deadline for applications is January 15, 2009.

Provincial 4-H Summer Program Project Coordinator in Airdrie - 1 to 2 positions

Lead summer staff team with program development, delivery and evaluation of various week-long provincial 4-H member programs. Requires individuals to work at various program sites throughout Alberta.

Provincial 4-H Summer Program Assistant in Airdrie - 4 to 6 positions

Assist summer staff team with program development, delivery and evaluation of various week-long provincial 4-H member programs. Requires individuals to work at various program sites throughout Alberta. Lifeguard positions are available.

Provincial 4-H Summer Program Media Release Coordinator in Edmonton - 1 position

Assist various Program Specialists and staff to publicize provincial 4-H summer programs.

Alberta 4-H Outdoor Adventure/4-H Summer Program Assistant/Lifeguard at Alberta 4-H Centre - 1 or 2 positions

Assist with the planning and coordination of Foundation programs and assist summer staff team with the delivery of various week-long provincial 4-H member programs. May require individuals to work at various program sites throughout Alberta.

Provincial 4-H Summer Travel Coordinator in Airdrie - 1 position

Assist with the planning and coordination of 4-H travel and exchange programs.

4-H Program Assistant in Barrhead/Fairview and Airdrie/Stettler - 2 positions (one for each location)

Assist with regional summer programs and provincial livestock events. These positions will work closely with the 4-H Specialists responsible for these events to plan and implement a variety of activities.

Other opportunities may come available at a later date, please check the web site for updates.

Club & District Articles



ATV Safety Presentation: Members and parents alike were educated on the aspects of ATV safety.

Safety is Everyone's Business

BY LEONA PETHERBRIDGE

CLUB LEADER

On Saturday, October 18, 2008, the Gibbons 4-H Sew & Sos Multi Club hosted an ATV Safety Presentation at Lilian Schick School in Bon Accord. The theme for the presentation was "Safety is Everyone's Business".

The audience members were able to view and participate in the presentation as ATV gear (quad, helmets, gloves) was brought in by Gibbons Motor Toys, and a local family supplied a child's bicycle and proper helmet, and a small quad. During the presentation, attending adults and youth put forward many questions regarding bylaws, the law, gear and the landowner's rights.

The presentation was complete with kiosks set up by community groups. Included were the Town of Bon Accord, the Town of Gibbons, Gibbons Health Unit, RCMP, Sturgeon Bylaw, Crime Watch Canada, Crime Stoppers, KidSafe Canada Inc., Citizens on Patrol (COP), Canadian Off-Highway Vehicles (COHV), along with a display trailer of gear, explanation of bylaws and the promoting of respect for land and landowners. To top it all off, there was a slideshow presentation from Global TV on energy drink consumption.

We would like to thank the Bon Accord Ag Society for sponsorship, the many businesses for door prize donations, the Lilian Schick School and the Town of Bon Accord for free rent and everyone who attended. ♣

FUN FACT

Hummingbirds are the only birds that can fly backwards.



Running to the finish line at the Oyen Bed Races.

"Bed"lam in Oyen

BY MARVIN MOLZAN

CLUB LEADER, EAST SOUNDING CREEK 4-H BEEF CLUB

Last year the Needles and Pins 4-H Club challenged our club, the East Sounding Creek Beef Club, to build a bed for the Oyen Bed Races, which they would then decorate.

And so in August, some of our dads got together and designed and built a bed, which was then "driven" by four of our members, Jared Brockmann, Jeremy Molzan, Trevor Molzan and Kenton Wagstaff.

This team beat the Oyen Fire Department, and went on to knock off the two-time champs to win the entire race.

Not to mention, Needles and Pins won first place for the best decorated bed. ♣

And Then There Was Two....

As some of you may remember, the *4-H Magazine* reported on Ardmore School's progress as Alberta 4-H's first-ever in-school 4-H club. We are thrilled to report that Ardmore is back again for the 2008-2009 club year and already have a whopping amount of green spirit: out of 139 students, 124 of them sported green on November 5.

Also exciting is the fact that Tilley Junior High School has also decided to follow suit. Stay tuned for an update in the Spring issue of the *4-H Magazine* on how their experience is going, the successes they have realized and the benefits they are gaining.

If an in-school club sounds like an opportunity that would prove to enhance your school's experience, please talk to your Regional Specialist regarding the steps necessary to get that plan rolling! ♣

Southpaws Leap Into The New Year!

BY AMANDA GREENING CLUB REPORTER

The Calgary 4-H Southpaws have already gotten a jump-start on the year, literally.

