

Alberta

4-H

MAGAZINE

CHECK OUT THE DEBUT OF "MY 4-H"

page 46

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VOLUME 7 • ISSUE 1



UFA 4-H VOLUNTEER SERVICE AWARD RECIPIENTS ANNOUNCED!

page 36



Congratulations to Kaitlyn Mills from Taber, Alberta, for submitting this second place winning photo in our Farm Life Photo Contest. To view the top three entries go online to AMAInsurance.ca/FarmPhotoContest.

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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 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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on the cover

The low ropes course at the Alberta 4-H Centre offers summer program delegates an awesome experience, summer after summer.

4-H Motto: "Learn to do by doing."

4-H Pledge: I pledge

My head to clearer thinking,
 My heart to greater loyalty,
 My hands to larger service,
 My health to better living,
 For my club, my community
 and my country.

CORRECTION: Thank you to Joanne Nicol of the Red Deer 4-H Horseman Club who gave us the "heads" up that the 4-H Pledge was actually incorrect in the magazine. Turns out that instead of pledging our health to better living, we were telling you to pledge your head.

My very sincere apologies for any confusion this error may have caused, and once again, thank you so much Joanne.



Editorial

Ah yes, the spring issue.
My favourite.

Not only does it mean that we beat winter – which was a particularly devastating one, am I right? I think that I'm still thawing – but it's also my favourite because it means that it's almost summer program season.*

And summer program season means friends, and smiles and travel and opportunities and memories and learning and personal growth and skill enhancement and leadership development.

Actually, let's just take a minute to focus on leadership development, because it's a pretty big deal around these parts: creating exceptional leaders is sort of 4-H's *modus operandi*. This issue, I was struck by the number of submissions that highlighted members of our 4-H family realizing and employing their leadership capacity.

Whether it be Alberta 4-H alumni starting the first collegiate club in Canada (p 7), or Rebecca Joseph and Kaitlyn Barlow stepping up and becoming volunteer leaders (p 38), or Lindsey Douglas being named top judge in the country (p 27), leadership is happening in a number of different ways in a variety of settings, all over the province. And this is a great thing, because the last thing that we want as an organization is for "leadership" to just become a shiny buzzword that is tossed around a lot but has no follow-through.

So thank you. Thank you for doing what you're doing, and for exemplifying through your actions and accomplishments that what 4-H is doing, is working.

Best wishes for an amazing spring and summer!

Jess Hainstock
Editor - 4-H Magazine

* Speaking of which, as soon as you're done reading this magazine from cover to cover, your next stop should be your Program Calendar, which is not doubt, hung prominently in front of the TV, so that you can start arranging your summer schedule around Alberta 4-H's program line-up.

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, the 4-H Foundation of Alberta, and the Alberta 4-H Council.

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National News

The Excitement Never Ends for 4-H!

BY KEN LANCASTLE, *Communications and Marketing Manager, Canadian 4-H Council*

Welcome to 2011!

Well, it's been 2011 for a few months now, but this has been our first chance to welcome everyone in Alberta to another exciting year in 4-H.

Citizenship Seminar

As always, the spring has been a very exciting time for 4-H in Canada, and for the Canadian 4-H Council. In April, we will host the annual Citizenship Seminar. More than 60 4-H members from across Canada will visit Ottawa for the conference, see the sights, and learn about their rights and responsibilities as a Canadian citizen. It is a fantastic learning opportunity for anybody in 4-H!

The theme of this year's conference is "Citizenship: Our Definition." Delegates are encouraged to reflect on their own contributions to their community, both locally, and globally. Events include trips to Question Period, national historic buildings, and activities such as a mock Parliament where delegates will hold their own Parliamentary debate.

Stay tuned to our Facebook (www.facebook.com/4HCanada) page for updates throughout the conference!

National 4-H Conference: A Science and Technology Symposium

In November of 2011, more than 100 4-H members from across Canada will travel to Toronto for the longest running national program in Canada. Except this year, we're adding a little twist.

In 2011, the National 4-H Conference will focus on science and technology, and the role those two industries will play in the future of Canada. We will examine future careers, new ideas, and some of the innovations that are already changing the way we live.

The National 4-H Conference: A Science and Technology Symposium is not to be missed, and will provide a fantastic learning experience for all involved!

100 Years of 4-H in Canada

Did you know that 4-H is almost 100 years old? In 2013, we'll be celebrating that historic milestone across Canada, as we gear up for the 100th Anniversary of 4-H in Canada.

Since its beginnings in Roland, Manitoba in 1913, 4-H has been providing millions of Canadian youth a chance to "Learn to Do by Doing." And while the 4-H program may have changed over the years, the outcome has always remained the same: building leaders for tomorrow.

Here at the Canadian 4-H Council, our goal is to get everyone involved in the 4-H 100th Anniversary celebrations. Here are just a few ideas on how you can get involved:

- **Help spread the word about the 100th Anniversary of 4-H:** when you're talking to people who are a part of 4-H, and those who are outside of the program, don't forget to tell them that 2013 will be a historic celebration of 4-H in Canada.
- **Help create a 4-H 100th Anniversary Logo:** if you want to help create a lasting legacy for the 4-H 100th Anniversary, you can get involved by creating a logo for the event. Computer savvy? Go ahead and make the logo on the computer. Prefer to just draw? That's fine too. Just scan your photo and send it in. You can find out more about the logo contest at www.4-h-canada.ca/100
- **Talk to some of your family about what 4-H was like for them:** we're always trying to find fun and interesting stories about 4-H! If you have a story you would like to share, feel free to tell us so that we can share it with the rest of Canada.
- **Start your own history project about 4-H:** the 4-H program has a long history in a lot of areas across Canada. Maybe your club has been around for multiple generations. Start a history project on 4-H in your area to teach others about 4-H.
- **Share your historical materials so that we can share them:** we're setting up a 100th Anniversary E-History Website in 2013. The site will be an online history book about 4-H in Canada, and we're asking for everyone's help to build it. If you have materials to contribute such as photos, stories or videos, upload them at www.4-h-canada.ca/100.

As we get closer to 2013, more plans about the 100th Anniversary will be unveiled. It might seem like a few years away, but we're planning the party already! ❁

CONTACT US:

There are plenty of ways to get in touch with the Canadian 4-H Council. You can visit our website at www.4-h-canada.ca or go online and talk to us on Facebook (www.facebook.com/4HCanada) and Twitter (www.twitter.com/4HCanada)

2010 Co-operators National Volunteer Leader of the Year Award

Congratulations to Terri Ormberg, Leader with Rimbey 4-H Beef on winning this prestigious award!

Alberta 4-H Member Awarded TD 4-H Agriculture Scholarship

BY KEN LANCASTLE, *Communications and Marketing Manager - Canadian 4-H Council*

In November 2010, the Canadian 4-H Council and TD announced twelve recipients of the 2010 TD 4-H Agricultural Scholarship, each worth \$2,500 towards a post-secondary education in agriculture or agricultural related field of study.

Katie Garber of Milk River was the only Albertan recipient to receive this scholarship.

"I was very excited when I was selected as one of the 12 recipients of this award. It will help out lots in paying tuition for my first year of post-secondary education. I am thankful that there are many scholarships available to 4-H members; they really help make my dream of becoming a veterinarian a reality," Katie commented.

"We are very pleased to be offering this scholarship with the help and support of TD," said Judy Shaw, president of the Canadian 4-H Council. "This scholarship helps 4-H youth pursue their dreams and their studies, and ultimately become leaders in the agricultural industry."

"The agricultural industry is vital to Canada, and TD is proud to offer scholarships to its next generation of leaders," said Craig Bremner, VP, Agriculture Services, TD Canada Trust. "We wish them success in their studies and look forward to their contributions to the field."

The TD 4-H Agriculture Scholarships are open to all active 4-H members over the age of 16.

Applicants with the highest academic average in their province are selected as recipients.

Previous scholarship recipients have gone on to study in the fields of veterinary medicine, engineering, agriculture and bio-chemistry.

"The agricultural industry, as many of us know, is evolving and providing new ways for young people to enter the field," Shaw continued. "Opportunities such as this scholarship encourage youth to consider the field of study, and provide a means to do so."

For more information on this particular scholarship, as well as other awards and grants offered by the Canadian 4-H Council, please visit www.4-h-canada.ca/english/scholarships_awards.php. And remember: the application deadline for the Alberta 4-H scholarship program is May 5, 2011. That's one you don't want to be late for! ❀



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Provincial News & Events



Members of the first-ever collegiate 4-H club in Canada.

