

Alberta

4-H MAGAZINE

SPRING 2010 // www.4h.ab.ca
VOLUME 6 • ISSUE 1



check out the **2010
SUMMER
PROGRAM
BOOKLET!**

**GORD BAMFORD
AND 4-H
PARTNER UP!**

page 30

See
page 28
for details on a
Farm Life Photo Contest!



The first place photo from our 2008 Farm Life Photo Contest was submitted by Dorthea Mills

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Submission Guidelines

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

Here are a few tips to ensure that this happens:

1. Articles should be about 200-250 words;
2. Some examples for possible article topics might be: a fun and interesting event that you and your club took part in; an exchange that you went on; a fundraiser that your club was a part of; a lesson you have learned from your 4-H experience; an innovative project or activity that you and your club took part in.
3. Articles should NOT contain long lists of results;
4. Photos are a huge complement to any article – please send HI-RES pictures, as attachments via email or as hard copies through the mail. Please do not embed the photo(s) into the email itself;
5. If you do send a photo, please be sure to name ALL of the people who are in the photo, and include where the photo was taken. For example: *Jill and John at Edmonton's annual Folk Festival*.

If you are unsure about any of the above tips, please do not hesitate to contact us: magazine@4h.ab.ca.

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

Alberta 4-H Magazine

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

4-H and Agriculture Education Branch

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

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

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Government of Alberta



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on the cover

2009 Summer Program fun!
Photo credit: Lindsey Meredith.

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.

Correction notice for NILE results on page 28 of the Winter 2009 issue: We apologize for incorrectly reporting the team results. The correct results are: Alberta North placed 3rd in Swine, 6th in Sheep, 5th in Beef, 3rd in Swine, 7th in Reasons and 6th Overall. Alberta South placed 2nd in Swine, 6th in Reasons and 10th Overall.

Editorial

I know that this now might be a slightly outdated analogy, but in working on this editorial, whilst being an active consumer of the 2010 Vancouver Olympics, I couldn't help but find some parallels between that event, and 4-H.

And no, this is not my introduction to the unveiling of Skeleton as the newest addition to Alberta 4-H's project repertoire, but that said, that is the perfect segueway into my first point ...

Post Olympics, one of the clearest images in my head is still Jon Montgomery, Gold Medal winner in Men's Skeleton, and his triumphant leap onto the medal podium. I know that usually humility and subtlety are two traits that we, as Canadians, have had ingrained into us since birth, and so everything about his jump seemed innately wrong ... however ..

How great was it to not only see his genuine enthusiasm at having won the gold, but to also witness audience members, home viewers, TV journalists and fellow Olympians' reaction to his euphoria: people want to celebrate others great moments, and it's important that time and space is dedicated to doing as much.

Comparison #1: Alberta 4-H is great at celebrating its members and leaders milestone-moments. Through Awards of Excellence, award trips, scholarships, provincial competitions, chaperoning opportunities, Achievement Days, Years of Service pins, membership certificates, etc. etc. etc. It's important to commemorate achievements.

Comparison #2: Olympians credit passion as being one of the main reasons that they are able to train for and commit to their sport as wholeheartedly as they do – they love what they do. Something that has always amazed me about members of the 4-H family is the level of commitment and dedication that defines the organization. For proof, look no further than the hours members dedicate to their project work, the weekends and evenings leaders put into running meetings and attending workshops, the time put into community efforts and fundraising events, the months put into practicing speeches, training animals, decorating record books, the days spent driving from one end of the province to the other for a conference or competition... none of which, I don't think, would be accomplished if not for the love of what you're doing.

Comparison #3: Olympic athletes share an inexplicable bond through their shared experiences, their drive to succeed, their like-minded approach to training and life, much like members of the 4-H family. There is a common thread that runs through every past and current member and leader, every staff member, every volunteer – few people get the “spoons” phenomenon, or to yell “4” back to someone who is yelling “H”, but those of us who know, know it well and will know it forever.

All of this is to say that in addition to the Olympics proving to make me into a more patriotic Canadian, it also made me a more proud Alberta 4-Her as well.

Thanks for being great, happy spring, and enjoy the magazine!



Jess Hainstock
Editor - 4-H Magazine



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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National News

Exciting Times at National Office

By **KEN LANCASTLE**

Communications and Marketing Manager, Canadian 4-H Council

The start of spring is always an exciting time at the Canadian 4-H Council.

As we do every year, we're bringing in new products for the 4-H Store to help 4-Hers across Canada showcase their 4-H pride and spirit. This year, we're very excited to be re-introducing the 4-H belt buckle, new 4-H leather belts, and 4-H stainless steel water bottles, just to name a few. These items, and more, can be found at www.4-h-canada.ca/store.

As well, we're getting ready to host more than 60 4-H delegates from across Canada at the annual 4-H Citizenship Seminar. The conference takes place here in Ottawa, April 9-15, and gives 4-Hers a chance to learn all about government, as well as take in the awesome sights of Canada's capital city.

There's never any shortage of things going on at the Canadian 4-H Council, as we recently announced the annual winners of the Co-operators/4-H Volunteer Leader of the Year Award.

Eight 4-H volunteers from across Canada received the award, including Alberta's own Linda Halun, from the Radway 4-H

Multi-Club! See below for more information on Linda, and her award.

In addition, we recently sent out \$100,000 to more than 200 individual 4-H clubs across Canada as part of the "FCC 4-H 4-Ever" program. The FCC 4-H 4-Ever program provides up to \$500 to individual 4-H clubs to help them cover various costs. Find out more at www.4-h-canada.ca/forever. And while you're surfing around that area of the website, be sure to take a look at other grant opportunities at www.4-h-canada.ca/programs.

There are so many great things going on at 4-H Canada, so as always, stay tuned to www.4-h-canada.ca or follow us on Facebook at www.facebook.com/4HCanada. ❀



The newly re-introduced 4-H belt buckle – head to the Canadian 4-H Council's website to get your hands on one!

National Volunteer Leader of the Year Award

For the past nine years, The Co-operators and the Canadian 4-H Council have been working together to recognize 4-H leaders across the country who help to make their communities a better place.

Congratulations to Linda Halun, this year's Alberta recipient of the National Volunteer of the Year Award. Linda, who is a leader with the Radway 4-H Multi Club, received her 20-year leader pin in 2009.

"I was thrilled when I found out that I had won, though I must say, every leader in 4-H deserves to have this award given to them!" commented Linda. "I work alongside such a wonderful team of leaders, and we have a great group of members – I am really lucky to come from such a fun club."

Members are asked to submit applications, touting their leader's commitment to 4-H, community, youth and other volunteer involvement. Linda's club had the following to say about her, and her contributions:

"[Linda] gives herself willingly to her club, community, and family in any way possible. She is a strong role model who we are all proud to know. She is the core of our community, which helps keep our hamlet going."

Halun has been involved with the Radway Agricultural Society for a number of years, and also volunteers with the Radway Historical Society. She has also been active in local sports, and as an educator; from which she recently retired.

The Co-operators award provincial winners with a certificate, and a \$100 cash prize. From this group, a national winner is chosen in a lottery for the Grand Prize of \$1,100 cash award, and a trip to the National 4-H Conference. If you know there is a leader out there who you think is worthy of a nomination, please visit The Co-operators website, www.cooperators.ca.



Linda at Jasper Park Lodge.



Linda and her husband Ernie.



Dear 4-H Friends,

We are writing from the Essex County 4-H Art Club where we are currently hosting our second meeting. This year's Art Club theme is "Postcards". It is our hope that we can collect a postcard from every 4-H club, association, region, and province in Canada. In order to do this we need your help. Are you able to help our club reach our goal???

We would be grateful if you could assist us by sending us a postcard from your club, association, region and/or province, and promoting our activity to your members, leaders and volunteers via your newsletters or magazines.

Postcards can be mailed to:
4-H Art Club
19 Baird Avenue
Leamington, Ontario
N8H 3K5

Thank you so much in advance for your assistance.

Yours in 4-H,
The Essex County 4-H Art Club 2010

Provincial News & Events

Ambassador Happenings

By ROSIE TEMPLETON, *Alberta 4-H Ambassador, South Region*

The start of 2010 proved to be a busy and exciting one for Alberta 4-H Ambassadors, building skills with members of all ages and capturing the spirit of 4-H all around the province. You may have seen your Ambassadors running regional events, ski trips, winter camps, rocking the green carpet at Leaders' Conference, judging public speaking or competing in the Battle Lake Winter Games at Senior Members' Conference.

Senior Members' Conference proved to be a success once again for the group of thirteen Ambassadors who spent countless hours preparing for and facilitating the program, with the help of ringleader Cameron Horner (Communications and Marketing Specialist). The 93 conference attendees experienced a jam-packed weekend, with a motivational speaker, Winter Games, and a resume-building workshop as just a few of the activities that Ambassadors had planned for them.

Ambassadors Rosie Templeton, Lindsey Meredith, Jared Hunter, and Luke Wrubleski kept busy at the 2010 edition of the Alberta 4-H Leaders' Conference, which this year, was themed as the "Green Carpet Gala." Lindsey and Luke ran a session on provincial programs and Rosie and Jared educated leaders on the importance of "Rewarding and Recognizing." Setting up sessions and activities, photographing events, and running various errands kept this group on their toes, but provided a highly rewarding experience.

As you can see, 4-H Ambassadors love to be busy! If you need someone to run a workshop, presentation, or have any questions, contact one of your helpful Ambassadors. Hope to hear from you soon, and happy 4-Hing! 🌿



(left to right) Rosie Templeton and Lindsey Meredith, keepin' it real on the green carpet at the 2010 Leaders' Conference.



Wear Your 4-H Colours Day!

The first Wednesday of every November marks the official kick-off to National 4-H Month ... and for those of you who are yet to go out and buy your mainstay green outfit for the annual "Wear Your 4-H Colours Day" celebration, perhaps you should take a page from Reese Stone's book, who, at a mere five months old, is already fashioning her green attire and 4-H pride.

Good on you Reese, way to inspire.

Looking forward to this year's Wear Your 4-H Colours Day (November 3, 2010), as I am sure that I will be sent photos of EVERYONE's green get-ups.

Right? Please?

Right: Reese Stone, daughter of Blaine and Susann Stone (Manager, Marketing and Special Projects for the 4-H Foundation of Alberta), shows Alberta how it's done.

FUN FACT!

Alberta 4-H Clubs raised \$89,581.00 through the Tire Recycle Program and \$23,696.00 through the Electronic Recycle Program. 10% of this amount was deposited to the Alberta 4-H Legacy Fund, with the balance being forwarded to clubs across Alberta!



Late Breaking News on the Key Member Front....

Each spring, the call is sent out to senior-aged members from across the province, encouraging them to apply for the provincial Key Member program, and this year is no different. So senior members, in anticipation of this invite's exciting arrival, you should likely start sprinting to your mailboxes ... daily!

The Key Member program provides senior members with the opportunity to mentor fellow 4-H members, and gives these senior members a chance to bring to the program all of the energy and enthusiasm that they have. Members are provided with training and guidance, a set of resources to assist with doing the job at hand, and an invaluable opportunity to work and network with other 4-H members.

Throughout the year, Key Members will participate in a series of 'Key Member Challenges', which provide members an opportunity to focus their ideas and provide some results for the 4-H program.

For more information on becoming a part of the Key Member program, contact your local Key Member, Key Leader or Regional Specialist. You can also direct your questions to Leila Hickman, Key Member Program Coordinator, at 310-0000 then 780-853-8115.



Even when Key Members are working, they're still having a blast.



Alberta 4-H scholarship applications are due May 5, 2010.

An Update on Alberta 4-H's Key Member Challenges...

By LEILA HICKMAN
 Alberta 4-H Key Member Program Coordinator

Key Member Challenge #1

The winner of the first Key Member Challenge, which was to design a magnet for National 4-H month and 'Show Your 4-H Colours' day, was Alex Kathol of Wheatland District.



The winning design for Key Member Challenge #1

Key Member Challenge #2

The next Key Member Challenge asked all Key Members to contact their local paper and ask them to do a story on 4-H, or on them as a Key Member, or for the key member to write an article and submit it. Winner of this challenge was Cara Noble of Mackenzie River district.

Key Member Challenge #3

Key Members were given posters, postcards and a supply of 30 magnets to spread around the province to promote 4-H; once the supplies were distributed, Key Members were to submit a list of how the distribution took place. The winner of this challenge was Adriane Good of the Newell district.

Key Member Challenge #4

Key Member Challenge #4 asks Key Members to put on their creative hats and design the new Key Member logo by February 15, 2010. The name of the winner of this challenge will be published in the fall issue of the magazine.



The winning design for Key Member Challenge #4

Last year's design was translated into being a cell phone charm and a Frisbee graphic.

Key Member Challenge #5

Over the course of the next few months Key Members should be approached by, or be approaching, clubs in their district to do workshops, or help to arrange events on a variety of topics. In Key Members' resource binders, there should be a few sheets to help prepare and evaluate such activities. To succeed at this challenge, Key Members must submit the "Facilitator's Workshop Evaluation" or "Presenters Checklist / Agenda" (or any other worksheet from with the resource binder that was felt to assist in preparing for the chosen event). More information will be printed on this challenge in the fall magazine. ❁



Delegates take 5 after an intense afternoon of exercise.

Making Your Own Lunch, Winter Games *and* Gord Bamford?

KELSEY CARTWRIGHT, 2010 SMC Delegate

From January 29- 31, the Alberta 4-H Centre was the place to be for the 9th annual Senior Members' Conference, where the time that we all had was not only extremely educational, but also a ton of fun.

Once we arrived at the 4-H Centre on Friday, everyone visited over a delicious supper, waiting for our keynote speaker of the night. Ryan Porter is a motivational speaker from Ajax, Ontario, and his presentation was one of the funniest, freshest inspirational deliveries that I have ever heard. His stories, jokes and style of speaking was one every person at the conference enjoyed, and one could imagine that we were all happy to hear that Ryan would be joining us again for a session the next morning. Friday ended with a dance where Ambassadors Myranda Stewart and Kennan Hedley took on the role of "DJ".

Some of us may have had roommates that set alarms for 5:30 on Saturday morning, but an early start was well worth it! After a signature Battle Lake breakfast, we were joined again by Ryan and he spoke about making choices, life decisions and being your own person, encouraging everyone to "make your own lunch." We learned a ton from our speaker, whether it be that we should

use all 3%, or to not always go along with the kid who suddenly says "I've got an idea!" or to never fake sleep.

Saturday also held more fun, especially with the Battle Lake 2010 Winter Games. As teams, we slid down hills on crazy carpets, hurdled over straw bales, walked obstacle courses while blindfolded and did some group skiing. Group skiing was by far the most challenging—Jacob and I had bruises the day after to prove it! Once the Winter Games wrapped up, we went through various sessions where we gained knowledge on staying healthy in college, financing for post secondary, and farm safety. Saturday night's banquet was definitely the highlight of the weekend and caught every delegate by surprise when unexpectedly, a special guest walked through the door ...

Gord Bamford came in during supper and sat down for supper, just as every other 4-Her was doing. He was a past 4-H member, and came to the banquet to tell us all about the "Rural Roots Run Deep Fundraiser" that he started with 4-H, as he felt the need to give back to a beneficial program that he loves. Pictures were taken, CDs were signed and every delegate was in a slight state of shock.



Presumably, group skiing will be the next sport to go Olympic ... it's a natural follow-up to the bobsled.

The night was finished off by many hours of dancing, accompanied by multiple memories being made. Sunday morning was complemented by delicious food, a workshop regarding 4-H scholarships and finally, evaluations. Now that the conference was over, we threw all of our belongings into our bags and



Gord Bamford made a surprise appearance at Saturday night's banquet at the Alberta 4-H Centre, much to the delight of all of the delegates. (left to right) Kari Bergerud, Lindsey Meredith, Rosie Templeton, Gord Bamford, Emily Wall, Myranda Stewart, Kristy Oatway, Lindsey Grover; (foreground, left to right) Reanne Anderson, Adeleen Bays.

started to say our goodbyes to not only the friends we hadn't seen in forever, but to the new ones we all had made. At this year's SMC, there were three days that we will remember with people that we are likely to never forget. ❁



Penn West is proud to be a 4-H partner, sharing leadership and learning to do by doing.

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Lakeland College and Alberta 4-H – Committed to Working Together

After years of working together on everything from judging clinics to public speaking competitions, Lakeland College and Alberta 4-H have formalized their relationship by signing a Memorandum of Understanding (MoU). Representatives from both organizations were at the Vermilion campus on Nov. 4, 2009, for the official signing of the MoU.

“This is a partnership that is focused on our rural youth. I know we’ll enjoy many, many more years of working positively together,” said Marguerite Stark, Head of the 4-H and Agriculture Education Branch, noting that the Lakeland College and 4-H movement both started in Canada in 1913.