Even though we started on September 18, 2008, we have already helped to host Canada's first-official rabbit hopping competition, which was held in conjunction with the Canadian Rabbit Hopping Club, who are sponsored by OPI Systems, who specialize in grain quality management.

On September 20, 2008, members of the rabbit project participated in the Chestermere Fair, which held a competition that a number of members and their furry friends participated in. The overall winner of the day was Babbitty Rabbitty and his trainer Amanda Greening. The next day, the cavy and model horse projects had a show of their own and were able to display their projects for the public to view, along with a few fun classes for the members. The weekend was long and successful. We were pleased with the interest and enthusiasm that the public showed for our club.

On October 18, 2008 the Calgary 4-H Southpaws also volunteered with the Wishmaker Walk for Wishes Parade to help raise money for ill children who want to have one final wish granted for them. After guiding the participants through the parade route, members returned to the Eau Claire Market where the charity booths were set up. The rabbit hopping members performed for the public; the cavy members were also in attendance with their project animals at their side.

New and old members alike are optimistic for what the up and coming months have to offer, and hope that the remainder of the year goes as well as the months prior have gone. 🍀



Willow says hi to Leo.



The Walk for Wishes parade heading up the final stretch of the walk.



The Southpaws in the Chestermere Country Fair Parade with bunnies in hand.



(L to R) Amanda & Willow, Delaney with Thumper & Lexi with Lopsey.



Willow, owned by Amanda Greening, runs the course.

Fall Trail Ride

Back to school season not only means new binders and new teachers, but also a new year in 4-H. I am a member of the Colchester Crusaders 4-H Club and this year we are 45 members/riders strong. Each year our leader, Lisa Friedenber, organizes a number of events for all of us. One of the club's favourite annual events is the October trail ride, which was held at the Ministik Lake Bird Sanctuary this year.



Members of the Colchester Crusaders kickoff their club year with a trot along the trails at Ministik Lake Bird Sanctuary.

On October 12, during the Thanksgiving long weekend, we met at Colchester Stables to load our horses and tack in to the trailers. It was a brisk morning but everyone was bundled up in their warmest sweaters, hoping that the sun would come out at some point during the day. We arrived at Ministik mid-morning, tacked up our horses and headed out on the trails. One would think that having 40 riders would result in total chaos; however, the horses and riders were well behaved. We stopped for a picnic lunch, giving the horses a rest and providing an opportunity for us to visit and chat with each other.

Trail riding is certainly adventurous, and why not add to the adventure by changing up the trails? Lisa took all of us on some crazy trails, with lots of bush riding, dips and turns along the way. It was easy to forget the chill in the air with all the laughing, talking and singing that was going on. The weather did turn though, for the better. The sun came out, adding to the warm atmosphere that surrounded the group.

After a beautiful, fun-filled day we arrived back at the spot where the trailers waited, and proceeded to untack and load our horses back onto the trailers. With 45 members, an awesome 4-H leader, horses to ride and events to participate in, it looks like this will be another amazing year! 🍀

Mountain Trail Ride

BY SHELLEY EISENREICH

PROJECT LEADER

The Cold Lake 4-H Light Horse Club finished off the year with an overnight mountain trail ride near Black Diamond, AB.

On July 23 members and parents traveled south to Anchor D Ranch where they headed out on a great adventure. An unexpected thunderstorm made the ride out to camp a bit of a challenge; however, once we arrived, a home cooked meal was waiting for us - it was delicious! When the skies cleared later in the evening, we took full advantage of the picturesque mountain trails with a three-hour ride through narrow, winding

trails and open fields of wild flowers! It was a truly rustic experience, complete with lean-to tents and outhouses. We all agreed that it was well worth our fundraising efforts and would love to return! 🍀



Members and parents of the Cold Lake 4-H Light Horse Club had a great time "roughing" it on their two-day ride.

Medicine Hat 4-H Light Horse Club's Annual Trail Ride

BY MARA STEINER

CLUB REPORTER

"That was the best ride of my life," said nine-year-old Annette Benoit, one of seven new members of the Medicine Hat 4-H Light Horse Club. At 10 o'clock in the morning of September 21, members and their parents gathered at the home of Don and Liz Hart for the club's annual trail ride.

We started by riding around in the arena to warm up the horses. There were a total of 13 members and eight adults riding. Many of the horses were hyper and happy to be in a new area and out in the wind.

After a quick tack check, the club headed out. We rode through tall grass on the rolling hills of the prairies and occasionally stopped for some of the riders to pick cactus berries. Everybody talked, laughed and had a great time together.