4-H Goes to University

BY MEMBERS OF THE UNIVERSITY OF ALBERTA COLLEGIATE 4-H CLUB

Does the idea of heading off to post-secondary and leaving 4-H behind terrify you? Are you planning on going to university or another post secondary institution in Alberta? Well, be not afraid friends, as the University of Alberta has a little something extra to offer.

The University of Alberta Collegiate 4-H Club started in fall 2010, under the guidance of Dr. Clover Bench and Dr. Carolyn Fitzsimmons, to fill the void left in the hearts of previous 4-H members. The club also includes members that didn't have the chance to be part of a 4-H club when they were younger, but want to experience the awesomeness that is 4-H. This club gives the members a unique opportunity to be in a familiar community and provides a network for like-minded individuals to meet, interact and socialize – sound familiar?

The Collegiate Club has many goals that we plan on achieving:

- We hope to build the leadership, communication and life skills of our club members, as well as the youth that we work with.
- We aim to encourage new or prospective University of Alberta students to become collegiate 4-H members.
- We strive to be an active part of the Agriculture, Life and Environmental Sciences Faculty.
- We will uphold 4-H's motto to "learn to do by doing."
- We will promote agriculture and rural life in our wonderful province.

Although this is only the first year that the club is running, there are already ideas flying around about us hosting conferences and seminars, not to mention planning day trips to the University for 4-H youth! If you think your club could benefit from our members' help, please don't hesitate to contact us through Rosie Templeton, President of the Collegiate 4-H Club: rosie.templeton@live.ca.

We want to make the first 4-H collegiate club in Canada something 4-H can be proud of! 🍀



The club's logo.

SHOW YOUR GREENS!

BY JESS HAINSTOCK

4-H Specialist – Resource Development and Communications



Senior Members' Conference 2011 delegates.

With winter firmly rooted in Alberta for the next two (or six) months, few plans can be made with absolute conviction, what with the unpredictable fluxes in weather, road conditions, and temperature. However, in the world of an Alberta 4-H senior member, the one exception to this absolute is Senior Members' Conference (SMC). Senior-aged 4-H delegates from across the province will make it to the Alberta 4-H Centre for the last weekend in January, come blizzard or black ice.

"It was another very successful weekend," stated 4-H Specialist, Cameron Horner. "The passion that 4-H members have towards SMC is second-to-none and as always, the Ambassadors did a fantastic job with planning the program."

January 28 to 30 proved to be no exception in the SMC record books, with every one of the 88 registered delegates showing up at some point on Friday evening. An apt 45-minute session on time management was had to get the delegates thinking, prior to setting them up for a relaxing movie/games night.

Despite an early Saturday morning wake-up call, everyone hit the ground sprinting. Lance Johnson, former 4-Her and Business Strategist with Edmonton-based Drive Solutions Marketing Firm, conducted a focus group with members, attempting to gauge what it is that members need, look for and want in a website, whether it be navigational ease, integrated web 2.0 technologies, online registration capabilities, and so on.

Members' resumes were then put to the test, with an hour and a half being dedicated to educating, presenting, evaluating and critiquing members' resumés. Grueling? Likely. Necessary? Definitely.

Following this rather rigorous morning, delegates were treated to the 2nd Annual Battle Lake Winter Games, where the province comes to compete. Or, well, ... maybe not compete as much as have a blast, which was a mandate definitely achieved. Following the winter games, select-a-session was on the itinerary, with every 30 minutes seeing the delegates rotating

between healthy eating, finance management, post secondary survival and program brainstorming.

Next thing a 4-Her knows, the day has passed and it's banquet time, where Sunday's best is sported a day early, and keynote speaker Brenda Robinson's address left member half-consumed by tears of laughter, and half-absorbed with thoughts of change. Speaking of changing, following the keynote's address, members leapt from their banquet-appropriate threads and into their green-themed apparel for a night of dancing and singing.

Sunday saw members learning about the Alberta 4-H scholarship program, which awards nearly \$80,000 annually to 4-H members and alumni attending post-secondary. Key Member opportunities were explored and overcoming adversity was championed.

Before you could even snap your fingers and say "wind chill factor," the conference was over, delegates were packing up, and plans were made to reconvene in 2012.

"SMC was an enriching experience all round. The senior members gained valuable knowledge pertaining to their future and the Ambassadors matured as leaders, now more aware of the deeper aspects of event planning. As a whole though, we walked away with some new ideas and the memories of a great time," reflected Jenalyn Myggland, member of the 2011 SMC Ambassador planning committee.

Alberta 4-H Ambassadors are in charge of the planning, running and executing of Senior Members' Conference. Ambassadors are selected annually, based on the leadership, communication and passion for the 4-H program, and, if chosen, will be named into this prestigious two-year term.

Partner Supporters of Senior Members' Conference are ATB Financial, Federated Co-operative Ltd., Government of Alberta, Livestock Identification Services, Northlands, and Olds College. Partner Host is the 4-H Foundation of Alberta. ❁



The Honourable Jack Hayden, Minister of Alberta Agriculture, and 2011 Alberta 4-H Hall of Fame inductee Anita Mappin.

A Colorful Success!

BY JESS HAINSTOCK

4-H Specialist – Resource Development and Communications

On what was one of the coldest and snowiest weekends in recent memory, more than 300 Alberta 4-H leaders took to the highways to attend the 68th Annual Alberta 4-H Leaders' Conference. With this year's chosen theme of "Show Your 4-H Colors," the Calgary region planning committee outdid themselves with spirit, speakers and sessions.

For Stacy Price, chair of the conference's organizing committee, all of the hard work put into the event is worth its weight in clovers when it comes to the benefits it brings 4-H leaders. "I can't say enough about the hard working volunteers who give freely of their time to make 4-H a better program – this conference is for their enjoyment and improvement."

The scope of sessions offered to leaders ranged from training to informational to personal and professional development, and targeted every demographic of leader, from new to veteran.

"The conference is a great avenue to meet new friends, connect with old friends and find a wealth of resources for all who attend," reported Sharon Uhrich, member of the Calgary's organizing committee.

And what Leaders' Conference would be complete without recognition? The Alberta 4-H Council's Golden Clover award was graciously received by Henry Wiegman on Friday night of the conference. Henry, who has worn many 4-H hats – regional and livestock Specialist, Sponsor Liaison, Director of Fund Development – was the visionary behind many of 4-H's current day programs, as well as responsible for advocating for the corporate partnerships that enables Alberta 4-H to continue to be the province's number one rural youth organization.

Erin Shaw, Alberta 4-H's Premier's Award winner, exhibited why she was the winner of Provincial Communications in her well written and delivered speech at Saturday's luncheon. Through anecdotes and personal experiences, she thanked the leaders for their tireless efforts and commitment to ensuring that members get the most out of their 4-H experience.

The Alberta Agriculture and Rural Development's Alberta 4-H Hall of Fame welcomed two more members, numbers 74 and 75, to its walls on Saturday night. Anita Mappin and Maryanne Sandberg, both of whom have served on Provincial Council and the 4-H Foundation's Board of Directors, relayed to a packed banquet hall how honoured and humbled they were to be inducted.



Minister Hayden with Maryanne Sandberg, 2011 Alberta 4-H Hall of Fame inductee.



(l to r) Henry Wiegman accepts the Alberta 4-H Council's Golden Clover Award from Mark Sayers and Stacy Price.

"Someone from the media called to interview me about my induction," Anita explained to the crowd, "and one of their questions was if I had ever regretted any of the time that I had dedicated to the 4-H organization. Without hesitation, I answered that I've never regretted one second of the time that I have volunteered with 4-H. I hope to stay involved with the program for as long as I am able."

"Thank you doesn't seem like an adequate response for being nominated to receive such an honour," Maryanne commented. "As a leader, you never think that what you've doing will one day see you being inducted into the Hall of Fame; you just do what fellow leaders do everyday and "learn to do by doing" alongside them and your members."

Saturday night's banquet also gave Alberta 4-H the opportunity to thank its many sponsors, partners and supporters, with 28 of the program's sponsors being in attendance. Five of the six Legacy Builder sponsors delivered messages regarding their dedication to the 4-H program, and their continued enjoyment of being involved with the organization.

While it would seem that every moment of the conference's three days were spoken for, networking and entertainment still play a significant part in the success of Leaders' Conference, with leader business cards being swapped, spoons being slammed and dances being shimmied all weekend long.