Alice Wainwright-Stewart, Lakeland’s Vice President of Academics, Innovation and Research, said the Government of Alberta has indicated that collaborations and partnerships are keys to a strong future for post-secondary institutions in the province.

“For Lakeland College, 4-H is a natural partner. We know the strength of 4-H; in

fact, we see it in our students as many of our student-leaders were, or are, 4-H members,” Alice commented.

Items outlined in the MoU include:

- Working together to promote the best interest of both parties on a regional and provincial basis;
- Providing better recognition of each organization and its interests;
- Collaborating and, where applicable and available, providing support service and facilities on an agreed upon basis.

“We’re very fortunate to have Lakeland College in our region, and we appreciate being able to work with Lakeland to host some of our events at the Vermilion campus,” said Carol Selte, President of the Northeast 4-H Regional Council. For example, during the past year the provincial communications were in Lakeland’s Mead Building, the Northeast qualifier for 4-H judging was part of the Western Canadian Judging Competition



Lakeland College and Alberta 4-H staff beam over the newly signed Memorandum of Understanding.

at Little Royal, and the Provincial 4-H Judging competition was at the Vermilion campus in August. Fall Fling and district communications were also held at Lakeland College.

For Lakeland College, having these events on campus is not only a positive way to help 4-H, it’s also a way to introduce prospective students to the college.

“4-H is a program that we feel to be the cream of the crop, as are its members. We’re proud to be associated with the organization,” said Darrell Hickman, Chair of Agricultural Sciences at Lakeland College. ✿

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Campuses in Vermilion and Lloydminster





First-Ever Provincial 4-H Horse Show

Hey, all you Level 4 to 7 4-H Horse Project members!

'Git' y'ur boots shined up and y'ur horses too, because summer 2010 is going to be an exciting time for you!

Yes indeed, you are about to experience one of the greatest opportunities to showcase what you have done with your horse project over the past year, and to meet and make many new friends and to reconnect with old ones from across the province at our 1st Annual Provincial 4-H Horse Show!

Olds, Alberta will be the place to be on Tuesday, Aug. 10 to Thurs. Aug. 12, where the Olds Agricultural Society grounds will be poppin' with classes offered in Western, English, Young Horse, Junior Horse, Jumping, Dressage, Reining and Trail, wrapping up on the last day with Gymkhana and games. This wonderful facility has three indoor arenas and stalling for 250 horses and is located in the center of town, making it close to motels, restaurants, convenience and grocery stores.

There is also plenty of room for camping at the grounds. Entry forms will be posted on the 4-H website soon, with all entries needing to be received by the 4-H office in Edmonton by June 30. So mark August 10, 11 and 12 on your calendar, and plan to bring your project horse (or horses) to this new and exciting provincial 4-H horse event that you just won't want to miss!

Be there or be ... 'unaware' of what you are missing! For more information, please contact Linda Gooch at 403-534-3823. ❀

4-H Family Day a Big Hit

November 9, 2009 saw approximately 150 4-H members from across the province descend upon Edmonton for the 1st Annual Northlands 4-H Family Day run, in conjunction with FarmFair International.

The day played host to a variety of events and activities for 4-H members and their families, including beef and equine clinics, canine agility demonstrations, 4-H seminars, a judging workshop and competition as well as an appearance by Mr. 4-H himself, Cleaver the Beaver.

"I think overall the day was very successful," commented 4-H Specialist, Cameron Horner. "As with anything new there are always ways to improve and enhance the programming and 4-H experience, and we are looking forward to an exciting day in 2010."

Keep your ears and eyes on the 4-H website, www.4h.ab.ca, for further updates. ❀

Thank you!

Alberta 4-H would like to thank everyone who participated in our recently conducted market research study. Your contribution to focus groups, exit interviews, surveys, etc. was imperative in helping to assist in the determination of recruitment and retention strategies moving forward.

Also, a big congrats goes out to 4-H parent, Alice Fenton who won a \$200 gift card from Best Buy for completing the on-line survey.

Look for more updates on the market research study in this fall's edition of the Magazine.

Building a Legacy – One Donation at a Time

By HENRY WIEGMAN, Director, Fund Development, 4-H Foundation of Alberta

We make a living by what we get; we make a life by what we give.
Winston Churchill

The 4-H world is known for its emphasis on volunteerism and giving back to the community, from local to provincial levels. Charitable giving is a learned practice passed on by family experiences, mentor influences and community conduct.

By being good to others, we receive support in return, which proves that it was and it is still worthwhile to be charitable to others!

Reasons to Give

- **Charitable giving works.**
Imagine your world without charity. There are over 160,000 registered charities in Canada adding to the social fabric of our society.
- **Charity is good for you.**
Philanthropists are healthier and happier. Helping others or giving to charities gives good feelings and causes the brain to release endorphins.
- **You believe in the cause and/or have a personal connection with a charity.**
- **Charitable giving and volunteering is the right thing to do as part of society.**
No one prospers without society, so it is only right to share and give back to the same society
- **Paying it forward**
People in the past have given to support you. You in turn support the next generation through volunteerism and/or charitable giving.
- **Get a tax receipt for your charitable giving to help reduce your income tax.**

If you work for an employer with automatic payroll payments, ask them if you can have automatic deductions made from your pay. At the end of the year the tax receipt will help reduce your income tax. Some employers have matching giving programs –where they will match donations given to charities you support.

Become proactive. Be a partner with the charities you select. Learn more. See if you can help in other ways. And do not wait to donate next year. Include them in your budget and consider including your favourite charities in your will.

Alberta 4-H's long term development fund is the 4-H Foundation of Alberta's Alberta 4-H Legacy Fund. The funds mandate is to improve and enhance the 4-H experience, now and in the future for our members and leaders form club to provincial level.

4-H donations can be directed by donors through the 4-H Foundation to any level in the program, club to provincial. Options such as establishing a 4-H scholarship in you or your family's name are available. Contact the 4-H Foundation of Alberta at 780.682.2153 or 877.682.2153 (toll free) for more information.

A Glamorously Green Time – 2010 Alberta 4-H Leaders' Conference

By JESS HAINSTOCK, Resource Development and Communications Specialist

What do the Oscars and a four-leafed clover have in common? Why, the “Green Carpet Gala” themed Alberta 4-H Leaders’ Conference, of course! Held January 8-10, the 67th Alberta 4-H Leaders’ Conference welcomed approximately 240 exceptional volunteer 4-H leaders as they rolled up for what would be a week-end of rejuvenation, inspiration and education.

Janet Kerr, 4-H Specialist and a member of the East Central region’s organizing committee, hailed this year’s conference coordination and session line-up as a success.

“Leaders’ Conference is always a highlight for our leaders as it gives them the opportunity to learn from the sessions and from one another, with many leaders then returning to their clubs revitalized and full of enthusiasm for their club work,” explains Janet.

Yvonne Yaremco, Leaders’ Conference co-coordinator added, “The volunteer leaders who work to plan the conference chose a great variety of session topics, ranging from Internet safety to personality types to conflict resolution to organizing a multi-club to tips on staying energized.”

While this might sound like a full enough conference in its own right, it’s not even the curve of the cloverleaf! The weekend also hosted the Green Carpet Gala banquet, where elaborate gowns, phenomenal shoes, crushed velvet suit coats and oversized sunglasses were the norm; the 2010 Golden Clover recipients Dixie Crowson, Linda Gooch and Muffy Knox were named for their hard work and dedication to the 4-H Provincial Equine Advisory Committee’s Horsemanship DVD set, which was created for Alberta 4-H Equine project leaders.

The 2009 Premier’s Award winner, Rosie Templeton, spoke during Saturday’s luncheon, offering up accolades for leader’s continued dedication and their influence on members’ future. For Saturday evening, the Sponsor Recognition banquet garnered representation from 85% of Alberta 4-H’s corporate partners, and as always, the Alberta 4-H Hall of Fame induction ceremony proved to be the perfect complement to the evening’s itinerary.

Canadian country music singer Gord Bamford also made an appearance that night, stopping in to announce the “Gord

Bamford and Friends of 4-H Rural Roots Run Deep” fundraising project, which is the result of a newly-formed partnership with the Canadian 4-H Council, designed to raise funds for 4-H clubs across Canada.

This year’s Hall of Fame inductees were Ellen Bonde and Melvin Clark, who, respectively, have 32 and 45 years of volunteer service with the 4-H organization.

“I feel tremendously honoured having been chosen for this distinction, and to have been nominated by those who are equally as dedicated to the program is a very humbling experience,” Ellen reflected in her induction speech to a banquet room of more than 300 4-H leaders, staff, volunteers, family members and sponsors.

Melvin Clark felt that this honour was the perfect way to cap off his years of dedication to the program, summarizing his years with 4-H with the phrase, “4-H is forever”.

“Given the amount of time that I have been with the organization, I joke about being a 4-H ‘lifer’. But being a lifer really is a term that takes on a different meaning when you consider the skill development, technical training, communication practice and confidence that all come about as a benefit of being involved in the 4-H program. Those skills truly are with you for a lifetime.”

The presenting partner at Leaders’ Conference was UFA. The partner supporters include: AMA Insurance, ATB Financial, Cenovus Energy, EnCana, Government of Alberta, Lammler’s Western Wear and Tack, Olds College, and Viterra. 🍀



Gord Bamford dons his Alberta 4-H hockey jersey, which he received just prior to announcing the details of the new, “Gord Bamford and Friends of 4-H Rural Roots Run Deep” fundraising project.



Ellen Bonde, Alberta 4-H’s 2010 Hall of Fame Inductee



Melvin Clark, Alberta 4-H’s 2010 Hall of Fame Inductee



Alberta 4-H leaders by day, stylish fashionistas by night.



Saturday night's activities and games see leaders testing their skills and racing against the clock ... and one another.

Equine Leaders Unite!

By JESS HAINSTOCK

Resource Development and Communications Specialist

February 20-22 marked the sixth gathering of the Provincial 4-H Equine Leaders' Forum (PELF), a bi-annual conference aimed at educating equine project leaders on new skills and approaches to project work, equine-related health issues, as well as industry developments. The Forum, which is put on by the Provincial 4-H Equine Advisory Committee (PEAC), also gives equine leaders the chance to connect with one another.

"The Provincial 4-H Equine Leaders' Forum provided an opportunity for 115 4-H equine leaders from Alberta, Ontario, Saskatchewan, British Columbia and the Yukon to participate in educational sessions, and to learn from each other," said Janet Kerr, co-coordinator of PELF and Regional 4-H Specialist for East and West Central.

Session topics were varied, with experts being brought in to talk on a range of subjects, such as biting and osteopathy, both of which were delivered by Dave Elliott; Dr. Roxy Bell spoke to delegates on equine parasites and equine dentistry, and Tyree McCrackin addressed equine hoof care, touching on the importance of the farrier-client relationship and farrier evaluation.

In terms of enhancing members' learning experience, Jimilee Chostner's session suggested how to teach members mounting skills through games; Ruth Fowler gave an introduction on



Navigate the 4-H Website with Cleaver

Contest Deadline: July 15, 2010

Now that there are three Cleavers on the loose, Cleaver has resolved to be more active than ever before (amazing, right?). As always, Cleaver will be making appearances at fun days, Awards Nights, Achievement Days, and really, any other event you invite him to, BUT, he is also going to be making his way through the 4-H website over the next few months.

For the next 6 months Cleaver will be surfing around on www.4h.ab.ca and we want you to find him! Between the 5th and 15th of every month (beginning on January 15 and ending on June 15) he will make an appearance on a particular web page. To find Cleaver and complete the entry for that month you will be asked a question and the answer is located on the page where Cleaver is located. He might be on the main page or perhaps a Regional page or maybe he has gone to read a press release or two. It's anyone's guess! To get the question on where Cleaver is located for the month, go to the 4-H Calendar and check out the entry "Navigate the 4-H Website with Cleaver" for that month.

All you have to do is make sure that you visit the 4-H website between the 5th and 15th of every month (and any other time that you just want to see what's new with 4-H), fill out the application (found on page 8) and state the answer to the question posed each month. Only one submission is allowed per navigator. The entries with the most correct answers will be entered into a draw. The diligent navigator whose name is drawn will be rewarded with a Future Shop \$100 gift certificate.

Please mail the application (postmarked by July 15, 2010) to:

Alberta 4-H – 4-H Magazine Contest
 RM 200 7000 113 ST
 EDMONTON AB T6H 5T6
 Fax: 780-422-7755

Navigate the 4-H Website with Cleaver Application

Only one submission per person will be eligible to win. Please mail this application (postmarked by July 15, 2010) to the:

Alberta 4-H – 4-H Magazine Contest
 7000 113 ST NW RM 200
 EDMONTON AB T6H 5T6
 Fax: 780.422.7755

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Name:	Age:
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Club Name:	
Phone:	
E-Mail:	
Signature of parent or guardian (or 4-H member if aged 18 and older)	

Personal information on this form will be used for publicity and administration of the 4-H program. It is collected under the authority of the Freedom of Information and Protection of Privacy Act. Information provided is protected under the Freedom of Information and Protection of Privacy Act.

✂



Tyree McCrackin addresses equine hoof care with PELF attendees.



The 2010 Provincial Equine Advisory Committee.

drill teams and how to incorporate one into your club dynamic, Christina and Lindsay Seidel discussed with leaders how dressage is applicable to riders and horses of all ages and levels, and also introduced the stages and elements of dressage training. Lee Carothers outlined the “how-to” of planning and hosting a horse event on a club, district and regional level.

As a key element to the overall 4-H program, judging was presented from both sides of the ring, with “A Judge’s Viewpoint” giving the insider’s perspective on what a judge is looking for in the show ring. Conversely, Susann Stone spoke on how leaders can use horse-related judging activities to increase a their members’ knowledge confidence, which in turn increases their eye for judging all equine classes.

Through an informal discussion, Record Books were also touched on in an attempt to help leaders gain a better understanding of the purpose, rationale and method behind the Equine Project Record Book.

As always, a full schedule, a desire to learn and the need for some networking time ensured that the weekend flew by, with leaders leaving the Alberta Centre on Sunday with already-keen anticipation for the next PELF conference.

PEAC’s mission is to promote and enhance Alberta’s 4-H equine projects. The committee is selected via election, where each region elects two official members to serve for a minimum of a two-year term on the committee. Alternate regional representatives attend meetings or volunteer at PEAC activities.

Presenting Partners of PELF were Apache and UFA; with Partner Supporters being AFSC, AMA Insurance, Government of Alberta, Growing Forward, Kubota, Lakeland College, Lamle’s Western Wear and Tack and Servus Credit Union. 🍀

WPCA 4-H Mentorship Opportunity 2010

The WPCA 4-H Mentorship Opportunity is awaiting applications from 4-H members with an interest in chuckwagon racing and their equine friends. Participating World Professional Chuckwagon Association drivers are beginning their preparation for the 2010 race season and can't wait to meet, and pass on their equine and sport knowledge to 4-H members. This program is brought to Alberta 4-H members by the support of EnCana.

Registered Alberta 4-H members who are 14 and older, and who have an interest in learning more about horses and chuckwagon racing are encouraged to apply to participate. 4-H members will be partnered with a WPCA driver in one of the Dodge Pro Tour's stop locations. This formed partnership between a 4-H member and a professional driver develops equine and chuckwagon knowledge, while learning to do by doing. Members will actively participate behind the scenes with their WPCA mentor, helping with tasks such as feeding, harnessing, cooling down, grooming and cleaning up for the horses. 4-H members become like a member of their paired driver's family. 4-H members who have previously participated in this opportunity have reported a positive experience for both members and drivers.

There is a new, unique opportunity for members selected for the 2010 chuckwagon season members.

The WPCA/EnCana/4-H partnership provides other opportunities for any 4-H club, district or region to get involved in possible fundraising events. Contact the 4-H

Foundation of Alberta to find out how.

How do you get involved?

Fill out the application form (found in the program booklet) and submit to the 4-H Foundation of Alberta prior to May 10, 2010. For more information contact the 4-H Foundation of Alberta at 1-877-682-2153 or foundation@4hab.com.



(left to right) Taylor Eno stands with her WPCA mentor driver Jerry Bremner, and Lorisa Schilling with hers, Kurt Bensmiller, at the WPCA Pro Tour Dodge Championship at the Strathmore Heritage Days.



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- Agriculture
- Continuing Education

Regional News & Events

South Region

By GINNY SMITH, Program Assistant – South

Regional Judging Competition

Members started the new year running, as the first 2010 MNP (Meyers Norris Penny) sponsored Southern Regional Judging Competition took place in Brooks on January 2. No Christmas turkeys were involved in the judging classes, but the organizers of the competition did a fantastic job of organizing critters and volunteers for classes of Heavy Horses, Dairy Heifers, Yearling Ewes, Mixed Hay and Bulls!

Congratulations to all of the competitors, with recognition to the top placers of the day:

Junior member Laurie Morasch (Rosemary Beef);
Intermediate member Cayley Peltzer (Brooks and Area Beef)
Senior member Rosie Templeton (Readymade Beef).