After an hour of riding, we returned to eat lunch, then saddled up again and went out for another ride. It was a great start to what promises to be a great year for the Medicine Hat 4-H Light Horse Club. 🍀



Members of the Medicine Hat 4-H Light Horse Club participating in their club's annual trail ride.

Kelsey 4-H Stars To Be and Heisler Hemmers Unite For Great Cause



4-H members stage a scene for a very good cause.

Collaboration highlights the best of what partner has to offer.

Evidence of this was seen last May when members of the Kelsey 4-H Stars To Be joined with members from the Heisler Hemmers 4-H Club to form a troupe that performed to a sold-out crowd at the Kelsey Community Hall, which is located in the hamlet of Kelsey, Alberta.

A one-act play entitled "Pigs in Court," which proved to captivate and entertain audience members, was staged by the members of Stars To Be. The play was followed by a series of performances from the Heisler Hemmer buskers, with a live and silent auction finishing off the night.

While the 4-H members' creativity generated an undeniably exciting atmosphere, the fuel that fired the tremendous success of the evening was the community's support of the night's very worthy cause: the Stollery Children's Hospital Foundation. This event was an opportunity for youth to prove that they can make a difference and that they are able to help sick and injured patients access the best care possible. Almost \$4100 was raised that night, through ticket sales as well as live and silent auction bids, with 100% of proceeds being donated to the Stollery Children's Hospital Foundation.

The 4-H members behind this successful event are great examples of what the future generation of philanthropists will look like. They know that making a difference in their community is about using their creativity and drive to do something extraordinary. Having fun while you're making a difference is just icing on the cake! 🍀



Variety is the spice of life, which members of Heisler Hemmers proved when they took their talents to the stage.



Learning the ropes 4-H style



When more than 100 competitors descended on Stampede Park from all over Alberta to compete in the 4-H Invitational Rodeo, they embraced the 4-H motto of learning to do by doing. Not only did they compete in events like cow riding but they learned from the likes of professional bareback rider, Dave Shields Sr.

"The dream is to someday see Stampede Rodeo champions come through our 4-H Rodeo program, using this event as a stepping stone to high school rodeo and on to the pro-rodeo circuit," says Sharon Yeast, Agriculture event co-ordinator. "Ultimately this is more than rodeo training though. We strongly support the 4-H vision of promoting leadership, communication, and life skills to strengthen communities."

Each morning, competitors began with an hour-long sports medicine clinic with Mark Barrett, owner of Strong Cowboy, Strength and Conditioning. Teaching competitors the importance of nutrition and putting them through their paces with five or ten conditioning exercises. "There is usually a little discomfort," laughs Barrett, who also works with some of the top rodeo athletes featured at the Stampede. "But I explain to them why strength, conditioning and flexibility are important. Many don't understand that it makes them a better competitor and more importantly prevents injuries."

After working with Barrett, the participants learn techniques from professional rodeo athletes such as the proper way to get off a cow after a ride, or the proper way to tie a goat. It's not until the afternoon that they had to put the theories into practice under the Big Top with the timed events happening on Saturday and the rough stock events on Sunday.

"If they learn one thing in these sessions that helps them be better prepared for competition, we have accomplished a lot," says Norma Ansloos, chair of the Calgary Stampede 4-H committee.

Congratulations to our 2008 champions:

Senior Barrel Racing

Charmayne Shapley, Acadia Valley

Intermediate Barrel Racing

Travis James, Edson

Junior Barrel Racing

Rayna Longeway, Calgary

Senior Keyhole

Katelyn Banks, Edson

Intermediate Thread the Needle

Morgan Haryett, Red Deer

Junior Thread the Needle

Tye Werk, Bowden

Senior Pole Bending

Michael Miller, Dalemead

Intermediate Pole Bending

Jaeden Cole, Calgary

Junior Pole Bending

Rayna Longeway, Calgary

Senior Breakaway Roping

Josh Iwan, Taber

Senior Cow Riding

Amy Schrenknecht, Hay Lakes

Intermediate Cow Riding

Micheal Ostashek, Edson

Senior Goat Tying

Josh Iwan, Taber

Intermediate Goat Tying

Kelsey Simpson, Consort



Trophy Buckles, ipods, DVD & CD players, digital picture frames etc., were awarded in each division thanks to our sponsors, ECL, Lammlé's Western Wear & Tack and the Calgary Stampede.

We invite you to join us next year at the Calgary Stampede 4-H Rodeo, September 26th & 27th, 2009.