Leaders' Conference 2011 will certainly be remembered as a colorful success!

Partner Supporters of Leaders' Conference were AMA Insurance, Agriculture Financial Services Corporation, ATB Financial, Encana Corporation, Government of Alberta, Lamble's Western Wear and Tack, Olds College, UFA Co-operative Limited and Viterra Inc. 🍀

Sick of Winter? Read On!

BY CAMERON HORNER, 4-H Specialist, Communications and Marketing

If you are like me you are likely more than a little sick of the winter that was/is (hopefully the snow is melted by the time you receive the magazine), and you're wondering what to do this summer to break the winter blues. Well look no further than the plethora of 4-H programs taking place June through August. They're exciting, fun-packed and extremely educational! What else could one want?

Remember that programs can fill up fast and a lot of times, they fill up long before their application deadlines, so be sure to visit the 4-H website at www.4h.ab.ca or check out that great 4-H calendar you have hanging on your wall to stay up-to-date on deadlines and program dates.

Leadership Through Counselling Seminar (LTCS)

JUNE 29 – JULY 3

Did you love your 4-H camping program experiences? Did you think how great it would be to be a counsellor at one of these fantastic programs? Then LTCS is the program for you! Hands-on training provides you with the skills necessary to counsel at regional and provincial programs throughout the summer. Registration deadline is May 15.

Junior Camp

JULY 4 – 8

Want five days of non-stop fun? 4-H has it covered. Canoeing and crafting, archery and dancing, beach time and slip 'n' slide all equal a GREAT time. Registration deadline is May 15.

Intermediate Camp

AUGUST 1 – 6

Did you have such a blast at Junior Camp that now, as an Intermediate member, you want to continue to ride the wave of awesomeness? Well this camp provides all of the great experiences of Junior Camp, with some added activities and knowledge sessions designed to take you to the next level on your 4-H journey. Registration deadline is May 15.

Combined Camp I/II/III

I – JULY 11 – 15

II – AUGUST 8 – 12

III – AUGUST 21 – 25

Programmed for delegates 10-13, these camps offer the learning and fun of Junior and Intermediate camp, and is the perfect solution for families with junior and intermediate-aged 4-H siblings who want to attend the same summer program. Register by May 15.

People Developing People I/II/Plus

I – JULY 17 – 22

II – JULY 24 – 29

PLUS – AUGUST 21 – 26

This program challenges delegates to stand up and take notice of the world around them by offering knowledge sessions based on themes of Sustainable Agriculture and Rural Living (PDP) and Building Sustainable and Spirited Communities (PDP Plus). Get your registrations in by May 15.

Club Week

JULY 19 – 24

Interested in experiencing six days of life-changing, undeniable fun? Then register now dear 4-Her, for the time of your life. Club Week is hailed as a personal development program with sessions that are guaranteed to make you think about your past experiences, your current circumstances and your vision for your future. A definite 'must' attend for all 4-H members. Register by May 15.

Youth Entrepreneur Camp

AUGUST 14 – 20

Hands-on activities are the order of the day as members learn about the world of business in a very engaging and fun environment. Form businesses that will produce and sell products while working in a small group atmosphere. Combine that learning element with a multitude of recreational activities and you have the makings of a fun-filled time. There are only four spots available to 4-Hmembers, so please submit your application form early! Register by May 15.

Key Member Training

AUGUST 19 – 21

Do you have outstanding communication skills, a fervor for the 4-H program and a desire to grow as a leader in your club and community? If you answered "yes" to all three, then you should think about becoming a Key Member for the 2011-12 club year. Application deadline is May 16.

Provincial Beef/Sheep/Dairy Shows

BEEF – JULY 10 – 12

SHEEP – JULY 13 – 15

DAIRY – JULY 13 – 15

These are the perfect events for 4-H members craving a summer livestock show where you get to compete with your beef, sheep or dairy project animal, and sharpen your showmanship and judging skills. Deadline is June 30 to register.

Provincial Horse Classic

JULY 27 – 29

Take it from the horse's mouth – this is a skills workshop and competition that you need to attend. Award trips and invaluable training from industry specialists highlight this three-day event. Registrations due by June 1.

Provincial Judging

AUGUST 5 – 7

Provincial Judging participants must qualify to attend this competition, which means the delegates who are invited to place their classes and orate their reasons are the best of the best when it comes to livestock judging. Deadline for registration is June 30.

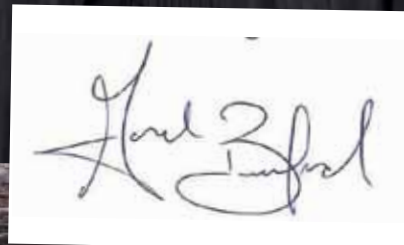
Provincial Horse Show

AUGUST 9 – 11

Three days of fun and competition, where 4-H horse members in Levels 4 - 7 are able to showcase their project animals and their riding skills through various project events. 🌟

Rural Roots Run Deep Fundraising Project Update

Gord Bamford, an Alberta 4-H alumni, has invested interest in giving back to an organization that provided him with such valuable skills as a member. The current CD fundraising opportunity is being expanded to provide more options for your club to get involved with raising funds in your community. Information about the future options will be sent through email blasts and the *Alberta 4-H Magazine*. And don't forget to join the Alberta 4-H Facebook group, where updates will also be posted. Keep your eyes peeled for them!



Congratulations to these Alberta 4-H clubs on their successful CD sales; keep up the good work!

Ardrossan 4-H Creative Hands, Bashaw 4-H Beef Club, Big Hill West Light Horse 4-H, Bits & Spurs Equine Youth 4-H, Blindman Valley 4-H Beef Club, Calgary 4-H Region, Camrose Crazy Critters Multi 4-H Club, Central Lacombe 4-H Beef Club, Claresholm 4-H Beef Club, Cowboy Trail Blazers 4-H Club, Cremona 4-H Club, Dixonville 4-H Multi Club, Dryland 4-H Multi Club, Eagle Beef & Multi 4-H Club, East-West Woking 4-H Club, Flagstaff 4-H District, Genesee 4-H Multi Club, Hanna & District 4-H Council, Hanna Rangeland 4-H Multi Club, Hatley 4-H Club, Horizon 4-H Multi Club, Innisfail Nails Needles & Noses 4-H Club, Killam 4-H Light Horse Club, Lac La Biche 4-H District, Lakedell 4-H Beef Club, Lethbridge Coaldale 4-H Beef Club, Lin-Berry-Buck 4-H Beef Club, Mayerthorpe 4-H Beef Club, Neutral Hills 4-H Rodeo Wranglers, Paintearth 4-H Beef Club, Porto Bello 4-H Buckaroos Club, Provost 4-H District, Rangeland 4-H Beef Club, Ridgevalley Riders & K9 4-H Club, Rimbey 4-H Club, Shadow Riders 4-H Club, Smoky River 4-H 4-E.V.E.R., Stainsleigh 4-H Club, Three Rivers 4-H Beef Club, Thundering Hoofbeats Horse 4-H Club, Two Hills 4-H Beef Club, Valhalla 4-H Beef Club, Vegreville 4-H Multi Club, West Ponoka 4-H Beef Club, Whitecourt Multi 4-H Club.





Daniel Stewart, internationally acclaimed author of *Ride Right* and former United States Equestrian Federation (USEF) Coach, will be delivering the Equestrian Sport Psychology and Cross-Training Seminars that he is revered for on July 2 and 3 at Klondike Victory Farm, north of Sylvan Lake.

Using his expertise in the subjects of equestrian sport psychology, biomechanics and athletics, Daniel will conduct a videotape analysis clinic in the morning of July 2 that includes a hands-on psychology clinic specifically geared to jumping, a sports psychology workshop takes place Saturday night to coach participants on how to maximize their success in a competition and a Sunday tutorial on rider fitness.

Contact Janet Kerr at janet.kerr@gov.ab.ca or 403.742.7547 for more information. ❁

AMBASSADORS ALWAYS ON THE GO

BY LEANNA SANTANGELO, *Provincial Ambassador - South*



Ambassadors Brendon Wakefield and Kendra Kelly.



Premier's Award Winner Erin Shaw speaking at Leaders' Conference 2011.

Boy-oh-boy, have the Ambassadors been hard at work!

All over the province they have had their hands full with activities ranging from promoting 4-H winter and summer camps, to planning for Senior Members' Conference. Every Ambassador is as unique as their location; for example, in Rocky Mountain House Jenalee Blackhurst organized a social gathering that consisted of games and team-building activities; meanwhile, I collaborated with the amazing people in the Lethbridge District to create a "Christmas in Hawaii" dance that included tons of fun, dance-related games and prizes.