Hurricanes Hockey Night

Although the Lethbridge Hurricanes hockey team was beaten, the 339 4-H members and parents on hand were enthusiastic attendees. It was a great social opportunity to mix with representatives from 21 different clubs. Cleaver the Beaver (aka Ryan Uytdewilligen) kept kids entertained, providing hugs and waves throughout the evening.

Snowfest

Snowfest Winter Camp in Elkwater provided an opportunity for over 40 members to experience the great outdoors, with activities including skiing, snowboarding and snowshoeing. The snow was great, the counselors were fun, and the cook, Pat Sayers from Lethbridge, was once again voted “Favourite Cook” by all attendees. 4-H Alumni overseeing the action included Kenny Davey, Laura Hagstrom, Jesse Wall, Cody Harrison and Ted Andrew. Thanks for making Snowfest “snow” wonderful!

Communications

Good luck to all members at the upcoming communications competitions, and thank you to the hardworking planning committees! Also, keep in mind that the “best of the best” senior 4-H members in public speaking and presentations will compete at the Provincial Communications competition to be held Saturday, April 10 at Lethbridge College.

Upcoming events

Other upcoming events to watch for include our second Regional Judging competition, sponsored by MNP, on Thursday, April 8 in Claresholm, and the annual invitational 4-H Jackpot Gymkhana in Taber on April 17. Watch for email blasts and check out www.4h.ab.ca for all things 4-H. Never a dull moment – you can BELIEVE it! ❁

FUN FACT!

Up until 1994 the Olympics were held every four years. Since then, the Winter and Summer games have alternated every two years.

Calgary Region

By ROB SMITH, Regional Specialist – Calgary

Regional Judging Competition

Saturday, January 17 was our first Regional Judging Contest, and what a group we had! A sum total of 310 4-H members, representing just over 30 of our clubs, made this the largest judging contest BY FAR in the province... and I suspect, the nation!!! I continue to be ‘bowed over’ by the excellence of our members in this skill, as well as the dozens and dozens of volunteers who step up to help out. Our thanks must go to the Mountainview District for their organization of this long-standing and supremely well-organized and well-attended event; it is the single largest judging contest in the province, and one of the biggest 4-H activities!

Speaking of Judging ...

Kelsey Cartwright, who is a Key Member for the Rockyview District and member of the Jumping Pound Beef Club, attended Provincial Judging in Vermilion last August and made the Top 10. She was awarded a trip to Billings, Montana to compete in the NILE Judging Contest last October. In January 2010, Kelsey received a call from a college in Wyoming, offering her a post-secondary scholarship to attend their school and be part of their judging team. Kelsey hopes to pursue academic studies that put her toward veterinarian training, and the general two-year



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study program she requires is offered at the college that is pursuing her!

Kelsey, your entire region, and indeed, Alberta 4-H, is proud of your accomplishment and wish you the best with this opportunity. You will be following in the footsteps of other outstanding former Alberta 4-H Ambassadors from the Calgary Region, like Aaron Grant and Brody Gardner who also attended school in the United States on Judging Scholarships.

Eagle 4-H Beef Club

They celebrated their 50th Anniversary in January, joining the elite ranks of 50+ year clubs in the Calgary 4-H Region and, indeed, the province. This is my old club (member: 8 years; leader: 5 years) so I must admit to an extra-special feeling of pride and joy for the families that have been supported this club for over a half-century at the far north end of our region. Congratulations, folks and, as stated as a club mantra in the past... **EAGLE ROCKS!**

Winter Bonanza

We had over 60 campers, counselors and staff participate in the Calgary region's "first-in-a-very-long-time" winter camps (Feb 12-14 and Feb 19-21), which were held at River's Edge, just south and west of Cremona. By the evaluations it appears that our junior and intermediate members, as well as volunteer counselors and staff, had a grand time and work is already being done to plan the Winter Bonanza 2011 campaign! Many thanks to our team: staff and organizers Rita-Marie Leask, Myranda Stewart, Marina Matson, Laura Shuttleworth, Cody Harrison (a great Southern import!) and counselors: Sawyer Daley, Gina Long, Jenna Korschuk, Kelly Gallelli and Rob Dodds, who served 'double-duty' as the lone guy counselor for BOTH weekends!

Golden Clover Award



Linda Gooch, second in from the left, was one of three recipients for this year's Alberta 4-H Council's Golden Clover Award. (left to right) Stacy Price, Alberta 4-H Council rep, and Golden Clover Award recipients Linda Gooch, Dixie Carlson and Muffy Knox.

At this year's Provincial 4-H Leaders' Conference, Linda Gooch was awarded the "Golden Clover" award from the Alberta 4-H Council. She won this award as part of a group involving Muffy Knox and Dixie Crowson (one of my great SOUTH region leaders!) for their role in leading the creation of the awesome Equine project video that was inaugurated last year for Alberta 4-H. This video has led to accolades from across the nation with almost every province starting to use it, and now, we are getting some leaders from the United States requesting "that awesome Alberta horse video" as well.

So "all hail" Linda - she is a true example of 4-H leadership!

Calgary Hitmen Fever Hits 4-H

By **STEPHANIE RASMUSSEN & EDITH WOUTERS**

Key Members – Calgary

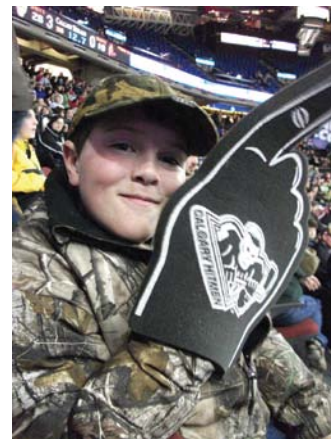


Key Members Edith Wouters (left) and Stephanie Rasmussen (right) stand with Dan Cezar, Ticketing Manager with the Calgary Hitmen.

On January 22, 2010, over 500 Calgary 4-H region members and their families made the trip to the Calgary Saddledome to watch the Calgary Hitmen play the Moose Jaw Warriors.

This is the first time that the hockey game has been organized as a regional event. Last year, Edith and I organized a Hitmen game for the Mountain View District. Then Rob suggested making it into a regional event. All of the members and families who attended enjoyed the night. The sales staff for the Calgary Hitmen/Calgary Flames franchise were wonderful to work with, and made it affordable and enjoyable for all to attend.

To show appreciation for our hard work, we were invited back on February 23, 2010, to see the Red Deer Rebels play the Hitmen. Edith and I received tickets to sit in the owner's box, where we were treated like true royalty. We had a blast at both of the games and are hoping to do a Flames' game, with Rob's encouragement. We had a great time organizing this event and we appreciate the support we received from the Calgary Region. Thank you to Dan for everything on the Hitmen end and to Lorraine Parkinson for helping sort the tickets.



Tanner Kelley with Sundre 4-H Multi Club, showing his Hitmen pride.

FUN FACT!

The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe and Oceania, and every national flag in the world includes one of the five colours, which are (from left to right) blue, yellow, black, green, and red.

Awards All Around

By SHARON UHRICH, Key Leader – Calgary

Earl Ziegler, the High River Ag Society and the Olds Ag Society were recently presented with a Calgary 4-H Region Recognition Award for their support of the 4-H program in the Calgary Region. These awards are presented annually to recognize outstanding volunteers in the Calgary Region.

This year's recipients were as follows:

Jim Stafford, President of the High River Ag Society, accepted the award of recognition on behalf of the Society for their support of 4-H clubs in the High River area, as well as the Foothills District.

The Olds Ag Society, which was represented by Eric Iverson, was presented with a Recognition Award on account of the Society's support of 4-H at the club, district, region and provincial level.

For the past 35 years, Earl Ziegler has organized and run the Calgary region's Curling Funspiel.

Joanne Gourley also received her 25th Year Leader Award. ❁



(left to right) Jim Stafford, Jordie Prestie, Dwayne Fulton and Joanne Gourley.



Dwayne Fulton and Joanne Gourley.



(left to right) Bev Rasmussen, Eric Iverson, Dwayne Fulton and Joanne Gourley.



(left to right) Andrea Church, Joanne Gourley, Dwayne Fulton and Earl Ziegler.

East Central Region

By JANET KERR, 4-H Specialist – East Central

Multi Species Judging

The third of three multi species judging competitions in the East Central Region will be held on Saturday, April 17 at the Provost 4-H building at Shorncliff Lake. Check the 4-H website for more information. The other competitions were held at Killam on February 15 and Veteran on March 20.

Results from the Killam competition are:

Juniors

- 1st – Amber Prichard
- 2nd – Halley Adams
- 3rd – Blair Hays

- Iron Creek Beef
- Hastings Coulee Beef
- Battle River Beef

Intermediates

- 1st – Ty Dietrich
- 2nd – Kaylee Prichard
- 3rd – Reid Davidson

- Hastings Coulee Beef
- Iron Creek Beef
- Battle River Beef

Seniors

- 1st – Jill Davidson
- 2nd – Cassie Davidson
- 3rd – Ryan Nauenburg

- Battle River Beef
- Battle River Beef
- Wavy Lake Beef

Rodeos

There will be four rodeos in the East Central Region this year. They will be hosted by the Neutral Hills 4-H Rodeo Wranglers, Halkirk Hicks and Coronation Range Riders. Dates are June 5, June 12-13 and June 26. Specific information about start times, when and how to enter and events have been sent to all equine clubs in the region. It has also been posted on the 4-H website

(www.4h.ab.ca). These rodeos are open to 4-H members in equine projects from all regions of Alberta. ❁

West Central Region

By JANET KERR, 4-H Specialist – West Central

2009 Record Book Competition Results

Congratulations to the following members who were winners in the 2009 West Central Record Book Competition:

Junior Beef

Shannon Bickley Red Deer West Beef

Junior Horse

Bailey Kentz Shadow Riders

Junior Miscellaneous

Sami Benett Innisfail Nails,
Needles and Noses

Intermediate Beef

Emily Henschel Lakedell Beef

Intermediate Miscellaneous

Jennifer Wrubleski Lakedell Light Horse

Senior Beef

Nikki Boden Rosalind Beef

Senior Miscellaneous

Brittany Kroening Lakedell Light Horse

Light Horse Show

The West Central Regional 4-H Light Horse Show will be held Friday, June 4 to Sunday, June 6 at the Red Deer Westerner Grounds. The entry deadline is April 27. Friday, June 4, will be predominantly English classes including dressage and jumping. Saturday focuses on Showmanship and Western Classes, including reining. Sunday is the day for games including the command class and games for all level riders. We expect to have close to 200 riders at this event.

Multi Species Judging

The West Central Region Multi Species Judging Competition will be held on Saturday, April 17 at the Benalto Agriculture Grounds. Classes offered will include livestock, consumer decision making and other items. Check the 4-H website (www.4h.ab.ca) for more details.

Regional 4-H Fun Day Report

By CARSON BLACKHURST, Rocky 4-H District Reporter

On January 16, the streets of Leslieville, Alberta, were filled with the sound of fun. Rocky District hosted the annual Regional Fun Day for the West Central region at Leslieville Hall and School.

In all, 59 members showed up, 37 of which were not from the local district. This year's theme was "The Olympics" as it was an event that was on everyone's mind. As people began to get to the hall for registration, "Get to Know You" games were played before heading to the school for the main event. The day's activities included curling, hockey, bobsledding, skiing, and a shelter building competition.

The "contestants" were divided up into five teams and sent to the various events. All of the activities that took place required some amount of teamwork, and lots of enthusiasm, as they had been modified slightly to deal with our limited resources. The curling event incorporated members riding on inner tubes as other members pushed them to see how close they could get to the center of the target. The hockey event had two teams facing



Inner tube curling may seem like more fun than regular curling; however, the level of precision and raw talent required is equal.

off against each other to see who could get a large tinfoil puck into the bucket nets. Bobsledding was a blast as the teams jumped into calf sleds and were pushed down a hill to see how far they could go. Halfway through the day the members went back to the hall to enjoy a great lunch of make-your-own-subs and to have a break to mingle and play more inside games.

Afterwards, the final two activities were held, skiing and the shelter building challenge. Skiing was more difficult, as teams of two raced against one another around a pole and back to the finish line, while their feet were tied to 2x4's. The final challenge, shelter building, gave the contestants a few resources – twine, bags, and sticks – to see who could build a shelter that would keep them safe from the elements. When the activities had finally ended members went back to the hall for the results of the day. The top team was then awarded their "gold medals".

Overall the day was a lot of fun, members had a blast and everyone met new people. I would like to thank the organizing committee, parents, volunteers and sponsors for making the day such a success. ❁



Bobsledding, Rocky District style.

FUN FACT!

The first Winter Olympic Games were held in Chamonix, France in 1924.

Awards Available from Beef Breed Associations

Each of the beef breed associations listed below offer a product or prize to 4-H clubs that have members showing a beef animal of that particular breed. 4-H leaders may apply for as many awards as applicable for your club. Be sure to supply the associations with names, addresses, phone numbers and pictures as requested by each association. When contacting a breed representative, please allow enough time (6 weeks) for shipment of product or prizes if you are awarding these at an awards night. More information, as well as the application form (Beef Product and Breed Association Application), is available on the 4-H website, www.4h.ab.ca. (Access this information by choosing "Applications" on the main page navigation, then "Project Related" then "Beef Breeds").

Beef Breed Associations:

- Alberta Angus Association
- Alberta Blonde d' Aquitaine Association
- Alberta Charolais Association
- Alberta Galloway Association
- Alberta Hereford Association
- Alberta Limousin Association
- Alberta Maine-Anjou Association
- Alberta Piedmontese Association
- Alberta Pinzgauer Association
- Alberta Salers Association
- Alberta Shorthorn Association
- Alberta Simmental Association
- Alberta Texas Longhorn Association
- Beefbooster
- Canadian Dexter Cattle Association
- Canadian Galloway Association
- Canadian Murray Grey Association
- Canadian Red Angus Promotion Society
- Canadian Red Poll Association
- Canadian South Devon Association
- Canadian Speckle Park Association (CSPA)
- Canadian Tarentaise Association
- Canadian Welsh Black Association
- Gelbvieh Association of Alberta
- Salers Association of Canada

If you have any questions please contact Corinne Skulmoski at corinne.skulmoski@gov.ab.ca or 780.427.4340.

Northeast Region

By CHARLENE CAREY, *Regional Press Coordinator*

Northeast 4-H Forum

On November 21, 2009, 4-H leaders and members "Carried the Torch" to Irma for Northeast 4-H Forum. Members and leaders enjoyed sessions on crafts, judging, diaries, presentations/public speaking, Level 1 and 2 leader training, opportunities in 4-H, ATV safety, and games. After the sessions wrapped up, delegates were treated to an excellent lunch.

Members were awarded for the top regional project books, as well as receiving Platinum Awards of Excellence. Leaders were presented with leadership awards and the Northeast Award of Distinction.

Northeast 4-H Forum was an excellent opportunity to meet other members and leaders, attend informational sessions, and admire members' project books. It was also a pleasurable way of recognizing the achievements of our region's members and leaders.

Northeast Fall Fling

On November 27- 28, 2009, members aged 9-11 flocked to Lakeland College in Vermilion for Fall Fling. Ninety-four members arrived Friday night to a tropical paradise. Junior counsellors kept delegates busy with ice breakers and games. Cleaver the Beaver made an appearance and helped lead the dance.

Saturday brought a flurry of activity. Sessions included snowman crafts, pumpkin seed poinsettias, beach in a box, decorating flip flops, archery, and Siesta Not Fiesta with Fit for Life's Judy Misick. Members also attended a LABO Exchange info session and enjoyed the swimming pool.

Delegates enjoyed excellent meals in the cafeteria, prompting one member of the junior staff to comment on wanting to attend Lakeland College over other colleges, based solely on food considerations!

The junior staff were excellent all weekend, ensuring that delegates were engaged and having fun. Delegates went home having had fun in a tropical paradise!

You Be The Judge and Northeast Adventure Day

Previously run as two separate events, You Be The Judge and Northeast Adventure Day made an appearance together on Saturday, February 13 at Lakeland College. You Be The Judge is the Northeast Region's annual judging workshop, where members of all ages learn judging techniques from Lakeland College's Judging Team students. Classes included sheep, dairy cattle, beef, and even tires! Members were given the opportunity to practice oral reasons, as well as written ones.

Members were given the opportunity to invite a friend or sibling along for the day, which provided an excellent opportunity for prospective members to see what 4-H has to offer.

After a delicious lunch in the college cafeteria, members returned to the riding arena for Northeast Adventure Day.



Although it was an early morning for Cleaver to arrive for registration at 9:00, he makes every "Adventure" a good time.

FYI

Want to be at a provincial program this summer? The application deadline is May 15, 2010 – so get on it!

Northeast Adventure Day, which is a fun way to explore what's happening in our region. Members rotated through sessions on geo caching, vaulting and stock dog.