For more info contact: Sharon Yeast at 403-261-9316 or syeast@calgarystampede.com

Outlaws 4-H Horse Club

BY TORI WHITE

4-H LEADER

On a hot and sunny day in August, over 25 4-H members from the Calgary region gathered in Didsbury for the annual Outlaws 4-H Gymkhana event. Thirteen clubs from the region were represented with members traveling from as far as High River, Springbank, Millarville and Bergen to take part. This Gymkhana has been organized and hosted by the Outlaws 4-H Horse Club of Didsbury for six years and gives all 4-H members from the region the opportunity to take part in a fantastic summer member event. The Gymkhana is open to all 4-H members, not just those with a horse project.

After a few minor issues with the loudspeaker system, the day was off to a fine start. Participants competed in the following events:

- Pole Bending
- Barrels
- Stakes Race
- Goat Tying
- Dash for Cash
- Keyhole

The atmosphere of the day was one of support, with both contestants and spectators cheering competitors on. Events ran smoothly with quick breaks between each for setup. After lots of great runs and competition, the day ended with large freez-



High Point buckles recipients Erin Coy, Amy Richards and Michael Miller.

ies being handed out to all members (and siblings) and each competitor selecting an item from the gift table. High Point buckles were won by Erin Coy from High River (Junior), Amy Richards from Olds (Intermediate) and Michael Miller from Dalemead (Senior).

The Outlaws 4-H Horse Club would like to thank all involved for their support of this annual event. The event would not be possible without the support of the community and the Calgary Regional 4-H Council.

For those members not able to attend our Gymkhana this year, we look forward to hosting you next year! 🍀



Members from the Outlaws 4-H Horse Club.

Fun at the Strathcona District Rally

BY ALISHA KARIM

CLUB REPORTER

On September 13, 2008 approximately 80 returning Strathcona 4-H District members, as well as some prospective new members, had a great time at their District Rally, which was held at Birch Bay Ranch.

In the morning, our Key Member, along with parent helpers, led everyone in team-building games and low-level obstacle activities. After lunch, the group split up into teams to participate in fun activities such as zip-lining, archery, crossing aerial traverses, and scaling climbing walls. For the parents and those looking for information about 4-H, each club in the district had a display set up, as the clubs were also accepting registrations and new members that day.

In the past, the District has gone skiing, as well as bowling and curling for their yearly rally and while those were fun, many past members agree that the Birch Bay Ranch rally was one of the best so far. All who attended had a blast and think that the Strathcona District should hold future rallies there.



Clockwise from left:

1. Zip-lining was one of the fun activities enjoyed by all during the Strathcona District Rally.

2. Safety first! Everyone lends an ear as proper protocol is described.

3. Look up. Look waaaayyyy up.

FUN FACT

Dolphins sleep at night just below the surface of the water. They frequently rise to the surface for air.



A RETURN THAT MAKES EVERYBODY HAPPY.

SEND IN IVOMEC® AND/OR EPRINEX® BOX LABELS AND MERIAL WILL MAKE A \$10 DONATION TO YOUR 4-H CLUB.

Earn money for your 4-H Club by collecting box labels from IVOMEC Pour-On and EPRINEX Pour-On. For each eligible box label you send in, Merial will donate \$10 to your 4-H Club. It's a fast and easy way to raise funds for your club.

For BoxBack Program Submission Forms and answers to frequently asked questions, go to: www.ivomec-4h.com OR www.eprinex-4h.com



Features



Members of the Mountainview 4-H District display the haul of donations that their food drive efforts yielded.

Oh, the Food that was Banked!

BY ANITA MAPPIN

PAST PRESIDENT, ALBERTA 4-H COUNCIL

What an accomplishment for Farm Credit Canada, Alberta 4-H and Alberta Food Banks!

October 15 to 17 marked central Alberta's World Food Tour, which yielded over 200,000 pounds of donated food for the local Alberta Food Banks.

"We're thrilled that we exceeded our goal of collecting 100,000 pounds of food for Alberta food banks. We couldn't have done it without the support of local business, community groups, 4-H clubs, schools and individuals," Tom Terrill, Drive Away Hunger Tour Manager and District Director for Alberta East.

With their hands being dedicated to greater service, members of Alberta 4-H clubs were on hand to help out in collecting food for the hungry. The tour, which started in Red Deer and Lloydminster on Wednesday morning and ended in Camrose on Friday evening, saw many clubs along the route participating by collecting food and donations, which was then delivered to the tour sites to be distributed to the local food banks. Tractors pulling a wagon travelled along the route doing tour commentary.

Many leaders and parent volunteers took part in the pancake breakfasts, bringing in donated food and supporting FCC staff with help at the collection locations. Some clubs held a dance or a wind-up event and collected food items as admission. Others canvassed their local areas and received tremendous support from their community. It was a great opportunity for clubs to do community service and feel good that they had helped their local food banks, and subsequently many hungry people, in their own area.