But when it comes down to the nitty-gritty, all Ambassadors are pulling together and presenting workshops of all interests and topics, mostly concerning judging and public speaking. A few Ambassadors (Erin Shaw, Cara Noble, Kennan Hedley, Brendon Wakefield) helped out with Leaders' Conference in Red Deer, and a few more helped organize and run Senior Members' Conference - word on the street is that both events were superb!

Keep an eye out and an ear open for the largest event for all senior members wishing to become an awesome Ambassador – dun, dun, dun, dun: SELECTIONS! April 29 to May 2, fourteen Ambassadors will be at the end of their line of duty, and fourteen NEW Ambassadors will be selected to promote the 4-H program to members and non-members alike. Check out the fall 2011 *4-H Magazine* for the lowdown on how this all shakes out! ❁



Carmen Stone, Manager, Corporate Partnerships.



Barb Karlstrom, Finance and Administrative Assistant.



Vanessa Bosworth, Corporate Partnership Coordinator.

The 4-H Foundation of Alberta Appreciates Growing Team and Continued Devotion

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

In November 2010, the 4-H Foundation of Alberta opened an office in Calgary. Joining Pauline Copithorne, Corporate Partnership Coordinator, who currently liaises with new and existing sponsors south of Red Deer, is Carmen Stone, Manager, Corporate Partnerships.

In December 2010, Barb Karlstrom joined the Foundation's Westeros team as Finance and Administrative Assistant. In addition to providing customer service, Barb will be assisting Joan Stone, Manager, Finance and Administration, in finance administration and Jessica Patten, Executive Assistant, with administrative assistance.

Early in 2011, Vanessa Bosworth commenced her role as Corporate Partnership Coordinator, working out of the Westeros office and acting as a liaison

with new and existing sponsors north of Red Deer.

Susann Stone, Manager, Marketing and Special Projects, will be taking some time off come spring, with her second future 4-Her being due in early April. Jessica Patten will be taking on Susann's duties while she is away, which includes split time between the 4-H Foundation and providing administration and management support to the Alberta 4-H Council.

In 2010 Bruce Banks, Chief Executive Officer, celebrated ten years in his role at the 4-H Foundation. Bruce continues to oversee Foundation staff and Alberta 4-H Centre operations.

Continuing to ensure our clients leave the Alberta 4-H Centre with a positive experience are:

- **Andrea McFadden** – Manager, Client Services
- **Loretta Brandt, Carolyn Gainer, Jeanie MacInnis and Anna Marshall** – Food Services
- **RoseMarie Lachance** – House Keeping Services
- **Dave McFadden and Lorne Rupert** – Site & Facilities

The Foundation exists to operate the Alberta 4-H Centre as well as seek and administer funds on behalf of Alberta 4-H, including coordinating corporate partnerships, managing bequests and endowments, scholarships, club fundraising opportunities, and various other group funds. ❀

Alberta 4-H Volunteers Go “All-In” for Alberta 4-H Centre

SUBMITTED BY THE 4-H FOUNDATION OF ALBERTA STAFF

Alberta 4-H hit the jackpot in Calgary on February 22 and 23, 2011! Dedicated volunteers gathered to help raise money for a great 4-H cause. Funds obtained from 4-H Casino 2011 were contributed to the “Raising the Roof” initiative, which is a project plan to replace the roof of the lodge at the Alberta 4-H Centre. The support shown by all who came out and donated of their time is greatly appreciated.

Registered charities in Alberta are eligible to apply for a gaming license in order to hold two-day, volunteer-driven events at designated casino facilities as a means of raising funds. 4-H volunteers counted, cashed and tallied at Casino Calgary during the course of four shifts over two days. A special thanks to the following volunteers for helping with this,

and for ensuring that 4-H Casino was, once again, a great success:

Gerry and Margaret Hall (both days), Greg and Janice Hawkwood (both days), Marie and Glenn Logan, Carole and Marvin Tkach (both days), Clinton and Lorriane Ziegler (both days), Carol Arntzen (both days), Bob Gould (both days), Judy Thistlethwaite, Carmen Stone, Tim Church (both days), Lorraine Parkinson (both days), Avery Parkinson (both days), Lana Dyck (both days), Joanne Gourley (both days), and Julie Ulseth (both days). Thank you also to alternate volunteers Arron Madson, Jennifer Price, and Laurie Jacob-Toews.

Thank you also to Pauline Copithorne for arranging the volunteer schedule. ❀



A gathering of Cleaver Kids occurred at Northeast Adventure Days 2011.

Alberta 4-H Council's Update on the Cleaver Kids Pilot Project

BY SUSANN STONE, Alberta 4-H Council, Administrative Assistant

The Cleaver Kids Pilot Project is underway for the 2010-2011 club year, and we're excited to announce that we have 61 clubs participating in the Cleaver Kids Pilot Project. In total this includes 241 Cleaver Kids and 94 Cleaver Kids volunteer leaders. All clubs that have submitted their proposals and registration have received confirmation to proceed with their participation. Thanks to all the leaders and parents who are supporting the Cleaver Kids Pilot Project!

In the fall of 2009, following a survey initiated by the Alberta 4-H Council, 10 clubs applied to pilot a "Cleaver Kids" project for members ages six to eight. The Alberta 4-H Council supported and encouraged these clubs to develop a program involving underage youth and to report back their successes and challenges. This marked the first year of a three-year pilot project, which will run until the end of the 2011-2012 club year.

Due to reoccurring questions and points of clarification being brought up, we have compiled a brief Q & A in an effort to help address some of the more frequently asked questions:

Are Cleaver Kids eligible to market an animal for sale?

Cleaver Kids are not eligible to market (sell/auction) an animal for sale before, at, during or after the 4-H club year using the 4-H name. For this pilot Cleaver Kids may have a beef, swine, or sheep project.

What does the \$10 fee go towards?

The \$10 fee is to cover the cost of 4-H insurance for the Cleaver Kids during the 2010-2011 club year.

How will Cleaver Kids Pilot Project Leaders receive information?

Cleaver Kids Pilot Project Leaders will be receiving updates/information via email to share with their club.

Do districts and regions have any particular requirements when it comes to Cleaver Kids?

It is not a requirement of districts and regions to request the attendance of the Cleaver Kids during this pilot. Clubs may ask but must respect the decision of the district and region during this pilot.

How will the feedback of this pilot project be gathered?

Clubs will be receiving an interim report questionnaire, a final year questionnaire and Cleaver Kid/Cleaver Kid parent evaluations in the future.

Do Cleaver Kid Pilot Project Leaders need to go through Alberta 4-H's Leader Screening process?

Yes. Cleaver Kid Pilot Project Leaders are to submit their Leader Screening documents.

Is there a contact number if we have any further questions?

Everyone is encouraged to email or phone with their questions (780.682.2648/ 1.877.682.2244).

Learn to Do by Doing and Have Fun! 🍀

Case IH Agriculture Pieces It Together For the Alberta 4-H Legacy Fund

BY PAULINE COPITHORNE, Corporate Partnerships Coordinator – 4-H Foundation of Alberta



(l to r) Brett Fox, Territory Sales Manager, Case IH Agriculture, presents Tim Church, Director, 4-H Foundation of Alberta Board of Directors, with the company's generous donation.

Case IH Agriculture and its dealers recently gave Alberta 4-H a generous donation, which will be contributed to the Alberta 4-H Legacy Fund. "The \$2,940 donation resulted from a table centre piece auction that occurred during the Case Red Power Tour V.I.P. event in 2010," explains Brett Fox, Territory Sales Manager, Case IH Agriculture. "This event, held November 10 and 11, 2010, was in conjunction with Case's Agri-Trade show in Red Deer."

Approximately one hundred customers, along with Case IH Agriculture dealers from around Alberta, gathered each day of the event to learn about exciting new product launches and engine technology available in 2011. At the end of the two-day event, a total of ten unique table centre pieces were put up for auction, benefitting Alberta 4-H. Case IH and its dealers' generosity is certainly appreciated and Alberta 4-H would like to express gratitude for including this fundraiser as part of the Agri-Trade show events.

Thank you to Case IH Agriculture and their Alberta dealers: Highway Service Inc., Future Ag Inc., Camrose Farm Equipment, Hi Line Farm Equipment, Houlder Automotive, Parkland Farm Equipment and Roszco Farm Equipment.