Geo caching is a high-tech version of a treasure hunt, using GPS gadgets. Members were divided into groups and sent outside to find their quarry using a handheld GPS device and a set of coordinates. Unfortunately, February in Alberta can be cold, necessitating the need for the third group to adventure inside.

Vaulting combines gymnastic moves with horsemanship. Members were given the opportunity to learn about the fundamentals of vaulting, including practicing exercises used by vaulters.

In the third session, members were treated to a stock dog demonstration, followed by a Q & A period. Many members wondered if their own dogs had hidden potential!

Overall, You Be The Judge and Northeast Adventure Day was a great success! ❄️



During the "You Be the Judge" portion of the day members were split into groups and had the opportunity to practice their judging techniques with a variety of different items, judging is not all beef and horse these days!



Thanks to the Lakeland College Judging team that set the stage for the "You Be the Judge", members were able to finesse their written and oral judging skills.

Northwest Region

By JOCELYN MCKINNON, 4-H Specialist – Northwest

From January through to the end of April, members and leaders from the Northwest region travel to regional events and to meetings to organize other programs. There's lots to be kept busy with, from the fun of winter programs, to the enjoyment of summer camps, to the thrill of Focus on 4-H.

Frosty Fun Weekend 2010 celebrated the Frosty Olympics from February 5 to 7, 2010. Highlights of the weekend winter camp at Camp Nakamun included: racing bobsleds, snowshoeing, skating, swimming, group skiing and all kinds of 4-H Olympic events. Thanks to Fish and Wildlife Officer, Chuck Bain, the



Frosty Fun 2010 delegates pictured with Chuck Bain, Fish and Wildlife Officer.



And awaaaaay we go!

campers learned how to build an outdoor fire and boil water if they were ever stranded in the outdoors. Unexpectedly, they were treated to a horse drawn sleigh ride, compliments of Camp Nakamun. Thanks to the fantastic weather and our eight enthusiastic counselors, the 39 intermediate and senior members had a great outdoor adventure.

Many of the Northwest districts hosted training workshops to prepare members for their district and regional public speaking and presentations competitions. Four regional communications competitions represented the culmination of our members speaking and presenting achievements. About 65 members competed in the regional presentations competitions held in Drayton Valley and Bon Accord on February 27. A few weeks later on March 12, 36 members represented their district in public speaking contests in Newbrook and Stony Plain.

In April, members look forward to the district and regional judging competitions. On April 17, at the regional competition in Barrhead, the members will be judging 10 classes. Evenly split between livestock and consumer or agricultural classes, all members in the region are eligible to participate. Goats replace sheep this year, and the livestock for beef, dairy, swine and horses are all confirmed. Consumer choice classes are luggage and hand tools. Classes of weed identification, bread and mystery complete the event. Senior members will be presenting all oral reasons, while the junior and intermediate levels will have a combination on written and oral classes. Besides recognizing the top junior, intermediate and senior judges in each class and overall, the committee decided to continue with the district challenge.

Plans are underway and the applications are out for the regional summer camps and Focus on 4-H. Thanks to the success of the reintroduced Intermediate camp last year, we will be back at Camp Wohelo August 9 to 13, 2010. Our ever-popular Junior camp happens the following week starting August 17 at Camp Mackinicholea.

The 12th annual Focus on 4-H features a number of revisions to the different shows and activities. With the emphasis on fun, be prepared for more Iron Member challenges, greased pigs, lip syncs, roping, tractor obstacles, unusual classes to judge and costume and game classes. For the second year we will be in Drayton Valley at the Omniplex from July 2 to 5. There are project shows and workshops for most of the projects in the region. Lifeskills projects welcome all the members to try their crafting and creative talents. Whether you like to get the branding iron going for your stall sign, or your dog trying Rally-O, your horse "threading the needle" or decorating your campsite, you are sure to meet lots of other members doing the same. Of course,

all of the project shows are geared for serious competition in showmanship, conformation, riding, jumping and obedience so members can demonstrate their project skills and achievements at the regional shows.

Thanks to two new cameras purchased by the Northwest 4-H Regional Council, all of these events will be captured in action. Thanks to the sponsors who enable the region to offer and enhance programs for the members and leaders. ❀

Peace Region

By CHRISTINE LENTZ & STACY MURRAY

4-H Specialists – Peace

The Peace Region's 4-H clubs are all off to a running start. There are a number of projects running this year, and we would like to welcome the Valhalla Community School 4-H Multi Club into the fold. As well, we have another new club in the Peace River area: welcome to the Peace River Silver Horseshoe 4-H Club!

On February 5–7, 2010 our region held their Peace Region Winter Camp at Fairview. Seventy-three enthusiastic junior and intermediate 4-H members converged in Fairview for a fun-filled 40 hours! Everything from small group sessions, crafts, movies, dancing and sledding were enjoyed. While the dancing seemed to be the highlight for a lot of the members, two new games emerged that were also a hit ... Poop-Deck and Donkey! Sunday afternoon a lot of tired, but happy, members were homeward bound.

All of the districts in the Peace Region seem to be very busy and have a lot of events planned. Public speaking is well underway at the club level, and top finishers will proceed to the

district and regional level in March. Our regional winners will advance to the provincial level in early April and make the loooong trek south to Lethbridge.

April also brings our Regional Spring Rally held at the GPRC campus in Fairview. This day of learning and fun will be held April 17. Our regional meeting will also be held that same afternoon.

Achievement days start at the end of April. District beef shows and sales will be held from the end of May through to the beginning of June. Watch for these upcoming events and attend a show or sale to support local 4-H members. June 25 to 27 will be Regional 4-H Days, which are to be hosted by the Grande Prairie District. Livestock events, as well as activities and events for non-livestock members, will be the order of the weekend.

While the end of June signals the end of the 4-H year for many clubs and members, those who participate in 4-H's summer programs know that the best is yet to come. We encourage all members to look at opportunities beyond the club and consider attending a regional summer camping program, or some of the provincial summer programs. Seasoned 4-H members know that these events are life-changing experiences. Remember the application deadline for most of these programs is May 14, 2010. Until next time, we hope you are all having a great 4-H year! ❀

Upcoming Dates

April 17
Regional Rally
April 17
Regional Meeting
June 25-27
Peace Regional 4-H Days

July 20-24
Regional Junior Camp
July 26-30
Regional Intermediate Camp
Sept. 11
4-H Leader's Forum



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Travel & Exchange

A Jaw Dropping Experience

By KRISTINA HUISMAN, Award Trip Delegate

With H1N1 flu spreading like wild fire, who would want to travel? The answer, of course, is eight lucky 4-H members and their chaperone, who were set to attend the five-day National 4-H Members' Conference in Toronto, ON. Chaperone Ginny Smith's favourite quote during our time together was, "hand sanitizer, anyone?"

As a Selections award trip, delegates Amy Schoeknecht, Danielle Charron, Jamie-Lee Danielson, Jared Hunter, Kristina Huisman, Lindsey Douglas, Matthew Yakemchuk, and Michelle Leslie made their way, by plane, to Toronto, Ontario with only one mishap - forgetting that a giant bottle of liquid shampoo is not allowed with your carry-on luggage.

Very quickly all of the Alberta delegates made friends with delegates from other provinces, as well as two delegates who shared the experience with us from the United Kingdom!

We had some very good speakers during the conference. The favourite, by far, was Mark Essay. By interacting with the audience and showing us his ideas instead of just telling us, he may have been the most entertaining, as well as the most memorable speaker. We also listened to speakers on topics of the environment and farming, buying local, Skills Canada, Heifer International, and many more.

We had a various number of sightseeing tours in Toronto, including the privilege of visiting the TD Canada Trust building in downtown Toronto. We were able to go on the stock market floor, which was not as loud as some might expect, and went to the highest floor in the building - the 54th floor. It was so high, in fact, that your ears popped as you went up in the elevator.

We also visited the John Deere plant in Grimsby, where we learned about tractor safety and the overall world-wide impact that the John Deere company is having. And of course, you can't go to Toronto and not go up the CN tower. All nine of us made it to the top, even though two of us were petrified of heights. We reached the top in less than 30 seconds, going up at 22 km/h. The view was amazing. From this high perch it was easy to see how large Toronto truly was, as it never seemed to end.

One evening, we attended "Mysteriously Yours" at a dinner theatre. We had great fun laughing at the amazing actors and trying to figure out who was the murderer. We also went to the Royal Winter Fair. Boy, was it nice to see some cattle! The exhibits were bigger and better than anything I had ever been to!

But my "favourite part of the trip" was none other than Niagara Falls. Seeing just how big the falls really are is jaw-dropping. Actually, my jaw was already dropping at the sight of the American Falls, which we saw first while driving up, but when we reached the Canadian side of the Falls, my jaw hit the floor. It was absolutely beautiful. I think we really enjoyed this part of the trip because we could just be ourselves - no conference wear to bind the personalities of these Albertans!

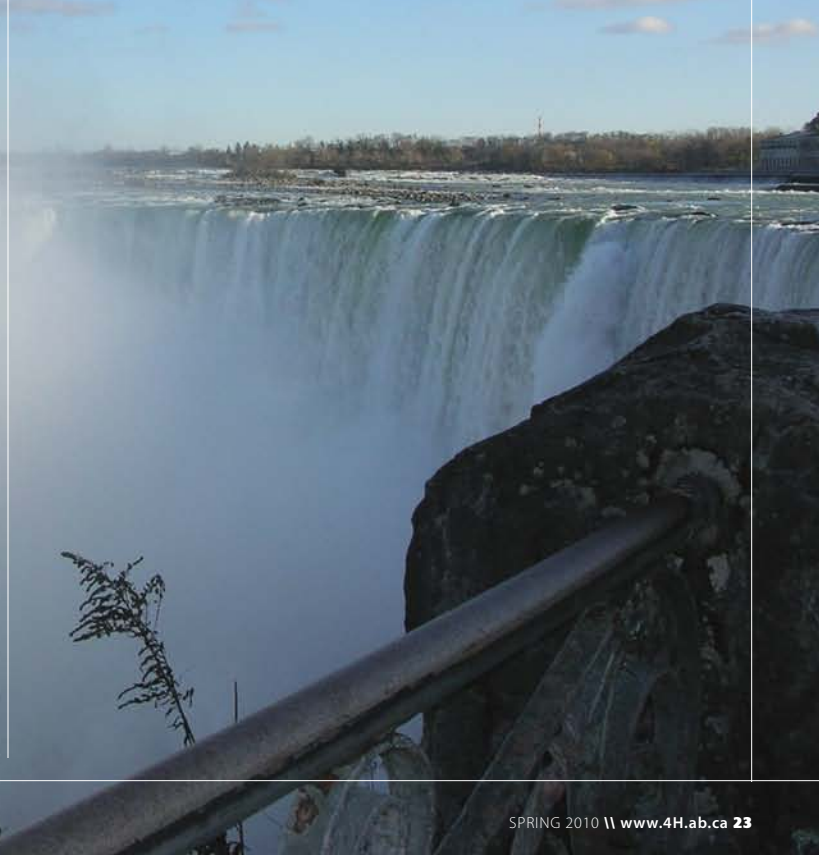
Each delegate was asked to provide advice for future National Member Conference attendees: bring good walking shoes and lots of 'conference wear' attire, sleep on the bus rides, meet

everyone you can, and always remember that what you put into the experience is what you get out, so step out of your comfort zone!

I have attended every single provincial event that I was eligible for, and this trip blew my mind. Nothing can prepare you for the time you will have. Many thanks to all of the sponsors who made this trip possible. ❀



National Members' Conference delegates: (back row, left to right) Ginny Smith, Matthew Yakemchuk, Michelle Leslie, Jamie-Lee Danielson, Kristina Huisman, Jared Hunter, Marguerite Stark, Head of the 4-H and Agriculture Education Branch; (front row, left to right) Lindsey Douglas, Amy Schoeknecht, Danielle Charron.



The Round-up Report!

By JENALEE BLACKHURST, *Team Alberta Delegate*

"A Swell Show" was the theme for the 90th Annual Western National Round-up, held in Denver, Colorado. This is where Edith Wouters, Jolene Garber, Christina Hager, and myself (Jenalee Blackhurst) participated in a 4-H judging competition, an opportunity that we earned through last year's Alberta 4-H's Provincial Judging Competition. Our team met-up at the Denver International Airport on January 7, 2010, where we were amazed at the pure size of the place. It was truly enormous and the people were jammed in wall-to-wall! Despite our small town navigation abilities, we were able to make it to our shuttle bus and finally to our hotel (mostly thanks to our great chaperones Leila Hickman and Kathleen Linder!).

As soon as we were settled at the hotel we made our way down to orientation where we acted out a hilarious skit about the importance of always keeping your program book with you. The next day we woke and went downstairs to enjoy a "typical" breakfast of burritos and salsa! The hippology team went to start their day of competition, while the judging team headed to Colorado State University for a judging workshop, which was helpful for all us. We learned a ton about reading performance data! Afterwards we went back to the hotel to get ready for the infamous "pin swap." Everyone met several people and gained a unique collection of pins. A large number of our new acquaintances were very fun to listen to, between the "y'alls" and their attempt at making "eh?" sound natural! Following the pin swap was the banquet, where we got the opportunity to listen to an entertaining, and very motivational speaker. We then had a long wait ahead of us to finally get to Alberta's "state" photo. During our wait we played some good ol' fashion 4-H games, met an extremely tricky magician, and anticipated the upcoming dance! After our funny picture with moose antlers we put our dancing shoes on and showed those Americans how it's done! Of course they had some moves to show us too! We learned a new move they call "swanky leg" and a very interesting line dance ...

After our fun night, we got up and again, enjoyed our breakfast, and then took a bus to the judging competition. We chatted it up on the way there as we would not be allowed to talk for



The "state" photo of the hippology and judging team members, with our flag! (top row, L-R: Matthew Paton, Lindsey Grover, Edith Wouters, Sarah Richards; Middle row: Kathleen Linder, Leila Hickman, Katie Garber; bottom row: Christina Hager, Jolene Garber, Jenalee Blackhurst)



Edith, Jenalee, and Christina dressed up for 1920's throwback evening!

the next six hours! We looked over 10 classes of beef, sheep, swine, and goats, and then made our way back to the hotel to give reasons on six of them. It was difficult, as we were judging with some national champions, but definitely an experience that was well worth our time. Following the competition was a fun, 1920's throwback evening where everyone dressed up and mingled. The costumes were well put together and the evening was a ton of fun!

Sunday wrapped up our amazing opportunity with an awards breakfast. Before we went to catch our planes home we, of course, went to see the stock show and do some shopping! I would like to give both Leila Hickman and Kathleen Linder a big "thank-you" for their support and help, as well as our sponsors, which included ATB Financial, Government of Alberta, and ITS Travel and Cruise, for allowing us this opportunity. 🍀



Members of the judging team who went to the Western Round-Up: (back row, left to right) Chaperone Leila Hickman, Christina Hager, Jenalee Blackhurst; (front row, left to right) Edith Wouters, Jolene Garber.

Trip to Denver

By LUKE WRUBLESKI, Award Trip Delegate

My trip to the Northwest Stock Show in Denver started in August, when I was named the winner of the 2009 Alberta Provincial 4-H Multi-Species Judging Competition. I got my choice of any of the award trips offered and I chose to travel on my own to Denver, Colorado. The first thing I had to do was get in contact with my host family, the Phillips. We contacted one another through email and made plans for the weekend I would be in Colorado.

I waited with much excitement as my departure day approached. The flight went without incident, and upon landing I gathered my luggage and set out to find the Phillips family. After running into two of my neighbours from home in the Denver airport, I met up with Bill, Marian, and Gina Phillips. We immediately left for the stock show to get signed in.

It was right into the meat of the trip the next morning, getting up at 4:30 to leave from Conifer, where the Phillips live, to get to Denver in order to make it in time to watch the Denver Northwestern Intercollegiate Judging Competition. I looked over several of the classes and formed my own opinions while the competitors rotated through the classes. After having our fill of the competition we went to walk through the barns of the world's most prestigious livestock show. The Angus show was in full swing and there were even farms representing Alberta competing in the show. Gina knew the Colorado State University livestock team so when we saw their stall, I was introduced to them and had a chance to discuss the agriculture schooling available in the United States. We wrapped up the first day in Denver with a trip to the 16th Street Mall – it's a mall in downtown Denver that is 16 blocks long!

The next day we decided to do some sightseeing. We drove out to the Red Rock Amphitheatre, which was made in the Great Depression as a U.S. government infrastructure project to create jobs. The rocks look like giant pieces of an alien planet sticking out of the ground and, as we discovered, are a popular place for people to work out. Next on our list was a visit to an American classic, McDonalds, followed by a visit to the massive Bass Pro shop where I got some more shopping done. I couldn't resist asking Marion to pull over when I spotted an Army Surplus store. We went inside, had a good look around, and were all in agreement that Army Surplus would be a great place to shop for farm clothes. That afternoon we went to the rodeo, with tickets that were supplied by the stock show international relations department. The four of us were very happy to have front row seats behind the bucking shoots. In fact, we were so close to the shoots, we got to hold one of the cowboy's coffees as he was getting ready.