"We're so impressed by the support shown by 4-H clubs in Alberta during our Drive Away Hunger Tour. They did a great job of planning activities, raising awareness about hunger and collecting food donations for local food banks. The amount they raised is incredible!" raved Sharon Eistetter, Drive Away Hunger Tour Manager and District Director for Alberta Central.

Congratulations to everyone involved in this initiative and with the food drive, as it is important to remember with all ongoing projects, donations can be made year round. "Now that the tractor is gone and the tour is over, we encourage people to keep supporting local food bank," assert Tom Terrill. "The need for food in our communities still exists."

Tour stops included Lacombe, Ponoka, Alix, Stettler, Bashaw, Vermillion, Vegreville, Kitscoty, Killam and Camrose. 🍀

Ride On!

BY ASHLEY ECKEL

4-H SPECIALIST – WEST CENTRAL/EAST CENTRAL REGION

I grew up with horses in my life and can therefore relate to the many horse lovers out there! There is something special about a horse and the connection we have with them that cannot be experienced with anything else. There is a bond and friendship created that you will carry with you throughout your entire life.

I have a special place in my heart for my horses that have passed out of this life, and a piece of my heart belongs to the relationship I have with the horses I own today. I can spend hours with my two horses, Aeden and Sassy, but it will seem as if no time has passed at all. I look forward to each night when I get to go out and see them. It's a time and place that belongs to me and them. What is remarkable is that this is the connection almost all horse owners have with their horses, and so my love for their beauty is hardly unique. There are countless great stories that many of us have to share of how we have been touched by these special friends. Unfortunately, what is also astonishing are the chances that we take.

While we share a strong level of trust and friendship with these amazing beings, accidents can and do happen. Every time we get on a twelve-hundred pound horse's back we take that chance and we take risks because we love horses and riding. While there is nothing inherently wrong with riding a horse, and I personally think everyone should get on a horse at least once in their lives as you will not encounter that feel-

FUN FACT

BEEP! BEEP! Roadrunners are large (about two feet long) crested birds that prefer to run rather than fly. They eat rattlesnakes whole, and they can sprint 15 miles per hour.

ing quite like that anywhere else, we still owe it to ourselves and our loved ones to have as safe a ride as possible.

For the second it takes to put on a helmet it is not worth the price you may pay by not donning one. It could be the one thing that saves your life or prevents severe head injury! You have your whole life ahead of you and it is meant to be experienced in good health. This one simple thing, the act of strapping on that helmet, could make all the difference.

A statistic worth pointing out is that 60% of horse related deaths involve head injuries. Often when we do fall off, we fall on our head, which makes it far too risky to not wear a helmet. It is so tragic that injuries happen before the consequences become real to us. But why wait for an injury to happen? Prevention is the key and we are all responsible for ourselves. We know that we are lucky to have this connection and relationship with our horses but we also need to acknowledge that accidents do happen. Time cannot be reversed so we need to live in each moment and make smart choices that can change everything forever!

With that in mind, remember to wear a SEI-certified helmet, make sure your helmet is fitted properly - this means that your jaw strap is fitted, your helmet is snug but comfortable as well as level front to back and your helmet should not rock.

These are only a few things to keep in mind. A great resource to also check out is a video that is available through 4-H, "Every Time, Every Ride."

Happy Riding! 🍀

Statistical research came from the video "Every Time, Every Ride" (Washington State 4-H Foundation)



An action as simple as putting on a helmet could very well save your life.

Helmet Safety

THE FACTS:

- More than 17% of all horse-related injuries are head injuries;
- The most serious of injuries occur most frequently near or around the home;
- Wear a helmet that is SEI-certified and meets the ASTM F1163-90 standard; There are many helmets on the market that appear to be safe, but do not meet these safety standards.

WHY SHOULD WE WEAR HELMETS WHEN RIDING?

- Falls from horses are a major cause of rider head injuries;
- The most common cause of death in riders is head injury;
- Helmets have been shown to be very effective at preventing head injuries;
- Survivors of head injuries are very likely to have permanent physical and/or behavioural disabilities.

WHAT'S THE PROBLEM?

- Only a small percentage of riders wear equestrian helmets;
- Helmets meeting ASTM/SEI standards can be difficult to obtain;
- Most parents don't realize the danger of their child not wearing a helmet.

WHAT NEEDS TO BE DONE?