Case IH is an international equipment manufacturer that offers a full line of farm equipment. There are seven Case dealers and 28 locations around Alberta. For more information, please visit www.caseih.com. ❁

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Regional News & Events



2011 Snowfest delegates

South Region

BY GINNY SMITH, 4-H Program Assistant, South

We've been in a deep freeze outside for forever it seems, but we are true Canadians, Albertans and 4-Hers – we laugh at that type of weather and carry on!

2011 Regional Judging Competition

The first MNP (Meyers Norris Penny) sponsored South Regional Judging Competition of 2011 was hosted by the Cow Country 4-H Judging Club and took place in Brooks on January 8. The weather outside was horrible, but thirty-seven determined participants judged classes of Red Angus Heifers, Morgan Horses, Market Hogs, Feed Barley and Parade Kilts (the sheep class).

Thank you to all of the organizers, clinicians, reason markers, horse handlers, group leaders, and a special thank you to all those who stepped in at the last minute – you all are vital in making this a great competition! Take that Mother Nature!

Congratulations to all of the competitors, with recognition to the top placing members:

Junior members: Odessa Kopp, Peter Harris and Andrea DeGroot; Intermediate members: Anke Hermus, Cayley Peltzer and Kaitlyn Mills; Senior members: Shelby Zmurchyk, Adriane Good and Seamus Good.

Remember that the second MNP South Regional Judging Competition will take place in Claresholm on Thursday, April 28 during Easter vacation. See you all there!



The hill was so bright, they had to wear shades.

Hurricanes Hockey Night

Almost 500 4-H members and parents from 28 different clubs braved frigid winter conditions to attend our 10th Annual Hurricane Hockey Night in Lethbridge. Unfortunately, the Lethbridge Hurricanes were on the losing end of the battle, but it was great to see so many 4-H faces in the audience. Cleaver (aka Steven DeGroot) had a wonderful experience providing hugs and waves throughout the evening. If you have any suggestions on how to improve on this well-attended event, please drop a note to ginny.smith@gov.ab.ca or speak with your district's Regional Council representative.

Snowfest 2011

"Wow!" is the best way to describe the fantastic response we received to Snowfest 2011 Winter Camp in Elkwater. It was our biggest ever! Seventy-five junior and intermediate member delegates, supervised by seven senior member counselors and seven 4-H alumni, braved freezing temperatures and a ton of snow to experience the great outdoors, with activities that included skiing, snowboarding and snowshoeing. The popularity of the program added a few interesting challenges but everyone was fantastic, including the bus companies (we needed a larger tour bus and two bus trips to get everyone to the ski hill) and the ski hill staff, who stayed late Friday evening to ensure that everyone was fitted and could be ready to hit the slopes right away Saturday morning. A huge thank you to the parents who transported their kids directly to camp when our 56 passenger bus was full!

Shirley Jago, our cook from summer camps, kept the masses happy with a variety of meals throughout the weekend. Delegates and parents – please forward your thoughts or ideas on how to improve or change Snowfest to ginny.smith@gov.ab.ca.

2011 Regional Heifer Show

* New date and location *

The 2011 Regional Heifer Show will be hosted this year by a Cactus Country District committee, and will take place in conjunction with their District Heifer Show on May 23 in Oyen. Jot down the date and stay tuned for more details. ❀



Cleaver and Dwayne Fulton starting the meeting off in grand style.

Calgary Region

BY SHARON UHRICH
Calgary Regional 4-H Council Member

Calgary Regional Awards Celebration

The outstanding dedication of several volunteers and organizations were recently recognized by the Calgary region. Each year, fervent supporters of the 4-H program in the Calgary Region are honoured with the Calgary 4-H Region Recognition Award. The efforts of Jackie Miller, the Okotoks Ag Society, Julie Ulseth, Stacy Price, Mazeppa Processing and Bruce Dowel were all hailed at the region's 2010 presentation. Cleaver the Beaver also made an appearance at the Calgary Regional 4-H Council's annual meeting, where Calgary Regional Council president Dwayne Fulton and Cleaver, both wearing their 4-H colours, showed off their 4-H pride. ❁



Stacy Price (second from the left) received her award from (l to r) Joan Gourley, Kathy Budgeon, Cheryl Hardy and Rob Smith.



Jackie Miller (third from the left) was presented her Calgary 4-H Region Recognition Award by (l to r) Joan Gourley, Bev MacMillan, Cheryl Hardy and Rob Smith.



Mazeppa Processing Partnership Award was accepted by Joan Gourley, and was presented by Cheryl Hardy and Rob Smith.



Jackie Miller and Bev MacMillan accepted the award on behalf of the Okotoks Ag Society. Presenters were Joan Gourley, Cheryl Hardy and Rob Smith.



Julie Ulseth (second from left) had her award presented by (l to r) Joan Gourley, Laurie Jacobs-Toews, Cheryl Hardy and Rob Smith.



Bruce Dowel (second from the right) was presented with his 30 Year plaque; presented by (l to r) Joan Gourley, Cheryl Hardy and Rob Smith.

West Central Region

BY ELLEN BONDE & GREG COLEMAN

Alberta 4-H Council Representatives, West Central Region

The West Central region has been busy this year! Here are some of 2011's happenings and highlights:

- The West Central Horse Committee met on January 25 to start planning for the Regional Horse Show in June.
- Wetaskiwin hosted the Regional Multi Species Judging Competition on February 12.
- 4-H Night at the Red Deer Rebels was held on Saturday, February 19 with East Central Region joining us.
- The West Central Winter Camp was held from March 4 to 6.
- The Senior Member Ski Trip headed to Kicking Horse, March 4 to 6; this trip was organized by the West Central Alumni Club.
- Public Speaking Competition season has finished, with the Ponoka District hosting the Senior Public Speaking on March 19, and the Rocky Mountain House District hosting the Intermediate Competition in Leslieville on March 20. The Red Deer District hosted Presentations on March 26. ❀

East Central Region

The East Central Region write-up was not ready at the time of printing. ❀

Northeast Region

BY LEILA HICKMAN, 4-H Regional Specialist, Northeast

Something to Say

On December 3 to 4, 2010, the Northeast region hosted a 'Something to Say' workshop at Lakeland College. This brand new 24-hour program was targeted at members age 13 to 16, with the focus being on communications. While there were many highlights throughout this winter weekend, valuable skills were developed and enhanced during the sessions that addressed public speaking, impromptu, presentations and the overall question of why we communicate.

You Be the Judge and Northeast Adventure Day

We are always saying not be judgmental, but that was exactly the focus of the morning on February 12! Over 100 participants met early on Saturday morning to learn judging tips and pointers from one of the strongest Collegiate judging teams in Canada. Each year the Lakeland College judging team puts in an early morning to pull together several judging classes for the local 4-H members to evaluate. This year we had dairy cows, breeding ewes, western riding horses, yearling beef heifers, peas, photography and even stock dogs! Our consumer decision making class focused on choosing an appropriate snack...not Red Bull and potato chips!!

During the NE Adventure day, the members were treated to the Project Display competition that is open to all members to enter. Everyone in attendance was allowed to judge the project

You Be the Judge and Northeast Adventure Day 2011 participants.





A future 4-Her tries her hand at a Valentine's Day craft card.

display and winners were declared. Congratulations to Meaghan Krys, Kaylie Krys and Ashley Corbiere for their winning entries. These ladies were treated to a DVD player, a digital camera and a digital picture frame as prizes.

New at this year's event, we had ten Cleaver kids that also attended the day. In the morning they participated in all the judging classes. Each of the Cleaver Kids had a chance to practice filling out a judging card and presenting oral reasons. In the afternoon at Adventure Days, the Cleaver Kids made a Valentine's Day craft and card, "parts of the animal" puzzles to take home, planted tomato seeds and played games. We wish to extend a thank you to our Vermilion River Key Leader, Charlene Carey, for organizing the day for these future 4-Hers. Also, thanks to Lynette Lastiwka for helping with their afternoon program.