The rodeo wrapped up a great award trip to the Mile High City, and that evening the Phillips drove me out to the airport and I boarded the plane for home. I had a great time in Denver and hope that I can go back again one day to visit the Phillips and re-attend the stock show. In the meantime I look forward to helping out at Provincial 4-H Judging in August and sharing my experiences from the Northwest Stock Show. 🍀



Luke Wrubleski at the Northwest Stock Show.



Luke, in judge mode, at the stock show.

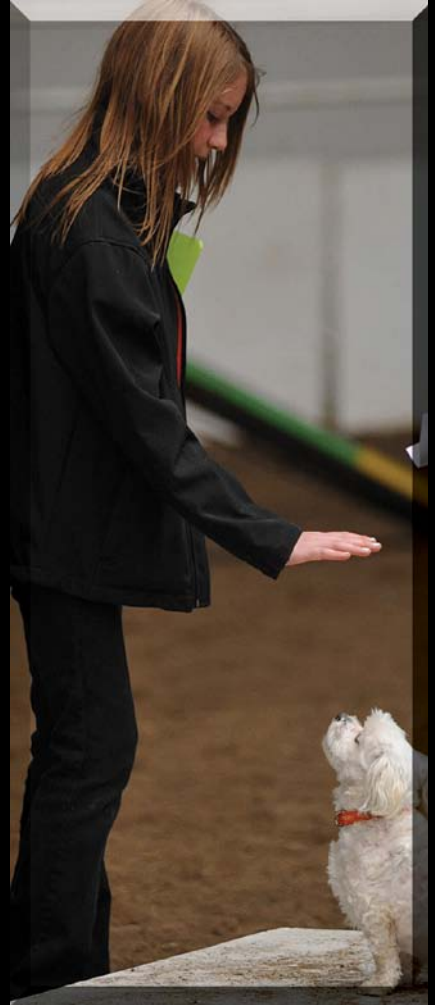


Luke and Gina (far right) at Gunther Toody's Diner.



Luke and the Colorado State University Judging Team.

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Skills and Thrills on a National Level

By **LYNETTE LASTIWKA**, Award Trip Delegate

Having been awarded a trip to the National Skills and Thrills conference way back in May, at Selections 2009, the time had finally come for Kasara Van Hecke and I, Lynette Lastiwka, to meet at the airport to begin our trip to Winnipeg.

When we arrived in Manitoba on October 22, where we were greeted by a member of the Manitoba 4-H Council. He took us to the hotel where we would be staying, which is when we met the other out-of-province delegates; in total, there were 16 of us. That night, we went to a corn maze and haunted forest – the line to get into the haunted forest was so long that we nearly froze ... but the wait was worth it.

The following day we took a morning tour of the Manitoba Legislature where we learned about the history of Manitoba, and that afternoon the Manitoba delegates arrived. In the evening we had a guest speaker who is a news anchor for CTV in Winnipeg. He told us about what a regular day is like for him. We then went to a local mall where we were put into small groups for a scavenger hunt, and we were made to enlist the help of strangers to accomplish our goals. We then went back to the hotel for an auctioneering lesson – being an auctioneer is pretty difficult!

The next day we had a speaker who taught us about different personality types and how these types effect how we communicate with one another. We then sat in on Manitoba 4-H Council's annual meeting. From this meeting I learned a lot about how many differences there can be between provinces. They envy the 4-H program in Alberta due to the small number of members they have – they have 3,000 members province-wide, versus Alberta, which has around 6,400.

Following this meeting we had breakout sessions where we leaned about being blind and deaf. We also had a presentation from a police officer who is a member of the Winnipeg K-9 Unit. These sessions proved to teach us more about different forms of communication.

Later that evening we had a banquet and our final speaker for the weekend – a local radio program host who told us interesting stories of his life. It was inspirational to see how far he had come. Immediately following our banquet, we had a square dancing lesson and learned that this is a popular project in Ontario and Quebec. The next morning the Manitoba delegates left and we toured the MTS Centre, which is where major concerts are played in Winnipeg.

This trip taught me a lot about 4-H in other provinces, and of course, provided the opportunity to have a lot of fun. ♣



(left to right) Award trip delegates Kasara Van Hecke and Lynette Lastiwka.



National Skills and Thrills conference delegates.

Judging up a Storm in Regina

By **LINDSEY GROVER**, Team Alberta Delegate



The limo that whisked Team Alberta back to the airport, after a successful showing at Agribition 2009.

The trip started with Lindsey Grover, Jacob Onyschuk, Stacey Woywitka, Kasara Van Hecke and our chaperone, Leslie Olson, meeting at the Edmonton airport on the morning of Sunday, November 22, 2009.

After checking in the team went to the gate to board the plane and Jacob decided that he would get a nose bleed. As we got onto the airplane, the flight attendant made him stay at the front of the plane until just before takeoff and when his nose finally stopped bleeding, he was able to take his seat at the back of the plane! However, he received first class service on the flight. When we arrived in Calgary we had a layover for a few hours, which turned into study time for all of us college kids. Finally, we boarded our delayed flight to Regina and set our watches an hour ahead.

When we reached the Regina airport we were greeted by a Canadian Western Agribition shuttle driver. With our entire luggage safely stored in the back, our shuttle proceeded to take us through downtown Regina by Mosaic Stadium. Being that it was Saskatchewan versus Calgary in the Grey Cup playoff game that day, the streets were wall-to-wall with Riders' green ... apparently they did not get the message about November 4 being Wear Your 4-H Colours Day! We reached our hotel and checked in, and then went and checked out the Agribition grounds before we had to be back for registration and supper. While looking through the cattle barns at the Ag grounds, we ran into Rob Smith and his family's cattle.

At registration we received the list of classes that we would be judging the next day, as well as our blue windbreakers that we would have to wear while judging. At supper, Team Alberta sat with representatives of one of the sponsors, TD Canada Trust. As supper concluded Team Alberta decided that it would be a good idea to have a judging study/cram session before the competition in the morning.

The day started off with breakfast, which included Kasara's favourite food, bacon. Good thing it was buffet. Then the bus arrived too soon and all of the nerves started to get to us as we headed to the grounds in our blue jackets and waited to start judging. Some classes that we judged were prospect Limousine bulls, heavy horses and market hogs. The morning was filled with judging and placing 12 – twelve! – classes; in the afternoon, we gave eight sets of reasons. The best part about giving oral reasons was that Leslie bought each of us a bag of mini doughnuts!

After the competition was over we went and toured the

Farm Life Photo Contest

Calling all shutterbugs!

Enter to win!

Contest deadline:
September 15, 2010

First place
\$250 cash prize

Second place
\$150 cash prize

Third place
\$100 cash prize



The second (left) and third (above) place photos from our 2008 Farm Life Photo Contest were submitted by Rose Nord and Tanner Kelley.

The Alberta Motor Association Insurance Company is having a photo contest and anyone who is involved in Alberta 4-H is invited to participate. We are looking for photos that capture life on the farm and showcase the rich diversity in Alberta's agricultural community.

The winning photo will be used in an AMA Insurance advertisement in the November 2010 issue of *Alberta 4-H* magazine.

All contest entries may also be used in other AMA Insurance promotional material, including brochures and advertisements. As well, a selection of contest entries will be published on AMA Insurance's website once the contest has ended.

This contest is open to 4-H members, 4-H leaders and anyone else who is currently involved in some aspect of 4-H.

AMA Insurance has been a major program sponsor since 1999 and we believe AMA Insurance is a perfect fit with 4-H, as we support 4-H's core values: Encouraging the personal growth and development of rural youth through community service.

Now grab your camera and start shooting!

Here are some tips to help you take and submit an award-winning photo(s):

- Make sure your photos are in focus. Keep them sharp and crisp, not blurry or fuzzy.
- Avoid using any special effects—either on your camera or when downloading and editing your photos. They can give your photos an “artistic flair” but we’re looking for photos that haven’t been digitally altered.
- Shoot and send us your photos in colour. We want to see the richness and beauty of Alberta's agricultural community, which can be hard to capture in black and white.
- Send us photos that are a good size and resolution. We'd prefer to receive photos that are at least 4" by 6" at 300 dpi.

Experience
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To enter the contest, and for full contest rules, go online to AMAInsurance.ca/FarmPhotoContest

Judging up a Storm in Regina (continued)

barns. Lindsey got separated from the group and had to meet up with everyone in the Simmental barn. Being the good horse kid she is, she was instructed to walk by the Charlais, to which her response was, "What colour are those?" The next thing on the agenda was a tour of John Deere's parts and service warehouse in Regina. We even got free hats!

The last day of our trip was marked with an awards breakfast. Team Alberta placed fifth overall, and each individual had good standings as well. After spending the afternoon watching the First Lady Classic, which is a heifer show that the winner of our judging competition got to compete in, the Team gathered

their luggage and went to meet their shuttle for the airport. However, we did not get just a plain old bus shuttle, we got a limo! Leslie was so proud of us she arranged for our ride to the airport to be a very elegant one. In the short, ten minute ride, we managed to take about fifty pictures! Alberta rides in style!

At the airport we realized that two members of the 4-H Ontario Team were going to be on our flight to Calgary - they had to go west, to then go east. We got to know them better and shared a few laughs. After another flight and a three-hour lay-over in Calgary, we finally made it back to Edmonton. The Team said goodbyes and headed for home.

Congratulations to Team Alberta! ❁



Multi Project Achievement Day

By JOCELYN MCKINNON, Alberta 4-H Specialist – Northwest Region



A typical Achievement Day for 4-H members in Life Skills projects involves displaying and evaluating items created, or topics learned about, during the past 4-H year.

Achievement Day events for multi project clubs prove to bring together a diverse offering of projects, from Foods and Outdoor Living to Photography and Crafts to Vet Science and Woodworking. Each of these projects identifies their own specific Achievement Day requirements and expectations. How do you accommodate these projects and showcase each member? Many clubs choose an open house featuring member displays, and a short program.

Displays

Typically each member creates a display of their work. Often a theme is chosen, either by the club, the project group, or by the member. A three-sided backdrop and covered boxes enable posters and items to be highlighted on a table display. A member's record book completes their display. A Photography project member may have a series of mounted pictures enhanced by posters or equipment, or a member taking Outdoor Living may illustrate a piece of hiking equipment and a First Aid kit that further tells the story of their project work.

Members of the Cherhill 4-H Multi who were involved with the Veterinary Science project used photographs to show different procedures that they learned at the Vet Clinic, while the quilting project members demonstrated quilting techniques through samples. The Foods project members made dishes based on a food theme. During the open house, visitors could ask questions members for more information about their project.

Evaluation

Like a bench show at the local fair, items at an achievement day are evaluated against a standard. However, members' work is not marked and ranked against any other member's work. With the 4-H evaluation system, all members are awarded a red, blue or white ribbon to recognize the quality of their work. If six members in a crafts project made scrap-book albums, all six could be awarded a first place red ribbon if the items are given, out of a possible 10 points, a score of 8, 9 or 10. Blue ribbons recognize scores of 6 to 8 while white ribbons are for 5 points and below. A club may also choose to have the members' displays marked.

Program

The Achievement Day program enhances the display portion of the event by enabling members to further explain what they learned through their project and club activities. Judges, 4-H leaders and the audience also have the opportunity to encourage and recognize members' accomplishments during the program.

Although members may rush to finish their projects and create their displays in time for judges to review their efforts, a good achievement day event keeps them enthused about themselves and their projects.

A new resource for organizing successful a multi club Achievement Day is now available. Please call 780.422.4H4H, or visit the 4-H website, www.4h.ab.ca, for information on how to obtain this resource.

Features

GORD BAMFORD



Dear 4-H Members,

The Rural Roots Run Deep Fundraising Project is an exclusive fundraising opportunity for all 4-H clubs across Canada. As a former 4-H member of the Central Lacombe 4-H Beef Club, I am a proud alumni and 4-H supporter and am very excited to be working with all of you to make this project a success.

The Rural Roots Run Deep Fundraising Project began April 1, 2010 and will continue until January 1, 2011. The project gets you involved as an integral part of the Gord Bamford Team, by selling my 4th CD "Day Job". The goal of this project is to help raise money for important club initiatives. In addition to the main fundraising project, we have also created a substantial prize that will be given to the top selling club in each province. This "top secret" prize gives each club the opportunity to enhance your future club goals. The Top Selling Club in each province will be announced at the Alberta 4-H Leaders' Conference, held January 14-16, 2011, in Red Deer, Alberta.

This spring I will be touring across Canada to promote the "Day Job" CD, and I am extremely proud to have the opportunity to spread the word about the 4-H brand. I take a lot of pride and integrity in what I do, both in my business and personal life. I also believe these key values align with the values of 4-H. I invite you to come say hello to us when we are out on the "Day Job" tour this spring.

I am extremely proud to make 4-H a top priority and welcome you ALL to be a part of the Gord Bamford team. As a former 4-H member and alumni, I can tell you that by working hard, dreams do come true. Let me help you to achieve your club goals! I look forward to a long term partnership with Alberta 4-H.

I look forward to meeting you soon,

Warm Regards,

P.S. Be sure to go to www.gordbamford.com and sign up for a free GB Fanclub membership! You'll enjoy special perks as a member. Also, you'll get regular updates on what is happening while we're out on tour by watching "GB TV" on my website, or by signing up on my Facebook, Twitter and My Space pages.



4-H Clubs Across Canada are Rolling out Gord Bamford Tunes...

Your 4-H club is a great place for members and leaders to gain life experiences and embark on unique opportunities. In January of 2010, the **Rural Roots Run Deep Fundraising Project** with Gord Bamford and 4-H clubs across Canada was born.

Gord Bamford is an international recording artist, Canadian Country Music superstar, multi-award winning singer and songwriter, and more importantly, an Alberta boy and 4-H alumni! He picks guitar and pens songs with some of the best musical talent in the world. He has shared the stage with an extraordinary list of artists including Reba McEntire, Tim McGraw, Brooks & Dunn, and the legendary George Strait. Gord is living his childhood dream.

"What I gained from 4-H was intangible and it only makes sense for me, in my current career, to want to give back," says Gord.

The Rural Roots Run Deep Fundraising Project is a unique opportunity to enhance the leadership, communication and life skills of our club members and volunteer leaders. Participation in this fundraiser is also assisting the Alberta 4-H Legacy Fund grow, as one dollar from each CD sold to Alberta 4-H clubs is contributed to that fund.

Fundraising Enhancements Effective April 1, 2010:

Phase I: CD Sales

How to get involved?

Discuss this opportunity with your 4-H club:

- Set a goal
- Develop a plan
- Set a time frame

Members can learn how to set a goal, develop a plan, write information for local news publications, design posters, plan events and create communication strategies. Please ask for ideas or tools to use to assist in developing these skills.

Option 1: Buy Now and Sell

- Buy *Day Job* or *Honkytonks & Heartaches* for \$11.00
- Sell them for a retail price of \$20.00
- Profit of \$9.00 per CD for your club!

Option 2: Sell Now and Make Payment Later

- For further details on how you can order now, call Susann Stone at the 4-H Foundation of Alberta office, or Corinne Szepesi, Special Projects Manager/Gord Bamford.
- A shipping cost may be added and that amount will depend on the number of CDs ordered. Please note: orders can be made through special arrangements through the 4-H Foundation of Alberta office.

This Is What Could Happen

Scenario

- Your club has 13 members;
- Your 4-H club wants to go on an exchange, buy jackets, donate to a local charity, host a clinic/ workshop, go to a camp or provincial program, etc., and extra funding is needed to do so;
- If your club chooses to sell 26 CDs (Please note: there is no minimum order) THAT IS ONLY 2 CDS PER MEMBER (and remember, you have leaders in your club as well!);

- How many people don't know 2 people who like to support 4-H, and love Canadian Country music? Now, that person can do both, while supporting local talent and Canadian Country Music Artist, Gord Bamford.

Let's do the Math:

4-H purchases for $\$11.00 \times 26 = \286.00

Suggested Retail for \$20.00

$\$20.00 \times 26 = \520.00

$\$520.00 - \286.00 cost = \$234 towards your clubs initiatives

Other Opportunities:

- There could be future opportunities as well, such as selling Gord's first Christmas album.
- Special Appearances for club events such as grand openings, hockey games, BBQ's etc.
- Meet & Greet (Autograph signing)
- Opportunity for your club to "host" or partner with a local community group(s) to host together, a Gord Bamford concert called "The Rural Road Trip Tour." Your club can take advantage of "special pricing" available to 4-H clubs. Contact Corinne at 780-789-3136 for more information.

The sky is the limit, so let your creativity guide you. Future opportunities could enhance event planning, communication, leadership and community relations for your members.