- Parents need to become aware of the problem;
- Helmets need to be made available locally, and at a reasonable price;
- Improved helmets are being manufactured; therefore, riders need to be aware of recent style changes;
- Children need to begin to see helmets as acceptable, even 'cool'.

HERE ARE SOME TIPS:

Make sure to choose a riding helmet that:

- Is appropriate to your riding style;
- Stays on your head when the chinstrap is fastened, without moving around. The chinstrap must touch the rider's jaw and/or chin;
- Is SEI certified and meets the ASTM F1163-90 standard;
- Immediately replace any helmet that has a damaged harness or has absorbed serious impact;
- Regularly check the laces in your hat harness, if applicable.

The information used in this was taken from "Equestrian Safety: A Guide to Promotion of Helmet Use for Riding Clubs and Communities" by Abraham Bergman, MD; Harborview Injury and Prevention Research Center; Seattle, WA.



Robin's small group having a 'roaring' good time.

What it's like living with 100 (4-H) teenagers

BY ROBIN BOSCHMAN

COMMUNICATIONS SPECIALIST, ALTALINK

I have just spent the past week living with 100 15- to 18-year olds. But it's important to mention that these teenagers are 4-H members, and 4-H members aren't your regular teenagers, which is what I credit my survival of the week to. 4-H members are eager, friendly, enthusiastic and intelligent, and turned what might sound like a questionable week into an unforgettable one.

As part of our new partnership with Alberta 4-H, AltaLink provides in-kind donations, one of which is supplying a leader at Club Week. Another AltaLink employee that had been a leader before me had tried to prepare for what I was about to experience, but Club Week is really just that – an experience. I needed to live it firsthand before I could understand why he still gets a little weepy whenever he talks about his time there.

Some of the highlights of the week...

Day 1: I thought I was young, but maybe not? I'm going to have to get used to this 7 a.m. to midnight schedule. I haven't slept on a single mattress since I was five, and back then it definitely wasn't covered in plastic. Today I met my small group members who all seem great. My role is to facilitate our small group discussions this week and try to encourage them to open up. The highlight of my day was learning the banana campfire song – it's a "say as I say; do as I do" song.

Day 2: Today was jam-packed! We had a group discussion about pop culture and families and then we attended a Celebration of Overcoming Adversity session where we heard the stories of four individuals' triumphant responses to the adversity in their lives. Perspectives were definitely changed today. And we had a snack before bed. Why don't we always have

snacks before bed? As a society, I think that snacks before bed and afternoon naps would make us all better-adjusted individuals.

Day 3: This year's Club Week song was Risk by Paul Brandt. Everyone told me lying on the gym floor would become second nature, and in the days following Club Week, every time I heard that song I found myself looking for a gym floor to lie down on.

Day 4: Today we had three group discussions, a Wild West BBQ, mini-Olympics and a talent show! And that doesn't include the daily physical and leisure activities, not to mention the song-induced gym floor lay downs. My small group is getting to know each other and feeling more comfortable with one another. Club Week is kind of a legend for 4-H members because Club Week alumni refer to it as being a life-changing experience. I think this year's delegates are beginning to understand why.

Day 5: Tonight we had the grand finale banquet and dance, and a candle-lighting ceremony followed. The leaders had to say something about their small groups and I got a little teary-eyed as I said mine. I now understand what Club Week is all about.

Day 6: I am exhausted and am counting the minutes until I get to curl up in the fetal position on my plastic-free queen-size mattress. As I drive away from Olds College I start to think about my small group members and about what big hearts they have and how much they cared about one another. I decide that maybe what our society needs to become better adjusted isn't bedtime snacks and afternoon naps. Maybe everyone just needs to have been part of 4-H. 🍀



Learn To Do By Doing

BY RYLEY LABANT-DREGER

EAST-WEST WOKING 4-H CLUB

I am in my eighth year of 4-H.

My first experience with 4-H was taking a Wood Working Project in 2000 with the St. Paul Multi 4-H Club, then in my second year I enrolled in the Small Engine Project.

My family moved to Woking, Alberta in the fall of 2004. The East-West Woking Club became a multi club and introduced the Small Engine Project, which allowed me to continue to enhance my mechanical skills. Seven years later, I have gained valuable experience and have a very good understanding of how engines work.

I have repaired an auger engine and a small motor bike. I serviced a lawn mower and built a go-cart. I rebuilt a snowmobile engine and a motor for a larger motorbike.