Overall it was a fun and successful learning day in the Northwest! ❁

Northwest Region

BY JOCELYN MCKINNON, 4-H Regional Specialist, Northwest

Frosty Fun Survivor

There's nothing like the fun of a weekend winter camp. Frosty Fun 2011 rose to the challenge with "Frosty Fun Survivor" for 66 campers and 10 counselors. These brave individuals out-laughed, out-played and out-survived every activity the counselors dreamt up. From the flag-raising and fear factor challenges to the final snow forts, members experienced group challenges and relays all designed to find the happiest survivors. The facilities of Camp Nakamun allow for swimming, skating, snowshoeing, horse sleigh rides, movies, games in the gym and bonfire councils. Frosty Fun Weekend was February 4 to 6, 2011, and was sponsored by the Northwest Region and a regional council grant from Penn West Energy. Our counselors, dedicated to ensuring senior and intermediate members experienced the best of winter camp, included Farrell Albert-Puurveen, Barry Carlson, Caleb Corcoran, Ryley Corcoran, Brian Huisman, Erin Shaw, Kasara Van Hecke, Serena Verbeek, Colin Verbeek, Stacy Woywitka.

Northwest Judging Competition

Once the regional communication competitions are completed in February and March, members continue using their communication skills at judging competitions and workshops through-



Frosty Fun 2011 delegates.

out the region. The final contest for many is the Regional Judging Competition on April 16, 2011 at the AgBarn in Barrhead. Classes lined up include horse (o), swine (o), sheep (w), beef (o), dairy (w), sandwiches, chickens, seed grain identification and flashlights (o). Thanks to East Light Farms and Feedlot. As an added incentive, a district competition aims to reward districts for participating in regional judging. For districts with four or more competitors, the overall scores are averaged to determine the top district for the year. The region appreciates the sponsorship of TransAlta Utilities Farm, Penn West Energy, Barr-Tech Mechanical, Barrhead CO-OP and the Barrhead Agricultural Society.

The Northwest Region was pleased to be the host region for the 2011 Provincial Communications Competition, and is very much looking forward to its hosting duties for the 2012 Alberta 4-H Leaders' Conference. The region invites all leaders to come and celebrate Heroes in 4-H and in the community at next year's conference.

Northwest Summer Camps

August means it's time for Northwest Junior and Intermediate members to pack their suitcases and sleeping bags for a week of camping with their regional 4-H friends. Intermediate-aged members will head to Camp Lessard in Lac Ste Anne County, August 7 to 12. Camp Mackinicholea, located on the north shore of Long Island Lake, welcomes all junior campers August 16 to 20 for their first experience at a 4-H camp. For \$100, members have the opportunity to participate in these regional camps if they register by May 15.



Oh, a sledding we will go at Frosty Fun Winter Camp.

Focus on 4-H

A new location and new dates mark the changes for the 13th annual multi-project show. Come July 7 to 10, Northwest members will be showing their projects, joining the many fun events and meeting others from the region in Barrhead. Focus aims to create a schedule of classes and activities to recognize the skills and interests of members in several projects.

The Regional Beef Heifer Show begins Thursday evening with the marketing class, and ends Saturday morning with the costume class. In between the members will demonstrate their showmanship and team grooming skills and exhibit their heifers and cow-calf pairs in both commercial and purebred conformation classes. The Regional Horse Show continues to attract a large number of participants. Following Stationary roping on Thursday evening, the horse project members commence Friday morning with English classes, followed by Western classes on Saturday and finish with Gymkhana events on Sunday. The Canine Show offers workshops and classes Saturday and Sunday. The events include rally obedience, agility and obedience workshops and classes for Junior, Intermediate and Senior members. A Goat and Sheep show will be offered if there is sufficient interest from members. The Life Skills project workshops range from barn-board burning and branding, beaded necklaces, pillows, wood and clay-based projects and candy bouquets. These workshops will fill the Exhibition Hall as members discover their creative talents.

A judging competition on Friday evening will tune up the decision making skills of contestants, with two livestock and two consumer choice classes. Several recreation-based events including a lip sync contest, iron member, bike and tractor rodeo and greased pig will demonstrate more of the members' talents as they compete in these fun events. Focus on 4-H brings together members and clubs throughout the Northwest Region for a weekend, where whether they attend for the competitions or the fun contests, they're guaranteed to have a great time. ❁

Peace Region

BY RHONDA CLARKE-GAUTHIER, *Key Leader*
& NORA PAULOVICH, *Regional Council President*

On November 27, 2010, we held a very successful Frosty Fest event. There were 75 members, leaders and resource people for a day-long training event held in Donnelly, AB. The members attended various sessions, which ranged in topic from communication, judging and effective meetings, to hands-on crafting, getting involved beyond the club and of course, games.

The senior members participated in a full-day session on how to lead a workshop and then specifically prepared public speaking and judging workshops that they could do at their clubs. The adults at the event had the chance to do their Leader Level 1 training, as well as find out more about the Regional Council – who Council is, what the Council's purpose is, the responsibilities of clubs and districts and Regional objectives – and a session on new family orientation.

Upcoming events

Regional Spring Rally Day on April 16 (includes judging, bench show, and Spring Regional meeting) and Regional Days, a date for which has not yet been set.

New Specialist!

We are very pleased to announce that we have a new Regional 4-H Specialist for the Peace, Alexia Hoy, who joined us on March



New Regional 4-H Specialist for the Peace, Alexia Hoy

1, starting part time, and then full time in the Fairview office as of May 1. Alexia is originally from a mixed farm in the Barrhead area and she is currently finishing her Bachelor of Science in Agriculture at the University of Alberta. As a long time member of 4-H and past Ambassador, Alexia truly understands the benefits of a strong 4-H program. Alexia is looking forward to working with the members and leaders throughout the Peace Region! ❁



Above: Emily Ritchie, winner of the Key Member Challenge #5.

Left: Key Member Kerstin Swanson and Paul Brandt.

Key Members



BY LEILA HICKMAN

Coordinator of the Key Member program

Key Members across the province have been busy doing workshops and organizing a number of varied district and club events. We have had everything from the Dine and Dance, to communications workshops and even a livestock handling seminar. See if you can spot a Key Member in action, like Emily Ritchie the winner of the Key Member Challenge #5, where members had to send in their photo wearing their new Key Member t-shirt out and about.

If your club hasn't yet contacted your Key Member to help out with something, it isn't too late. It is also a great time to start thinking about putting your name to be a Key Member for the 2011-2012 club year – the deadline for application is May 16. For more information check out the 4-H website (www.4h.ab.ca) or contact your Regional Specialist. ❁



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The Calgary Stampede will host its 14th annual 4-H Rodeo, sponsored by Westcan Bulk Transport and Lammle's Western Wear and Tack.

Education has become a key element of the Calgary Stampede's 4-H Rodeo. Mornings are devoted to clinics and seminars conducted by rodeo experts. The cow riding clinic is lead by former Canadian rodeo star Dave Shields. Afternoons are earmarked for competition under the Big Top. 4-H members across the province are invited to participate in the 2011 fun filled event.



EARLY BIRD ENTRIES
4 p.m. Friday July 1, 2011

Entries will not be accepted past Friday August 12, 2011.

FOR MORE INFORMATION

Contact Sharon Yeast 403.261.0316 syeast@calgarystampede.com

calgarystampede.com/ag

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Since 1999, AMA Insurance has been proud to support the values of the 4-H community and the development and personal growth of rural youth. Through sponsorships of programs such as the *Alberta 4-H Annual Leaders' Conference*, the *Provincial Beef Heifer Show*, *Club Week*, the *People Developing People Program* and the *Project Leadership Training Events*, AMA continues to give back to the communities we have been part of since 1926. We are members helping members, Albertans helping Albertans.

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"Thank you for your sponsorship to the 4-H Beef Leader's Update. This is an incredible opportunity to learn, have fun and get recharged – just in time to start a new 4-H year! I always come away from the weekend with new ideas to share with my club, district and region. These learning and networking opportunities are key in keeping our leaders going. Thank you for making this possible."

— Nora

"We've had an extremely successful year full of canoeing, archery, dancing, games, crafts and many more fabulous activities. Your support makes all of these activities and programs possible. Thank you for your generous donation to Alberta 4-H's youth!"

— Rita-Marie

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Congratulations to the winners of the 2010 AMA Insurance Farm Life Photo Contest!



Shellie Tattrie — Youngstown, AB

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



Kaitlyn Mills — Taber, AB



Sarah Jackson — Boyle, AB

Travel & Exchange



Students from Canada and USA attending language school in Tokyo.

“LEARN TO DO BY DOING” EXEMPLIFIED BY TRAVEL

BY HAYLEY WHITE, Japanese 4-H Exchange Program delegate

Do you have a sense of adventure? Dream of visiting faraway places? I did!

Last summer I had the opportunity to travel to Japan for two months with the Japanese 4-H Exchange program. Tokyo was where I spent my two months, living with two different families, learning the Japanese language and being immersed in the Japanese culture.