Visit www.4h.ab.ca or www.gordbamford.com for more information. Look for emails that will provide news and updates for the fundraiser.

Susann Stone

4-H Foundation of Alberta

1-877-682-2153 or (780) 898-4223 direct

susann.stone@4hab.com

Corinne Szepesi

Special Projects Manager/ Gord Bamford

780-789-3136 or 780-914-9175

corinne@adivacorp.com

My Experience at Canada's Young Speakers for Agriculture

BY ROSIE TEMPLETON, Alberta's CYSA Representative



Rosie at the CYSA podium; Cleaver is obviously there for support, guidance and potentially, a last minute pep talk.



Cleaver, Toronto's CN Tower, and Rosie's arm.



Rosie and Cleaver get ready for their flight to Toronto. Fingers crossed that Cleaver is OK with heights ...

The experiences I have encountered as a 4-H member have each provided me with different perspectives, challenges, and rewards. One of the greatest of these experiences took place last November in Toronto.

The journey began when my 2009 4-H speech brought me to the Provincial Communication competition, where I received first place with my speech entitled, "The Power of Tomorrow, Today." I was awarded a trip to Toronto to compete in the Canada's Youth Speakers for Agriculture (CYSA) competition, which took place November 7, 2009. I had the choice of five agriculture-related topics, and eventually settled on "Why I Want to Make My Career in Agriculture." I felt that with this topic, I could describe my views on agriculture in the present and future, and explore what contributions I could make to the industry.

When the final preparations were made, I made the trip from Coaldale, Alberta, to Toronto, Ontario, with my mother and Cleaver the Beaver to keep me company. We arrived a few days before the competition in order to get our fill of Toronto sight-seeing. We managed to go up the CN Tower for a bird's eye view of the city, have some laughs at the Second City Comedy Club, and explore the downtown restaurants and shops. One of the highlights of the trip was spending time at the Royal Winter Fair, where I got to see some outstanding livestock, as well as Prince Charles himself!

On the morning of the competition, we eventually made it to the CYSA after a tension-filled wait for our late streetcar. When we arrived at the competition, I was met by sponsors and other competitors and was given the opportunity to quickly interview the speaker I was introducing. This had no time constraints but involved one competitor introducing another and their speech, and thanking them directly after (similar to an impromptu speech). I learned quickly that I was the only contestant out of fifteen that was a high school student, and the others were predominantly university students enrolled in agriculture programs in Ontario and Eastern Canada. The speeches were all of an incredibly high calibre and proved to offer up a showcase of the different perspectives of ambitious youth in agriculture.

After the initial round, six individuals, including myself, were selected to advance to the finals. We relocated to the centre of the trade show square, where we had to adjust to loud crowds, an orchestra playing, and constant interruptions from a loud-speaker. This was a difficult obstacle, but all of the competitors spoke strongly in front of the new set of judges. With nerves running high, the winners were announced, and I was thrilled to be named as 2nd Runner-up.

I left the experience feeling very grateful and honoured to have had such a phenomenal opportunity. My short time in Toronto will be forever in my memory as one of the most outstanding achievements of my 4-H career and my life. I hope all members can see experiences such as this one as proof of just how far the 4-H program can take them. ❀



Whoa! Cleaver is on the loose, and apparently, is making an escape.

Facebook in 2010 – Friend or Foe?

By LYNDSEY THORLACIUS, *Communications Advisor, AltaLink*



With more than 400 million active users in 74 languages, Facebook has become THE social network across the world, and with good reason. Facebook gives you a way to connect with close and long lost friends, stay on top of events that are happening in your network, share photos, update your status and join groups. Whether you're at home on your computer or out checking Facebook on your iPhone, your social network is always available and ready to update you or have you update others on the latest happenings.

Some of us may claim that we only check Facebook periodically but the average Facebook user spends 55 minutes per day on Facebook, has 130 friends and writes 25 comments on Facebook each month. While these statistics clearly speak to the popularity of Facebook and the growing need we have to interact through social media, there are some important things to remember the next time you enter the oh-so-enticing world of Facebook.

Would your grandma think your profile picture and comments were appropriate?

More than 1.5 million businesses have Facebook pages and as businesses become more familiar with social media and begin to use Facebook as a way to connect with customers and share corporate information, you can guarantee that they are also going to be using Facebook as a tool for informal employment reference checks.

"It's becoming more common for employers to do a quick search on Facebook to look up a potential employee. You would probably think twice about posting certain pictures or comments if you knew your boss was looking at it. It's just something to remember when you are using Facebook because even though you are comfortable interacting with your network of friends, you never know who might be accessing your profile page down the road," says Ashley Makowecky, Human Resources Advisor at AltaLink.

Which brings us to another important item to think about...

Can your friend, your friend's neighbour and your friend's neighbour's brother access your Facebook page?

One of the great things about Facebook is the ability to build networks of friends and groups with similar interests but you need to draw the line of who you want to be able to view your personal page. It's as simple as going to your privacy setting to control your profile information, contact information, search information and block list.

Finally, the last thing to remember about Facebook...

Using Facebook is like singing along to the radio, hanging out in your pajamas or practicing the latest dance moves, it's better to do it in the privacy of your own home!

Many Canadian businesses have introduced policies that limit the usage of Facebook during work hours or all together deny access to Facebook to ensure employees aren't spending excessive amounts of time on social networking sites. If you are working or planning to start working, you should consider waiting to log in until you get home. You may not know to what extent your employer is monitoring your internet usage and there's nothing worse than having your boss know exactly how Facebook-crazed you really are.

So the next time you upload new photos, comment on someone's wall or request a friend, remember to keep these tips top of mind as they just might save you a job in the future. The benefits of using Facebook for 4-H have endless possibilities, whether it's connecting with your club members or spreading the word instantaneously on an upcoming event. Although there are some ground rules to follow, Facebook can add a whole new dimension to communication and with 400 million users, Facebook has undoubtedly changed from a trend to an international means of communication.

FUN FACT!

Host country Greece won the most medals (47) at the first Olympic Summer Games in 1896.

FUN FACT!

The United States has won more medals (2,189) at the Summer Games than any other country.

Credit Notes

By BRENT ANDRESSEN, Agricultural Education Program Coordinator

Are you looking to earn high school credit for the hands-on learning you do with 4-H? Look no further than Career and Technology Studies.

Career and Technology Studies (CTS) is a program that enables you to get the most out of your 4-H experience, by assigning credit value to your 4-H project work. CTS proves to complement your 4-H career by offering high school-aged students the opportunity to:

- develop skills that can be applied in daily life, now and in the future;
- refine career-planning skills;
- develop technology-related skills;
- enhance employability skills;
- apply and reinforce learning developed in other subject areas;
- prepare for transition into adult roles in the context of family, community, workplace and/or further education.

The course structure of CTS enables schools to design unique programs, geared to meet your learning needs and to take advantage of community resources. CTS's Agriculture courses have outcomes that are closely aligned to the learnings you acquire through your completed project work. BUT, in order for you to earn CTS credits for your project work, you must first take note of certain procedural considerations in your school.

It is necessary for you to approach school staff *before* beginning a 4-H project for which you expect to earn credits (4-H project work cannot be claimed "retroactively"). School staff and guidance counselors will then understand your intention at the outset, and they will be able to help you align your 4-H project with curricular outcomes, thus ensuring appropriate completion of credits.

The reason that past project work is not accepted for current credit is that schools are not able to assign credit to student work that is not matched to the official program of studies; student work must also reflect an appropriate amount of time and effort on the students' part to earn credits. While 4-H project work aligns closely to CTS programming, it is by no means an exact match and therefore, a few extra "tweaks" may need to be added to a student's project work to ensure a successful match.

Teachers, school counselors or administrators might not always understand the work that you do in 4-H, or even what a project really entails, and this may create concerns on how to go about approving 4-H projects for CTS credit.

And so, with this in mind, when you approach school staff with questions about CTS credit for 4H project work, it is best to begin with your school's CTS or work experience teacher because these are the folks who will likely best understand the complements between CTS programming and 4-H project work. Team up with them to identify an existing CTS course that has outcomes close to the activities that will be part of your planned 4-H project. Then, keep in touch with them throughout your club year so that they can help make sure that you are covering everything that is required for course credits. Another detail to be aware of is that the timelines of your project will meet the deadlines required by the school.

By working together with school staff, you can make sure that the great learning that is part of your 4-H project work also enables you to earn valuable credits toward a high school diploma.

For further information about CTS courses and how you might align your 4-H project with curriculum, you have a number of sources of information:

- Visit Alberta Education's "Career and Technology Studies" web page at: education.alberta.ca/teachers/program/cts/course.aspx. This site separates out the different "strands" of the CTS program, which will help give you a better idea of whether or not your project has potential to fit with the CTS program;
- Contact Brent Andressen, Agricultural Education Program Coordinator with the 4-H and Agriculture Education Branch, via email, brent.andressen@gov.ab.ca, or phone, 780-427-4225;
- Contact the Team Leader, Career and Technology Studies, Alberta Education, by calling 780-427-2984 (toll free within Alberta by dialing 310-0000 followed by the area code and telephone number).



From Paper to Podium With One Simple CD-ROM

By JESS HAINSTOCK, *Resource Development and Communications Specialist*



What's that? You wish that there was a resource that had all of 4-H's public speaking and presentations material in one, easily-navigated, interactive, bright and shiny place?

Hm. How convenient that you should mention that ...

"After sorting through a mountain of manuals, papers, binders, brochures, leaflets, and one-pagers, Jess and I were able to pare a two-foot paper pile down to one interactive CD-ROM," summarized Cameron Horner, Alberta 4-H's Communications and Marketing Specialist. "Ideally, this resource will take the place of the aforementioned "paper pile" and help to streamline the delivery of 4-H's highly touted communications program."

With interactive learning modules, video footage and site hosts (one of whom is Alberta 4-H's very own Kayla Getzinger!), the goal of this resource is that it is able to stand alone and act as a "traveling workshop."

"The greatest part of this resource is that it is all-inclusive and is easily adapted

to fit different needs and environments. As a group or an individual, in a club meeting or a workshop, this resource takes the guess work out of what to cover and how to deliver the information," Cameron states.

Dialogue, video, practice pages, tip sheets, games and evaluation tools create a quality learning experience for members, which will give them the skills and the confidence to not only succeed on a club competition level, but also in day-to-day life, educational settings and future professional endeavours.

"From Paper to Podium" is available through the "Resource" section of the Alberta 4-H website (www.4h.ab.ca), or as a link on the Agriculture and Rural Development's website, "Ropin' the Web" (www.agric.gov.ab.ca). Each registered 4-H club will also be receiving a copy of this resource in their club's 2010 Fall Mailout package, due to arrive at courier locations in early September.

This is a Growing Forward-funded initiative.

MEET THE FUTURE MINISTER OF AGRICULTURE

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Have Torch, Will Carry By JESS HAINSTOCK, Resource Development and Communications Specialist

The “4-H Benefit” is a commonly touted phrase in the 4-H world, used to describe the ample opportunities available to members and leaders, including the award trips, scholarships, skill development, networks, friends and memories that come part and package with being involved with the program.

It is often said that these benefits go a long way in helping members and leaders realize success in all areas of their lives, ... but have you ever wondered just how far “a long way” extends? Try 45,000 kilometres.

Through Coca-Cola’s Live Positively campaign, American 4-H members Kelcie Thomas of Oak City, Utah, and Laura Webber of Pacifica, California, were selected to be torchbearers on January 18 in High River, AB, for the 2010 Olympic Torch Run. Torchbearers were selected on account of their community involvement and leadership in the areas of Balanced Living, Community or Recycling.

Kelcie was nominated by her 4-H leaders due to her active involvement with 4-H – member of the Millard County 4-H Teen Council, a Southwest Region Ambassador, a 4-H youth leader – and also because of Kelcie’s starting of a childhood obesity awareness program called “Creating a Healthier You.”

“I got the idea for ‘Creating a Healthier You’ when I was a junior in high school and had to write a research paper on childhood obesity. After that, I started teaching dance classes for a form of exercise at the local elementary school and in 4-H meetings, and the project just escalated from there,” comments Kelcie. “I ran a breakfast fundraiser, and with the funds raised through that and through donations from local businesses, I was able to provide an exercise toy for every elementary school student in Millard County.”

Kelcie’s affects reach much further than just her county – she also was able to send jump ropes and information pamphlets to every school district in Utah, as well as a few other states. It’s estimated that Kelcie has been able to educate over 245,000 elementary-aged children on healthy eating and the importance of exercise.

Laura Webber decided to tackle just as big of an issue: climate change. “I was inspired to create the project after watching Al Gore’s ‘An Inconvenient Truth.’ At the time, I was very actively involved with 4-H, and so I knew that I wanted the organization involved with the project somehow. My dad and I began to bounce ideas off of one another as to what this could end up looking like, and trees just seemed to be the perfect medium,” states Laura, in reference to her 4-H Million Trees project.

“Trees are a great commodity because they are accessible and easy to plant. Because I wanted to make a big difference, I went with the big goal of wanting to plant one million new trees, through the help of 4-Hers, across the nation.” To date, Laura’s project has gathered over 25,000 participants, spanning 42 states and resulting in more than 70,000 trees having been planted.

Both Kelcie and Laura credit the 4-H program for their leadership and communication skills, and for their community mindedness and social responsibility, all of which were traits that directly contributed to their being two of ten chosen to be torchbearers.

“This was an opportunity of a lifetime and I am so grateful to have gotten to experience it,” Kelcie commented. “My favourite part of the route was getting to run past the elementary school, where all of the kids were outside cheering – it was so amazing!”

Laura echoes this sentiment, citing the moments prior to the actual run as her favourite time of the experience.

“When I got to see the flame for the first time, I was so overtaken by pride, honour and excitement. It was also the moment I think when the enormity of what I was about to do really sunk in. The image of the torchbearer is such an iconic symbol, and so to see the real thing was incredible.”

If proof was ever needed, it has in fact been confirmed: 4-H members are capable of Olympic proportions.

For more information on Laura’s 4-H Million Trees project, and to find out how your club can get involved, please visit www.4hmilliontrees.org. 🌱

Where Are They Now?

By **SUSANN STONE**, *Manager, Marketing and Special Projects for the 4-H Foundation of Alberta*



Then

Now

Name: Noreen Stuart nee Onofryszyn

4-H Club: Gilby Multi-Project

Number of years in 4-H: 9 years

What are you doing now?

Community Relations Specialist – Servus Credit Union

What was the highlight of your 4-H career?

Winning the Premier's Award in 1977. It allowed me to meet 4-H members from across the province, country and indeed, the world. I'm so glad that Selections now has a number of Ambassadors because it was an experience that should be shared by more than just one person a year.

What skills do you use everyday that you gained through the 4-H Program?

Public Speaking, meeting planning, leadership and problem solving skills – basically, 4-H is an embodiment of its motto, "learn to do by doing" and once that is your approach, it tends to be your approach for life.

If you could tell someone one thing about 4-H what would it be?

It's an organization that is all encompassing. Today, so much of what young people do is self-serving or focused on self improvement in only one skill area. 4-H teaches particular skills, but then forces us to look to what we can do within our community to make it a better place to work and live. It sets up situations where we see positive characteristics in fellow club members that you may not have noticed at school or other social settings. It allows us all to shine and therefore, you tend to approach new people with a more open and embracing perspective. 4-H is also about family. It's a family commitment and every event is a family gathering, very often with three generations participating.

All Alberta 4-H members are invited to the 13th Annual Stampede 4-H Rodeo

CS
Calgary Stampede

4-H
RODEO

SEPTEMBER
18 - 19, 2010

Big Top,
Stampede Park

FUN FACT!

Only four athletes have ever won medals at both the Winter and Summer Olympic Games: Eddie Eagan (United States), Jacob Tullin Thams (Norway), Christa Luding-Rothenburger (East Germany), and Clara Hughes (Canada).



This exciting 2-day format will include arena safety seminars, sports medicine, conditioning demonstrations, gymkhana and rodeo events.

The inclusion of educational components has been well received by 4-H competitors, parents and 4-H leaders.