Last year I took on the project to restore a 1949 Massey Harris '22 tractor. This was truly an opportunity of a lifetime. Because this tractor is a collector's item, parts were ordered from the United States. Many hours and detailing work was spent on the engine and body of the tractor. My grandfather, Norman Dreger, and father, Derek Dreger, worked side-by-side with me, assisting with some of the equipment like sandblasting and painting. Thanks to my dad, we loaded the tractor

that was in pieces and took it to the shop where we held 4-H Small Engine classes and put the engine together.

The day we fired up the engine for the very first time was an experience of success. Thanks to my 4-H leader, Fred Corfe, for his mechanical expertise and my family, 4-H has given me the opportunity to gain valuable knowledge, skills and mechanical experience that will last a lifetime! 🍀

Are You:

- A **4-H Alumnus** who is interested in helping to create the same sort of memory-making, skill-developing, life-changing experiences that they had throughout their 4-H career for current and future 4-H members
- A **team player**

If yes, then you're going to want to apply for the newly developed position of

Fund Development Officer

with the 4-H Foundation of Alberta.

This position is based out of the **Alberta 4-H Centre**. Applications will be accepted until **December 23, 2008** with a start date of **January 2009**.

Please address applications to the attention of

Henry Wiegman
Alberta 4-H Centre
RR1
WESTEROSE AB T0C 2V0
(e) wiegman@4hab.com
(p) 1.877.682.2153 (toll free)

FUN FACT

A beaver can hold its breath for 45 minutes.

Denmark or Bust!

BY BRENDA CAMPBELL

4-H ALUMNI

Hello, my name is Brenda Campbell and I am about to embark on an adventure of a lifetime! I am going to live on a dairy farm in Denmark for six months with a host family that has 60 Holsteins, five working horses (as a hobby) and four kids, ages 14-22.

To give a bit of background about myself, I am 22-years old and I grew up on a 220-head commercial cow/calf farm near Sundre, AB. I completed nine years in my local 4-H beef, horse, and stock dog clubs and I recently completed my Bachelor of Science in Agricultural Business from the University of Alberta.



Brenda Campbell gets set to jet to Denmark on a 6-month Agriventure adventure.

Growing up I always had the desire to travel. As a teenager I came across a brochure for travel with an agriculture flare through Agriventure, which was exactly what I had in mind for my travel aspirations! For the next few years I kept referencing this brochure to keep reminding myself that this was what I was going to do someday.

I chose "someday" to be after I completed my degree because that way, I have some education behind me, I have some life experience, maturity, and I know how to live on my own. I am really happy I made this choice and as I start to prepare for my November 11, 2008 departure I am feeling about 90% excited, and only 10% nervous!

Since high school I have had four friends participate in an Agriventure program and subsequently, four friends who had an experience of a lifetime. Hearing their stories and seeing their pictures has made me want to experience it for myself. As I started to plan for my trip, I came across a scholarship through the Agriventure Canada board that awards 80% of your travel fees. Much to my surprise and excitement, I was awarded this scholarship in April. This scholarship has been a true gift for which I am very grateful.

Applying for this award is extremely easy. I found the application on the 4-H website (www.4h.ab.ca), spent a few hours completing and perfecting the forms, which I then sent off. Being a member of 4-H was an asset but not a necessity for this award. As the selection process evolved, my application was sent from the Alberta level to the National Agriventure Board. After learning I had won, it was time to start planning for my trip, which Agriventure has made a breeze. They are a great organization that is completely focused on catering to its participants. Everything has been very straightforward and personable. While I have been included in every step of the process, I have been without the stress of having to find a host family, flights, etc. I honestly couldn't ask for better service and I plan on recommending Agriventure to anyone that is interested. 🍀

Canada Safeway Limited Recommits Its Dedication to Alberta 4-H

Canada Safeway Limited and Alberta 4-H solidified their *Legacy Builder* partnership for another three years on November 20, 2008, 11am at the Red Deer Port O'Call. A cheque inked for \$330,000, which was presented at the event, was representative of Canada Safeway's continued support for the 4-H program.

"Canada Safeway is proud to be part of the 4-H organization, which has been developing the leadership, communications and life skills of Alberta's youth for more than 90 years," explains Betty Kellsey, Alberta Public Affairs Manager for Canada Safeway. "By partnering with a program that is so ingrained in the communities in which we operate, we are able to see the benefits of the 4-H organization in a real way."

Focused on leadership development and skill enhancement, Canada Safeway's support affords the creation of grants and bursaries that provide 4-H members and leaders with the opportunity to take their potential to the next level.

"Member and leader programs such as Leaders' Conference, Leadership Through Counseling Training Seminar (LTCS) and People Developing People (PDP) offer participants an endless number of opportunities to increase their knowledge, expand their awareness and develop their social networks," explains Bruce Banks, CEO, 4-H Foundation of Alberta. "These types of programs are invaluable, not only as a means of providing a beneficial and complete 4-H experience, but also for creating a situation that will ensure continued success for our members and leaders."