In Japan, 4-H partners with Labo, Lex and Utrek to run the exchange program. I went with the Labo program. Labo is a family-based youth organization for children and youth ages 3 to 21. The focus of Labo is to teach English to its members. This is done through weekly meetings called a “Labo Party”. They teach language through songs, games and drama.

While in Japan, I stayed with two different families. I was the eldest child in both of my families, which was a whole new experience for me. My first family had two children, ages 7 and 9. I stayed with them while attending Japanese language school in Tokyo. Although we didn't live far from my language school, it

still took me about an hour each day to get to school and I had to navigate the busy Tokyo subway system. I took three different trains each way and found out on my second day how easy it was to become lost in a train station. I did feel better when I learned that even Japanese people get lost using their train and subway system.



Hayley with her host sister Haruka (in the school uniform) and two of Haruka's friends.

After attending language school for four weeks, I moved to my second host family who also lived in Tokyo. I was excited about staying with this family because one of my host sisters had stayed with me in Canada the previous summer.

The four weeks with this family flew by. I attended Japanese school with my host sisters for one week and spent the remaining three weeks hanging out with my sisters and having the opportunity to travel to Kyoto.

Being in Japan was a bit of a culture shock. From being hit with heat and humidity the moment I got off the plane to figuring out how to even take a bath – almost everything was different from what I was used to at home. Although today many Japanese youth look to the west for their music, clothing and foods, Japan is still a country of strong traditions and culture - having one foot in the past and one in the future.

Visiting Japan last summer on an exchange was an experience I will never forget. Although I was nervous and scared about travelling half way across the world by myself I would recommend this experience to anyone. 4-H teaches us many things, but our motto “Learn To Do By Doing” is what the Japanese 4-H exchange program is all about. 🍀

How Much Fun Can Nine Leaders Have in Toronto?

BY STACY PRICE AND JANICE HOOVER, *Trip Delegates*

It all started the morning of November 3, when Leisa Gallelli (Crossfield), Calvin Hogberg (Leslieville), Janice Hoover (Delia), Andy Pittman (Picture Butte) and Stacy Price (Crossfield) headed out from Calgary, while Lorri Klyne-Karim (Sherwood Park), Ray Binks (Grande Prairie), and Mary Lee and Blake Prior (Irma) flew out of Edmonton.

In Toronto we joined thirty-one leaders from across Canada for the “Leading Together Embracing Change” themed conference, and being that the 4-H Members’ Conference ran concurrently, the Conference Centre was a happening place. We had an amazing dinner, and speaker Mark Essay got us out of our box and working together as a team. We had a great game of rock/paper/scissors, with our own Blake Prior going on to the finals.

Thursday morning we went through a communications session with Rob Black and Jane Muegge where we received lots of great information and learned how to push a straw through a potato. Add to all of this a tour of the John Deere Parts Plant – where we were informed that John

Deere does not have underwear as part of its merchandise line – and side trips to the CN Tower, Niagara Falls and the Royal Winter Fair. We even met up with Alberta 4-H members at Mysteriously Yours Dinner Theatre where we had a very entertaining dinner and tried to figure out “whodunit.”

Niagara Falls offered up a ton of fun, with all of us lining up for the 4-D show, “The Fury.” We donned our blue rain capes and headed into the show, only to come out the other side soaked, but laughing having thoroughly enjoyed ourselves.

Saturday saw us taking in a whirlwind of presentations, giving us just a taste of some new ideas, for example the “Rural/Urban Exchange” and a new landscaping project. It was interesting to learn more on how each province runs their 4-H program; in Alberta, we definitely should be proud of our program.

Alas, it was soon time for the final banquet, closing ceremony and the dance, where we have it on good authority that Elvis made an appearance, isn’t that right Andy?

Thank you to the conference sponsors, organizers, Canadian 4-H Council and staff and Alberta 4-H for giving us the opportunity to attend. Lori Sereda, 4-H leader from Bow Island, was the 2010 Assistant Conference Director and will assume the role as Conference Director in 2011. Way to go Lori; Hershey’s Chocolate Shop at Niagara Falls will be glad to see you back!

So, how much fun can nine leaders have in Toronto? More than you can imagine, and of course, we all did agree “What happens in Toronto, stays in Toronto.” 🍀



(l to r) Ray, Stacy, Leisa, Marilee, Janice, Blake, Lorri, Andy and Calvin.

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2011

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(back row, l to r) Senior Team: Jacob Onyschuck, Taylor Isley, Stephanie Rasmussen and Kristina Huisman; (front row) Junior Team: Gail Verleysen, Lindsey Douglas, Rebecca Reich and Troy Lyster.



Lindsey Douglas, whose judging expertise earned her top honours at Agribition 2010, had an overall score that was 50 points higher than her closest competitor.

Alberta Amazing At Agribition

BY KRISTINA HUISMAN, Award Trip Delegate

After being selected at Provincial Judging back in August 2010, eight lucky 4-H members went to Regina, Saskatchewan, for Agribition. This was the first year that Alberta 4-H sent eight members to the competition: a senior team, consisting of Kristina Huisman, Taylor Isley, Jacob Onyschuck and Stephanie Rasmussen, and a junior team, consisting of Lindsey Douglas, Troy Lyster, Rebecca Reich and Gail Verleysen.

The first day was spent on an airplane for most of us, with Rebecca waking up at a 3:30 a.m. to make it to the flight on time. While boarding the plane in Calgary we received many comments on our bright orange and green coats. We were very proud to announce ourselves as the Alberta 4-H Senior and Junior Team representatives. After arriving in Regina and being chauffeured to our hotel, we met with other competitors - 49 in total, from various colleges, universities and other 4-H teams, including one from the United Kingdom. Roger, the chaperone for this team, was by far our favourite as he made it easy to laugh at ourselves and eased the tension for the entire trip.

On the day of competition, we left for an early start to the Agribition grounds. We bundled up in many layers because it was -35. Fortunately, we were inside for the competition, but it was still very cold in the barns. We judged a variety of animals including Shorthorn heifer calves, Hereford heifers, Holstein milking cows, ranch horses and breeding gilts. We

judged the animals, and following two hours of giving reasons, the tension of the competition finally started to subside.

On our final day at Agribition we dressed up once more for the Awards Breakfast, where another first in Alberta 4-H history was announced: Team Alberta was named top overall team, with Lindsey Douglas winning top honours! Lindsey received a \$2500 scholarship, a belt buckle, and the opportunity to judge the First Lady Classic and Futurity, not to mention the privilege of being called the best judge in the country!

All of Team Alberta sat in front row seats for the First Lady Classic, which took place on Tuesday afternoon, as we judged the heifers for ourselves and compared them to the official judges' choices, which were displayed on the big screen for everyone to see. Lindsey, being a beef project member, looked right at home judging the nearly 40 classes of heifers.

After the Lady Classic we rushed to the airport, because Ginny Smith (our wonderful and amazing chaperone) was worried that we would miss our flight - she had us packing before the last four classes were even complete! We arrived nearly an hour early, which allowed for us to make our flight with time to spare.

Our time in Agribition was one with many memories, which would not have been possible without the sponsorship of John Deere, and TD Canada Trust. ❀

During my time in Agribition I learned a lot about judging but I learned more from the people I judged with. We came from all over the country – British Columbia, Manitoba, the Maritimes, and the UK – to compete against one another for the top prize.

But it wasn't our judging skills that made us who we were, but the way that we interacted with one another; the way that we tackle problems head on, the way we crack a joke to ease the tension, the way that we represented the youth of this country; that will make us stand apart from all the others.

– Kristina Huisman
on her experience at Agribition



Back Row (l-r): Mykayla Sorenson, Cara Noble, Luke Marshall, Lindsey Salomons, Carolyn Templeton (Judging team chaperone). Front Row (l-r): Kenda Lubeck (Hippology team chaperone), Amanda Hughes, Tessa Nybo, Katelyn Dietrich & Lauren Crick.

Round It Up!

BY KATELYN DIETRICH, *Award Trip Delegate*

I haven't been very many places where I:

- need a name tag for people to know who I am,
- am expected to know French,
- am the one with an accent!

Cara, Luke, Tessa, Carolyn and I left Canada on January 6 for Denver, Colorado, (with our trip starting off with a 4-H alumni sighting of Corb Lund) where we would compete in a livestock judging competition at the Denver Western 4-H Roundup. This was a trip that all of us earned on account of our scores at Alberta 4-H's 2010 Provincial Judging Competition.