Events include:

Senior, Intermediate & Junior **Barrels**

Senior **Keyhole**

Intermediate & Junior **Thread the Needle**

Senior, Intermediate, Junior **Pole Bending**

Senior & Intermediate **Breakaway Roping**

Senior & Intermediate **Cow Riding**

Senior & Intermediate **Goat Tying**

**Come enjoy a weekend of clinics,
new experiences and competition!**

For more details

www.calgarystampede.com (follow the agriculture link)
or call 403-261-9316



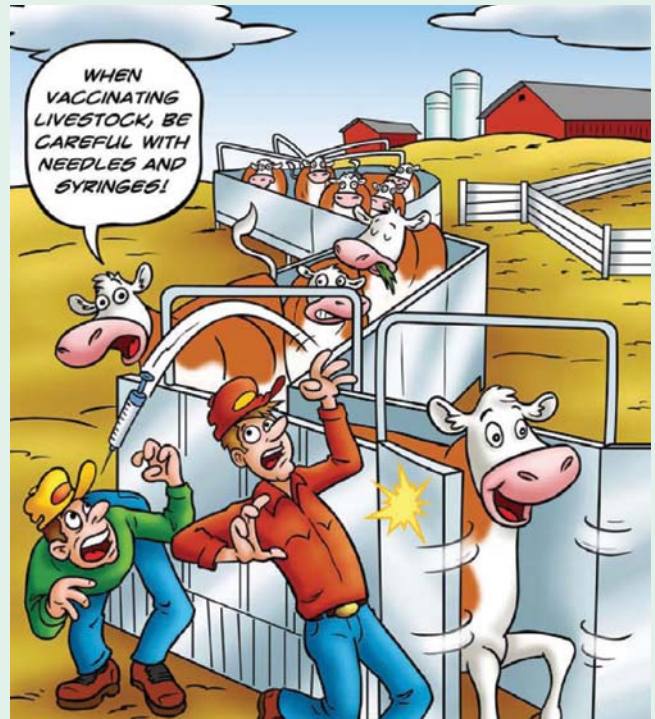
FUN FACT!

Larrisa Latynina, a gymnast from the former Soviet Union, finished her Summer Olympic Games career with 18 total medals—the most in history.

Farm Safety

FYI

This spring and summer, the Farm Safety program has made it their business to educate new agricultural workers on the proper handling, transport and disposal techniques associated with sharps. Look for their display booth at various tradeshow, fairs, and exhibitions, where sharps-related swag and a whole lot of information will be available. Or, go straight to the source and call 780.980.4230.



A Particularly Sharp Predicament

Top 5 Reasons Why Accidental Exposure is No Laughing Matter

1. You're not a cartoon character – getting poked by a needle actually will hurt you. Severe infection is very much the reality of being poked by a sharp. Being that deciding in the morning on what to eat for lunch can feel like a long-term decision, imagine introducing an incurable disease into your system because of carelessness.
2. You have no idea how or what kind of bacteria is on the needle. If you wanted to begin to ballpark a number, count the number of animals you've just vaccinated with that same needle. That same needle that has now poked you. Scary, isn't it?
3. When you consider that the dosage you put into your syringe was based on an animal's weight – not yours – accidentally poking yourself means that you've just taken in a LARGE amount of non-human approved medicine.
4. While you may seem to have no initial repercussions come from the accidental exposure, you have no way of knowing what sort of long term effects may come from this contact.
5. Reactions to accidental exposure range from mild to severe, with people reporting outcomes including troubled breathing, loss of feeling or movement in the affected area, nerve damage and loss of pregnancy.

UNLOCKING THE POTENTIAL OF 15-YEAR-OLDS

By MARK SHAND, *Alberta 4-H Specialist – Programs*

As we all know middle teen years are essential to the development of life direction. This is a time where young people start to become individuals, identifying their interests and passions, along with starting to focus on their personal development.

The Best Buy Children's Foundation and the Search Institute recently produced a report as result of an American study "to see what teens have to say, and to see them as community assets." The study offers three interlocking concepts of "sparks", "teen voice" and "relationships and opportunities" and how, when these strengths work together, they have great potential to move young people forward on a positive path.

"Sparks" refer to individual talents, passions or gifts that are deep within the young people, giving them energy, motivation, focus and joy.

"Teen voice" refers to the internal belief in young people that they have a voice in their families, schools, organizations and communities, and whether they can make a real difference in the things that matter to them.

"Relationships and opportunities" refer to whether young people have sup-

portive relationships and quality opportunities that nurture their sparks and give them tools for success and contribution.

While each of these factors matter, teens who experience all three of these strengths are better off. The shocking part is that the report found that only 7% of American 15 year-olds experience high levels of all three of these critical strengths.

So what gets in the way of young people experiencing all three strengths?

According to the report, about one-third of teens are unable to identify a spark that they are deeply passionate about and once they identify a spark they don't know how to develop them. They also state that about one in five teens say that someone has actively discouraged them from pursuing their spark. Finally, they note that the quality of community opportunities of programs get in the way of experiencing their strengths.

The report notes that there is a time for reality checks and guidance (i.e. even if I am good at singing, my chances are low of ever signing a record deal). Teens need adults to come alongside them, guiding them as they find their own voice and cul-

tivate their passions. By working with young people instead of dismissing their passions and interests, adults can help teens grow and develop. Teens need more safe chances to explore the things that might capture their energized attention and enrich their lives and the lives of their families, schools and communities.

So what can you do as a volunteer leader, parent or friend? The report identifies the following actions that can help to identify sparks, build voices and provide quality relationships and opportunities:

- Ask teens about things that matter to them.
- Give them time if they haven't identified their sparks or issues they care deeply about.
- Introduce them to others who share their spark or commitments.
- Believe in them, even when they may not believe in themselves.
- Help them figure out the next little step for moving forward.
- Challenge negative perceptions when you hear them.
- Link them with people of multiple generations.
- Focus on sparks and youth voice in youth programs.
- Find out what gets in their way when they're stuck.
- Don't impose your ideas on them.
- Tap them as volunteers and leaders in the community.
- Introduce them to new interests and issues.
- Help them to prioritize and focus.
- Support them every step of the way.

Whether you are a leader, parent or friend, the reality is that we need to be more supportive and flexible to make sure that we are creating opportunities and relationships which allow for young people to explore their interests and use their voices. I challenge everyone in 4-H to implement the above actions to ensure that we are providing developmental opportunities that meet and foster the individuality of all 4-H members.

For more information on Teen Voice 2009: The Untapped Strength of 15-Year-Olds check out www.at15.com. 🍀



In the pursuit of "unlocking their potential", it is important for young people to have supportive relationships as a constant part of their lives.

Club+District Articles

Cadogan Keeps Busy

By WILLIAM GANSER, *Club Reporter*



Members of the Cadogan Light Horse 4-H Club gets hands-on instruction during their clinic with Ed Mason.

The Cadogan 4-H Light Horse Club has been busy, with a Halloween party/ride, a Christmas party/ride, plus rides between those two events.

In January 2010, we had a conformation clinic with Ed Mason. The clinic started out with a two-hour theory component, followed by a two and a half-hour long practical right after lunch. We (the members) had to pick the “ideal horse” out of the four horses that were brought in to judge. It was a very good clinic, and everybody enjoyed it.

On February 13, we had a fundraiser, the Whist Drive and Pie Auction, where there was lots of delicious pies to auction off. We would like to thank all of the people who came out to support our club. February 27 was our club’s public speaking competition –congratulations to all members on their excellent showing.

In March we had another horsemanship clinic with Scott McClelland. He is really good at being able to communicate his knowledge to us members. He helps us to become more confidence in ourselves, plus our horses.

If you want to know what else we have been doing, or what we will be doing this year, visit our Cadogan 4-H Light Horse Club website: www.4hlighthorse.homestead.com 🍀

District Judging Clinic a Success

By GINNY SMITH, *Alberta 4-H Program Assistant*

The Lethbridge District held their annual judging clinic on Saturday, February 6 at Perlich Auction. It was very well attended with approximately 85 members who were grouped based on experience, ranging from first time attendees, to judging competition veterans. Readymade 4-H Beef Club organized the event, delivering sessions on how to give reasons, as well as judging two-year old breeding Hereford bulls, silage, and photos of dairy cows.



Lethbridge District Judging Bulls Clinic.



Lethbridge District Judging Silage Clinic.

FUN FACT!

The first Olympics covered by U.S. television were the 1960 Summer Games in Rome by CBS.

FUN FACT!

Three continents – Africa, South America, and Antarctica – have never hosted an Olympics.

My Farewell Tribute to the Outlaws

By **ABBI-LYNN KENDZE**, Member of the Outlaws 4-H Horse Club

This is a speech, delivered by Abbi-Lynn Kendze at her club's public speaking event, which was submitted by her club's leader, Tori White.

I had a dream ...

I had watched my cousin ride in horse shows and rodeos, and had heard about my mom riding her stallion in horse shows. I loved horses. I wanted desperately to ride my horse in an arena, horse show, and parade. But how could this possibly happen for me, you see everything seemed more difficult for me. I have a disability.

When I was two years old, I became ill. Very ill. I developed Chicken Pox, and from this, encephalitis. Encephalitis is an illness that is very serious. I ended up with a brain injury. I have difficulty with a number of things that other people can do easily. I have difficulty with my balance, which is the reason I may run into people. My brain does not tell my body that someone is standing about one foot away, so without meaning to, I might run right into you.

I could blame my ending up wrestling with one of our 4-H club members Julia in the dirt and straw at the riding arena on this...but no, I think that is just how the Outlaws have fun! ...

Could you imagine a couple of city girls rolling in the dirt and manure, filled straw, giggling like crazy? I really doubt that! We are a crazy bunch.

I have tremors down my arms. I also have anomia. This is a word for not being able to find and say the words that I want to. I can think them, but I just can't get them out ... Hmmm, the parents of some very noisy girls in our club just might think that this is not all bad. ... Can you imagine what our club meetings would be like if all of the Schabers' girls (members in my club) had anomia and couldn't find their words?

Yikes ... so awfully quiet ...

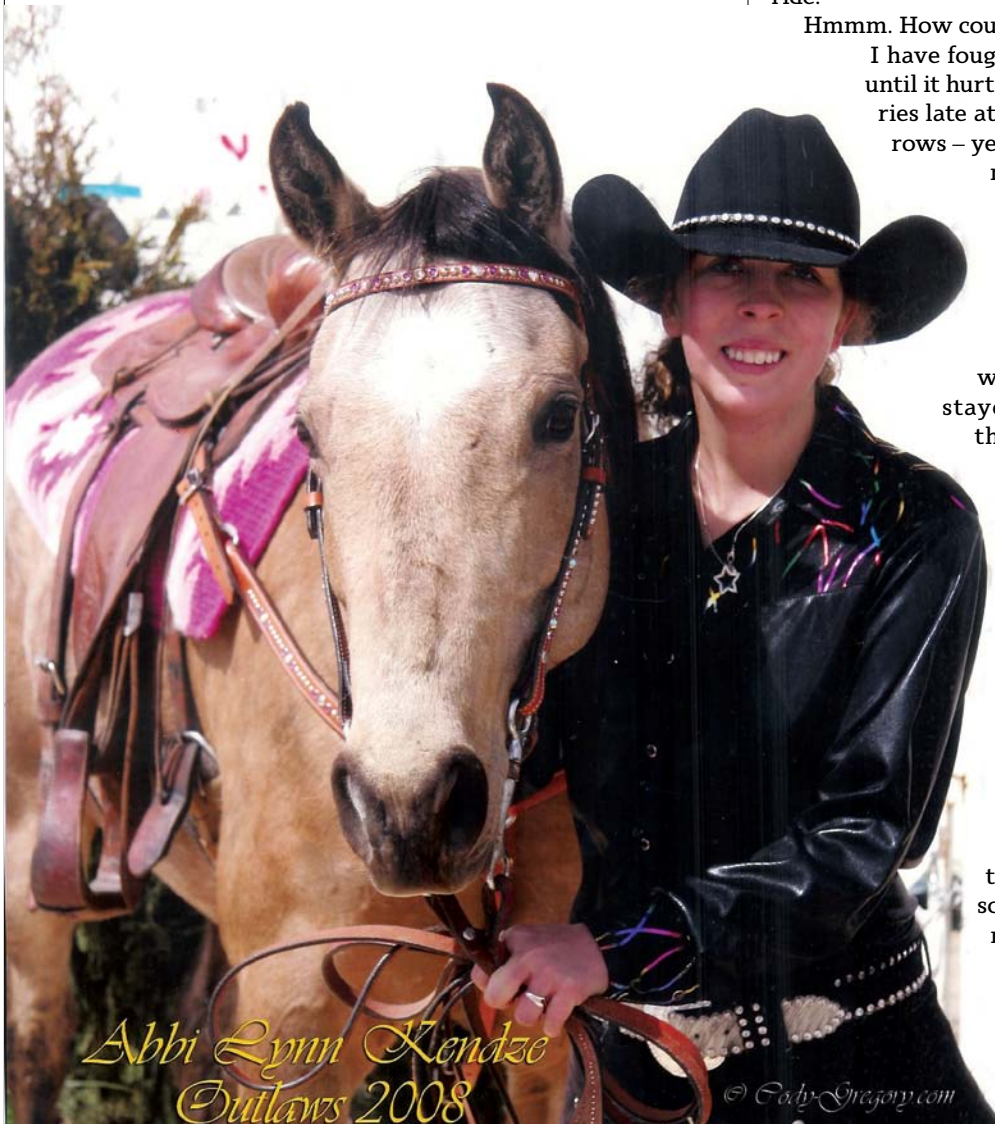
I have loved what has gone on at our rides at the Didsbury Rodeo grounds - people bringing huggable soft puppies, baby horses, hot chocolate, homemade cookies. There have been days when we have enjoyed giggles and laughter as we have rode across the pastures, and have shared the feeling of stolen warmth on a late Autumn day, with the sun on our faces, and the sweet smell of horse sweat in the air.

I will never forget Cinnamon Twist and my very first horse show where I rode Western Pleasure. I heard the announcer call my name for first place and just about fell off my horse ... actually, I did fall off of my horse into my mom's arms, crying tears of joy and disbelief when I got out to the hitching ring after that ride.

Hmmm. How could it be that my dreams were fulfilled?

I have fought back tears, I have cried, I have laughed until it hurt. I have listened to Julia's wild and silly stories late at night at 4-H on Parade, rode in wheelbarrows - yes, the same ones that we also fill with horse manure. I have overcome my fear and cantered in an English saddle. I have dressed myself and my horse up for a Halloween ride, and still had yellow polka dots on her coat weeks later. I have picked up garbage at highway clean-up and screamed when I met a poor scared little mouse, whose house was that same garbage. I have stayed on my horse in the show ring as she thrust her leg right through the hat of the rider in front of me, as the hat flew to the ground. I have gotten entirely soaked in soapsuds and water while bathing horses along with fellow club members Taylor, Jordan, Melissa, and Janey. I have shared the fun of our club's trail rides, along with our parents, across the ravine at Janey's. But most of all, I have felt acceptance and encouragement through being a part of our amazing 4-H Horse Club. You are all awesome people, and I thank you.

When you see me out in the community, know you had a part in helping me have the courage to overcome my disabilities, and fulfill my dreams. I will not worry so much what people think of me, in fact, I may not think of that at all. There really are a lot of good people out there, although I am sure the very best are the horse-loving ones I got to know in the three years I have been in the Outlaws 4-H Horse Club. 🍀



*Abbi Lynn Kendze
Outlaws 2008*

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One Sharp Project!

By SHEILA NIELSEN

Airdrie Helping Hands 4-H Multi Club Project Leader

On the weekend of November 27-29, 2009, the Airdrie Helping Hands 4-H Multi Club hosted a knife making project event for six eager 4-H members from three different clubs. The instructor for the weekend was Ed Storch of Mannville, Alberta. He has a mobile workshop that he brings with him, which includes all of the required tools and supplies. Each member chose to make either a fixed blade or a folding blade knife, and went through the entire process, from start to finish, of how to complete their knife.

On Friday night, the members scribed the knife shape onto a piece of steel. The blades were then cut out, ground to the correct profile, the bevels sanded and a hole drilled. On Saturday morning, the blades were heat-treated for 10 minutes at a temperature of 1950 degrees Fahrenheit. The blades were then quenched to cool them down, heated again at 325 degrees Fahrenheit to draw down the temper, sanded and then buffed to a smooth finish.

The next step was to make bolsters and fit the handles, which were then glued and shaped. Those making folding blade knives used deer antler tips. Each blade was then engraved by the knife maker. The folding blade knives were finished Saturday night, and on Sunday morning, the members who made fixed blade knives made leather sheathes for their knives.

This was a very successful project and each member was fully engaged for the entire weekend. There were three girls and three boys, who ranged in age from 12 to 15, that participated in this project. Everyone was extremely proud of the knife they made.

The requirements to offer this project are as follows:

- A shop wired with 220-volt wiring;
- The shop should be at least 24'x24' to fit the portable workshop and all the participant;
- Any participant who is under the age of 14 must have a dedicated adult chaperone for the weekend;
- Maximum number of participants is 9;
- The instructor needs room and board for the weekend.

If anyone is interested in offering this project to your members, please contact Sheila Nielsen at drudisue@telus.net or 403-226-6287 for more information. 🍀



(Back row, left to right) John Nielsen, Jeffrey Rudisuela, Moriah Nielsen, Jordan Fowley, Tristan Garnet, Colton Church; (front row) Instructor Ed Storch



Participant Tricia Garnet



Example of a folding blade knife



Example of a fixed blade

A Million Miles a Minute with the Millarville Saddle Sores

By **ROBIN KNOL**, *Club Reporter*

In the month of December, the Millarville Saddle Sores were very busy with the club's Christmas party/meeting, the Reindeer Races, Christmas hampers and for the senior members, a trip to Edmonton. Unfortunately, due to the weather, the club's rides were canceled during this time.