Continued success for members and leaders translates into continued success for rural communities, which results in a strong partnership between Alberta 4-H and Canada Safeway Limited. 🍀



(l to r) Marguerite Stark, Branch Head, Alberta 4-H and Ag Education; Bruce Banks, CEO 4-H Foundation of Alberta; Ellen Bonde, Alberta 4-H Council; Sylvia Mathon, Alberta 4-H Council; Betty Kellsey, Public Affairs Manager, Canada Safeway; Dale Gawryluk, Assistant Manager, Red Deer Port O'Call Canada Safeway.



Clever the Poet



Rob Smith



Kaleigh Klammer



Kayla Getzinger

Ask An Expert

Have all your 4-H questions answered by these seasoned pros!

Clever the Beaver tells it like it is....

What would you submit for the "Expressing 4-H" contest?

Let's see now....

I would likely opt for writing a verse
For when I sing, crowds disperse
Or maybe I would sketch a scene
Of somewhere with 4-H I've been.

I might pen an essay about how much I care
But that would be pages long, which isn't fair
And since I'm travelling and on the road a lot
It should likely be something that will not rot.
(Please, no submitting of cakes).

It's hard to determine what would possibly be
The best medium to choose to represent me
And my sentiments regarding the 4-H organization,
For which I hold so much appreciation.

Maybe I'll send an endless number of entries,
which will likely have the judges reading for centuries,
and even though all that typing will mean hours on my laptop
I really, really want that gift certificate from Future Shop.

2008 Provincial Public Speaking Winner: Kayla Getzinger

I enjoy public speaking but I always seem to get very nervous once I am in front of the audience. How do you calm your nerves?

Everybody gets nervous when it comes to speaking in front of an audience and some people are just better at hiding it than others. There are three things in particular that work really well in hiding your nerves and being more comfortable in front of an audience. One thing that always helps to calm down is to take a deep breath before you start your speech. The second thing you can do is make sure you choose a topic that is really important to you because this is your time to shine and the audience is there to listen to you. Last but not least, smile! When you smile your muscles will automatically start to relax and your audience begins to relax as well. If you find looking your audience in the eye is scary, just look right above their heads and they will never know the difference. Remember that everybody out there is on your side. Good Luck!

4-H Specialist: Rob Smith

I just got my diaries back from my Regional Specialist and I thought I had platinum but they took off 42 points. What did I do wrong?

First off, congratulations on being the kind of 4-H member who is even close to obtaining your Platinum Award. In a given year, there are less than 50 of these members from across the province, so given that you are close puts you in rare and elite company. Also, the fact you do your diaries is great; can you believe there are still some clubs out there that do not complete their diaries and never apply for their medallions? This seems very sad to me.

The best and most effective advice I can give you for filling out your diaries? Read the left-hand side of the page and use this information as a guide for filling out your information. Almost all questions are answered in the explanation contained right beside where members make their errors. Another suggestion is to write down all the extra activities and involvements you might have on the back of the diary. I know when I'm marking, if I take points away from a member I will look to see if there is something else that might fit in that spot.

And most Regional Specialists will remark diaries once. So either correct your diaries or send them in again after this coming year. And best of luck!.

Ambassador: Kaleigh Klammer

How has 4-H prepared you for University?

4-H has prepared me in numerous ways for the challenges I have faced and will face during my post-secondary study. The greatest skills I learned in 4-H was organization, record-keeping, and public speaking. Organizational skills are essential to university-style life. When I have three mid-terms coming up, a lab report, and two papers, prioritizing becomes critical. Record-keeping in 4-H is mandatory, and in university, keeping good notes is critical if you want to do well. Finally, public speaking has prepared me for success in other aspects of school and life. Knowing how to write, prepare, and present a speech are skills that give 4-Hers an advantage over other students and people. 4-H not only prepared me for university, but it also prepared me for success in life. 🍀



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Alberta 4-H is a proud partner of Lammle's Western Wear and Tack and thanks them for being an Alberta 4-H Enhancer which is the second highest level of sponsorship and supporting the following programs:

- Local Club support,
- Programming at 4-H Regional Levels,
- 4-H Member Development Programs,
- 4-H Leader Development Programs,
- Alberta 4-H Magazine Advertising,
- Lammle's 4-H involvement
Recognition coupons,
- Member and Leader discounts 10%

Congratulations Lammle's! We look forward to the next 25 years of partnership.

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