On January 2-3, clubs from all across the district came together in High River for the public speaking and curling workshops. We learned how to write a proper speech and how to speak in front of a crowd. We also learned the rules and basics of curling. It was one fun-filled day!

On January 9, the Millarville Saddle Sores came together at Millarville's race track quonset, where the juniors spent the initial part of the day getting more of an understanding of public speaking. They later joined the rest of the club, who had started woodworking during our winter workshop. (For the past years we have been building items using large pieces of wood such as a tack box, saddle stand, etc.). This year we were lucky enough to make beautiful mounting blocks; thanks to Mr. MacDonald and Mr. Rowe for supplying us with the wood and design.

On February 6, the Millarville Saddle Sores came together at the Priddis Quonset for their club's annual public speaking

event. We started off with the prepared speeches, listening and watching as our club members went off and on the set-up "stage". Everyone did great considering, as any 4-H member knows, that it's not easy to get up in front of a large crowd and speak. After the prepared speeches, we had a wonderful lunch, which was contributed to by all the members.

After a full belly, everyone went back into their seats for the second half of the day, the impromptu speeches. Now, these speeches are much harder than the prepared speeches since you are only given fifteen seconds to choose one out of the three topics that are given to you, then a minute to note down the main ideas of what you are going to talk about, and then after that minute, you're having to do a speech on that topic for over a minute in front of the judges, parents, and fellow 4-H members.

For the Junior category, first place went to Julianna Uchtyl, with Karlee MacDonald taking top honours in the Intermediate age class and Miku Beer being named the winner of the senior member category. Thanks to the parents who took care of the impromptu table, times and to the emcees Michaela Hunter and Justin Davis. Also special thanks to AltaLink.

UFA 4-H Alumni Award

By **PAULINE COPITHORNE**, *Corporate Partnership Coordinator, 4-H Foundation of Alberta*

UFA's commitment to communities is at the heart of its co-operative, and has been for more than 100 years. Community involvement is integral to the areas where UFA operates, as this is how UFA remains connected to its owners and customers. Alberta 4-H families are UFA members and customers, and UFA's investment in the Alberta 4-H program helps build the next generation of rural leaders.

Alberta 4-H teaches the importance of being an active volunteer and the value of giving back to the community. UFA supports this objective and recognizes the importance of voluntarism through partnering with 4-H. The UFA Alumni Volunteer Service Recognition program awards five, \$2000 gift certificates to 4-H alumni, ages 20-35, who have received a post-secondary education and have returned to a rural community following their graduation, where they continue to volunteer in their communities.

Congratulations to the following 2009 UFA 4-H Alumni Volunteer Service Award recipients:

Jody Beddome – Peace River

Jody returned to the community where she grew up in order to begin her career in teaching. Jody is dedicated to helping

both her students and 4-H members develop their personal skills and to set goals in order to reach their full potential. Her 4-H knowledge and expertise is truly an asset to members, parents, and fellow leaders.

Melanie Daniels - Lethbridge

Melanie has continued her commitment to 4-H every year since she completed her time as a 4-H member. Melanie is involved at club, district, and regional 4-H levels as a passionate volunteer. Recently she has taken on the role of Key Leader for her district. Melanie has worked hard to improve district participation and to improve the 4-H experience for members and leaders.

Michael Finnerty - Edmonton

Michael has been an assistant leader with his former 4-H beef club for the past 13 years. He is involved in numerous club and district activities and capacities, from judging public speaking to fundraising to acting as an Achievement Day ringmaster. Michael is a visionary who works hard to improve life in his community, and to ensure a bright future for generations to come.

Laurie Jacob-Toews - Airdrie

Laurie has contributed significantly to the Calgary 4-H Region through volunteering and contributing to many



regional committees and events. Her hard work and dedication has been especially significant to 4-H communication activities. Thanks to Laurie's passion for 4-H, she continues to be an outstanding ambassador of the 4-H program.

Leslie Olson - Athabasca

Leslie encourages and motivates 4-H'ers to become active leaders in her community. Her enthusiasm and energy has encouraged those around her to become more active in the 4-H program and to get involved in 4-H beyond the club level. Leslie is known for her commitment to helping individual members with self-improvement, and although winning is not one of her priorities, striving to be stronger and better each year is.

Jumping Pound 4-H Club's Charity Steer for 4-H on Parade 2010

By KAYLA CARTWRIGHT, *Club Reporter*

The 2009/2010 year is looking to be an eventful one for the Jumping Pound 4-H Beef Club.

Along with our yearly beef project activities, our club is participating in the Calgary region's annual tradition of raising a charity steer. This year, it is our club's turn to raise and show the charity steer that will be sold at 4-H on Parade, with all proceeds going to the charity of our choice. We have called him Jagger and he is a Charolais/Maine cross. Prior to 4-H on Parade, we will take him to various junior shows to promote him, and to create awareness about the auction and our charity. When it comes to sale day, all of the money that Jagger raises will be donated to the Alberta Children's Hospital Foundation.

Our club chose this charity because we all felt it important to support something local, and that it should also be a charity that all of us, as members, have a genuine connection to, whether it be a direct connection, or one discovered through family and friends. This year, one of our members, Kelsey Cartwright, under went two major brain surgeries to help rid her of the seizures she was having due to Epilepsy. Without a facility like the Calgary Children's Hospital and the incredible care from the nurses and world-class doctors, our community would have to go elsewhere for care. We hope that our donation will add to the continued care that the Alberta Children's Foundation gives to all of its patients.

We would like to thank Moody's Equipment for sponsoring the funds to purchase Jagger, and also Feedrite, Linden and our contact, Eric Andrews, for donating all of the grain for Jagger. Thank-you Rod McLeod and family, for keeping Jagger at your place. Sponsors' offers to help with the charity steer will prove to maximize the money we can donate to the Alberta Children's Hospital Foundation.

If you're interested in supporting the Jumping Pound 4-H Club's charity steer and the Calgary Children's Hospital, we hope to see you around noon on Sunday, May 30 at the Calgary Stampede Grounds. For more information, please visit the 4-H website. ❀

Moos Constantly on the Mooove

By KATELYN CREST, *Club Reporter*

So, you are probably all wondering what the Moo's on the Mooove 4-H club has been up to recently. Well, in November we had a judging workshop at the Van Dijk farm, where Chad Crest helped us out by showing us what to look for in a cow, and how to interpret that into our reasons. We also worked on saying our reasons orally in front of the club. Following our giving of reasons, Chad would tell us what we needed to work on, or he would say that it was good. Hopefully our judging skills will now be more advanced than they were at the beginning of the year.

At the end of December, we went to

Tawatinaw Valley Alpine and Nordic Centre (located an hour north of Edmonton), where everyone went skiing, and then after, we had our club gift exchange. There were lots of cool gifts and everybody had a great time spending the day with the 4-H club and hanging out. On February 6, we had our public speaking event, where everybody did an awesome job.

We could not have done it though, without the help of our judges. Thanks to Dr. Robert Westra, Mrs. Fran Miedema, Mr. Luke Boelman, Mrs. Pat Pedersen, Mrs. Kirsty Kwasney, and Ms. Jennifer Lawsen for taking time out of your day to come and judge us, and for giving us pointers on

Bump, Set, Volley

By MONICA SEGUIN, *Vermilion 4-H Sheep Club Leader*

Friendly competition was the name of the game at the Northeast Regional 4-H Volleyball Tournament, held December 6, 2009, at J.R. Robson High School in Vermilion. Over 140 members from twenty 4-H clubs across the Northeast participated in the event, making for a fun-filled day.

Joanne McCrae, General Leader with the tournament's host club, the Vermilion 4-H Sheep Club, was impressed by the turnout and enthusiasm. "It is a great way to promote cooperation and demonstrate good sportsmanship among our members, as well as give them the opportunity to socialize with members from other 4-H clubs."

A survey was filled out by each of the attending clubs at the end of the day, and the feedback received was very positive. Members enjoyed strengthening their club's identity, especially those that have new members. This tournament allowed older members to help the younger members with their volleyball skills and also allowed new members to mesh into the club. Leaders enjoyed having an activity where members had to work together.

Kaylie Krys, a junior member of the Vermilion Sheep Club said, "It was so much fun. Even though we didn't make it to the finals, I got to see friends I hadn't seen in a while, and make new ones at the same time."

At the end of the day, the Vegreville 4-H Beef Club came out on top, followed by Chauvin 4-H Beef Club, Ardmore 4-H Beef Club and Myrnam/Two Hills 4-H Beef Club in 2nd, 3rd, and 4th place, respectively.

This tournament would not have been a success without corporate support from Farm Credit Canada (FCC) and the tireless effort put in by the members and families of the Vermilion 4-H Sheep Club. ❀



Ashley Corbiere tries her hand at the underarm serve, under the coaching eye of Sarah McCrae.



Members of the Moos on the Mooove 4-H Dairy Club.

what to improve on. Also a "thank-you" goes to our Mistress of Ceremonies, Miss Samantha Pedersen. Good luck to the members who will be moving on to compete at Districts. ❀

Rabbit Hopping For All Ages!

By **AMANDA GREENING**, *Club Reporter*

The Southpaws have had a busy year so far, not only with the rabbit and cavy projects that we have run in the past, but also with the newly-added horse project that we have started this year. With five members, it's running smoothly so far and we have worked on things such as showmanship and confirmation, and have had a bit workshop.

On January 23, the club held its annual model horse show fundraiser at the Mazeppa Gas Plant. This one day event helped raise over \$700 for the club.

With spring fast approaching the rabbit project had quite a few busy events: Aggie Days (March 20-21) and the Pet Expo (March 27-28), both located at the Stampede Grounds, as well as performing at Fort Edmonton on April 3. The hoppers will soon be emerging from a long winter of few events, and most likely shedding some of their recently acquired fat, along with their winter coats.

We have managed to perform at a few locations during the winter, such as at the Millarville School on October 9, the Okotoks Recreation Centre for their New Year's Eve celebration on December 31 and more recently, at Heritage Heights School on February 12. Doing school performances is always a treat since the kids are so eager to watch the bunnies and learn about the sport. Hopefully we will be inspiring some potential 4-Hers for the future as well!

The bunnies seem eager to jump back into the groove of things and get hopping once more, taking to the course once again with great enthusiasm. Lately, the bunnies haven't been the only ones taking to the course – our general leader, Rosemarie Greening, and our horse project leader, Tammy Turner, perform with their furry partners as well, proving that rabbit hopping can be fun for anyone! 🍀



Alana Greening and her rabbit Kokomo at Heritage Heights School



Our general leader, Rosemarie Greening, jumping full force into the sport as well with her rabbit Wallaby!



Krysta Turner and her bunny Oliver at the Okotoks New Years Eve Celebration

Public Speaking and Perogy Eating

By **ALOIS KERCKHOF**, *Radway 4-H Beef Club Member*



Participants of the Radway 4-H Beef Club's public speaking and presentations event: (left to right) Mrs. Prodanuk (Judge), Georges Kerckhof (Club Leader), Mrs. Martyniuk (Judge), Mrs. Phillips (Judge), David Swyers, Brett Weeks, Rev. Sparks (Judge), Jaimie-Leah Regula, Pauline Kerckhof, Elizabeth Ilsley, Jennifer Weeks, Robert Weeks, Mr. Tatlow (Timer), Maurice Kerckhof, Alois Kerckhof, Miss Burke (Judge) and Mrs. Mochansky (Teller). Missing: Mrs. Baxter (Judge)

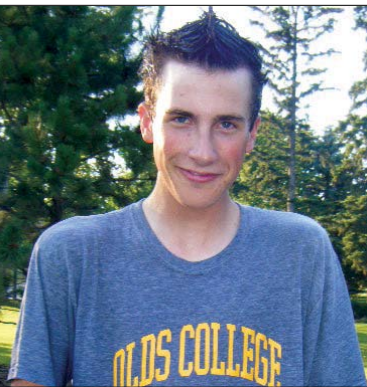
Good morning/afternoon fellow 4-Hers, parents, readers and Madam/ Master Chairperson.

On February 13, 2010 the Radway 4-H Beef Club held their public speaking competition at the Radway Agri-Centre. We had a combination of speeches, and also a presentation. The day started off with our leader, Georges Kerckhof, asking all of our members to come forward, and then called on one of our judges, Miss Dawn Burke (the organizer of the bazaar for Haiti relief of Holy Family Catholic School in Waskatenau, AB), to come forward. The members then presented Dawn a cheque for \$100 for the Haitian Relief.

The judges had their hands full judging our communications projects, but still had fun. As the day turned out, only six members could move on to represent our club at Districts. Our leader presented certificates to all of the members, as well as handing out fabulous awards to the first and second place winners. Thus, the long-awaited day was over, with all of the members having given their best.

We would like to thank everyone for making this day possible - from the organizers, to the judges and the members, thank-you! Also a big "thank you" to our Key Member, Becky Kassian, for her workshop in Thorhild on January 3, where she taught us how to craft our speeches and presentations, and then how to deliver them.

We also had a Perogy Supper and Silent Auction on March 20 2010 at the Radway Agri Centre. 🍀



Clever the Beaver

Kennan Hedley

Lorri Klyne-Karim

Sherry Howey

Ask an Expert

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

Clever, our club is participating in a parade in June, and want you to be there – how far in advance do you need to be booked? Oh! And can you please bring some tattoos too?

What great questions! Typically, calling in your request the day prior to the event that you want me at will not provide enough leeway. Being that my dance card fills up pretty fast in the summer, the earlier you know the date of the event(s) that you want me to be at, the better chance there is of me not already being booked for another Awards Night, fun day, fair, exhibition or parade. Call my agent ... ooops. ... I mean call Toni at 780.422.4H4H, and she will be able to help you with your booking.

I will definitely try and bring some tattoos, but my memory isn't always so great. The best way to make sure that you and your club get all of the promotional materials that you need to effectively market your event is to use the "Clever Mascot Booking Request Sheet," which is in the 4-H Club Supply Catalogue, or on the 4-H website (www.4h.ab.ca). After filling out the form, just fax (780.422.7766) or mail your order into the Edmonton 4-H Branch office (refer to the 4-H website for mailing information).

CLEVER THE BEAVER

What's the hardest part about being an Ambassador? The easiest?

I would have to say that the hardest part about being an Ambassador is having enough time to participate in all of the activities that we get asked to, or would like to, attend. I don't like having to say "no" to any activity, but every once and a while, balancing everything gets tricky.

On the other side of things, the easiest part is actually all of the fun we get to have while we are busy being Ambassadors. I like meeting up with old 4-H friends, and meeting new ones at the same time. It's also a lot of fun to meet the younger 4-H members and show them all that the program has to offer. The amazing thing about being an Ambassador is that even when we are working at 4-H events, we often end up learning something new. So, as you can see, being an Ambassador isn't really all that hard, it just requires really good time management.

I would encourage anyone who is interested in being considered for the Ambassador program to apply for Selections, through their Regional Specialist. It's really quite easy to be a proud 4-Her!

KENNAN HEDLEY, Alberta 4-H Ambassador

As a leader with a multi project club, what do you find are some important things to keep in mind to ensure that the club runs smoothly, and that all members get the attention they need?

We keep our club running smoothly with good communication, delegation, and having fun.

Communication between leaders, members, and parents is very important. At the beginning of the year, we distribute a calendar with important dates of meetings and known district and regional events, and also copies of all necessary papers and guidelines. We also like to make sure that we greet each member as they come in for a meeting and make a point of asking how they are doing or if they have any questions.

Delegation is also important helps us keep the club run smoothly. You can't have one person doing everything, otherwise hard feelings might develop or the person who is doing it all will burn out. We share responsibility among leaders, members and parents.

We also make it a point to have fun! Themed meetings, games, and laughing makes shrugging little things off a lot easier, and it also creates a more comfortable environment to ask questions or voice concerns.

LORRI KLYNE-KARIM,

Leader with the Ardrossan Creative Hands Club

As a club leader or member, how can we initiate a change in a policy?

If you have a concern with an existing policy, or if you have a suggestion for a new policy, the first step in initiating the change is to present it and gain support for it at the club level. If your change is supported at a club level, it will be taken to the District Council. This allows for other clubs in your district to weigh in on your suggestion.

After the District Council has agreed to support your policy change, it goes to the Regional Council for their input and support, again calling on all of the districts in the region for input and support. It is at this time that the proposed changes would come to the Alberta 4-H Council. The Council Representatives for your region will bring your ideas and suggestions to the Alberta 4-H Council for review and discussion. There will be one of three outcomes to come from this discussion: the proposed changes will be sent to the other regions for their input; the necessary changes will be made; or a reply will be issued back to you, through your region and district, as to why we cannot support your proposal at that time.

SHERRY HOWEY, Alberta 4-H Council President

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