We stayed at the Renaissance Hotel with glass elevators, which made for awkward staring contests. The night we arrived we registered, and played games with all of the other contestants. They sure know how to engage in a mean game of knots! That night we stayed up too late, studying of course! I also did Luke's ironing like a champ. So if anyone ever needs some pressing, I'm your girl.

The next morning we attended practice judging at Fort Collins. Luke really wanted to drive but had to settle for co-pilot. Later there was a pin swap where many wanted the Canadian flag pin; Tessa carried the Albertan flag in the opening ceremonies for the banquet. Cara and I met two girls from Florida that had the same names as us and we met some boys from New Mexico at the dance who couldn't believe we weren't fluent in French. They tried to teach us Spanish, which Cara and I then had to use "Google" to translate.

Tension was high Saturday morning. I can never handle my nerves but everyone else had their game faces on. That morning we evaluated ten classes including feed lot heifers, performance Limousin bulls, Gelbvieh & Red Angus heifers, market lambs, Hampshire Ewes, goats, sheep and hogs. After these classes we were whisked back to the ol' Renaissance to give six sets of oral reasons.

The evening consisted of supper, a DJ, bicycle races, a rock climbing wall and to Tessa and Luke's joy, a mechanical bull! We met kids from Kansas and discussed the differences between Future Farmers of America (FFA) and 4-H, and I finally got told I had an accent!

We stayed together until the last moment. It was an excellent trip and on behalf of the Judging and Hippology teams I would like to thank everyone who made the opportunity possible. It was an experience we won't forget and, it wouldn't have been achievable without the support of those around us. Thanks to ATB Financial, the Government of Alberta and ITS Travel & Cruise; to Carolyn and Kenda for putting up with all of us; to the Hippology girls, Lindsey, Lauren, Mykayla and Amanda as our faithful travel companions and to the rest of my team, Luke, Cara and Tessa for four days of judging, making new friends and a solid good time. 🍀



Back row (l to r): Kate (from the United Kingdom); Aaron Wasserman-Bitzer; Jillian Hihn; Janice Tymofichuk; (front row) Cara Noble, Rebecca Reich; Jenalyn Myggland, Kendra Kelly, Leanna Santangelo

Alberta 4-Hers Take Toronto!

BY CARA NOBLE, *Award Trip Delegate*

The Alberta contingent of Jillian Hihn, Jenalyn Myggland, Leanna Santangelo, Aaron Wasserman-Bitzer, Kendra Kelly, Janice Tymofichuk, Rebecca Reich, myself (Cara Noble) and our wonderful chaperone Yvonne Yaremco landed in the magnificent city of Toronto, anxious and excited to start our adventure at the National 4-H Members' Conference!

We immediately began meeting people from across the country and swapping pins. After the opening ceremonies, we had the pleasure of listening to keynote speaker Mark Essay, who both inspired and entertained us. He also taught us a most interesting song that left us all saying, "My tire" as the immediate response to someone yelling "Hey!" We rounded out the evening with a social, where we learned an extremely intense (it resulted in an injury or two) version of "Shuffle Your Buns" from the crazy BC kids.

The rest of the conference was filled with a variety of tours, including the University of Guelph, a Mennonite farm and museum, the TD Bank Tower, the Royal Winter Fair and of course, the CN Tower! We also listened to a few presentations. Representatives from Syngenta and John Deere spoke to us, and we also were treated to a talk from Cindy Shickendanz, the 2009 winner of the Canadian Young Speaker for Agriculture (CYSA) competition. Our evenings were always full and interesting; one night we were entertained a witty and amusing dinner theatre and of course, the dance on the final night.

On the final day, we said goodbye to the National 4-H Members' Conference, Toronto, and our new friends that we'll never forget. 🍀



It's official: this group was definitely in Toronto.



(l to r) Lyndsay Thorlacius and fellow AltaLink employee Robin Boschman were both judges at Alberta 4-H's 2010 Provincial Communications competition.

THANK YOU FOR YOUR THANK YOUS!

**BY LYNDsay
THORLACIUS,**
*Communications
Advisor - AltaLink*

Alberta 4-H's Leaders' Conference in January was a weekend full of great sessions and great people. As a Legacy Builder sponsor of 4-H, AltaLink was invited to send a representative to the conference and I was fortunate enough to participate.

Going into the Leaders' Conference I sort of knew what to expect having been initiated into the 4-H community a few years earlier as a facilitator at Club Week. By the time Club Week had ended, I was a changed person. Not only did I learn the difference between swathing and baling and that Limousins are not automobiles, but I got to know some of the most confident and passionate young Albertans I had ever met.

At this year's Leaders' Conference, it became clear to me very quickly that the amazing 4-H members I had met at Club Week and judging at communication events were a direct result of the quality and dedication of their 4-H leaders.

Between activities at the conference, Maryanne Sandberg, Chair, 4-H Foundation of Alberta, said a few words about 4-H sponsorship. She encouraged leaders to continue sending thank you cards to sponsors to let them know how their funds are helping to support clubs.

As a 4-H sponsor, I'd like to echo what Maryanne said in terms of how much the thank you cards and pictures mean to sponsors. I read through every letter and picture and compile it into a scrapbook for our employees.

Since we can't send all 600 employees to 4-H events to get a true 4-H experience, the thank you cards and pictures allow them to get a quick glimpse into what our community investment is doing to support Alberta's young leaders.

So thank you for all of the cards that you have sent AltaLink during the past eight years and thank you sincerely for inviting us into your 4-H community. We are honoured to continue our partnership together as a Legacy Builder sponsor and Presenting Partner of the Communications program into 2013.

Read up on AltaLink's renewed dedication to Alberta 4-H on page 31

Features

When Does “Tomorrow” Change to “Today”?

BY JESS HAINSTOCK, 4-H Specialist, Resources and Communications

A few months ago, I stumbled upon my “Class of 2000” t-shirt, which likely every kid who entered kindergarten in 1987 received on their first day of school.

The shirt proudly boasts that my millennium class would be “Tomorrow’s Leaders”. At five years of age, it’s questionable if I put much thought into that title, but fast forward twenty-plus years, and there I was, surprised that I had never contemplated this before:

When does “tomorrow” start? When do “tomorrow’s leaders” change to being to “today’s”?

I decided to take it to the source and ask members what being a leader means to them, and when they thought that it was appropriate for them to become leaders.

Here is what I found out:

“A leader can be a lot of different things and take many different forms. A leader is someone who is willing to take that first step forward. Someone who will start something new. Someone to look up to. Someone who is a role model. Someone who can deal with conflict. Someone who will listen to what everyone has to say. Someone willing to take responsibility. ... When you start being a leader is up to you.”



Cara Noble, Three Rivers 4-H Beef Club



“You get to start being that leader whenever you decide to pick up the reins. ... Being a leader means creating your own path in the world and giving the chance for others to think differently.”

Avery Parkinson, Formerly of Golden Rod 4-H Multi Club

“Being a leader means inspiring others to do what they didn’t think possible; anyone can start being a leader at anytime.”

**Erin Shaw,
Bon Accord 4-H Club**



“By having great leaders when I was young, they encouraged me and taught me leadership, organizational and planning skills. Having the chance to participate in provincial 4-H programs such as Selections, Club Week and Key Member training have also helped to develop my skills.”

Siera Berg, Cadogan 4-H Light Horse Club



“One gets to be a leader as soon as they understand what leadership really is. It doesn’t happen overnight and it never ceases to stop. Leadership is neither art nor science; it adapts to different situations and different people. The real skill of being a leader is knowing that you are never the perfect leader. A true leader must remain open and honest. A leader, although the continual promoter of personal growth in others, must never fail to always grow as well.”

**Remington Shandro,
Willingdon 4-H Beef Club**

“I get to be a leader right now, whether it is through stopping bullying, being part of S.A.D.D. in my school or helping younger members in the 4-H club with various tasks. I’ll still continue to be a leader in my future in many other ways. It could be just as simple as looking out for a kid or maybe as an executive developing a strategy for a company.”

Jenalee Blackhurst, Gilby 4-H Beef Club





“To me, being a leader means that I have the ability to be the individual to bring everyone else closer together for a common goal. Being a leader is being motivated to make a change and get involved, and through that attitude, getting others to follow. I think I can always be that leader.”

Jenna Crown, Western Wranglers 4-H Club

“To me, being a leader is more than just delegating the responsibilities of others and controlling a group. It is the ability to inspire others and allow them to realize their own potential. Leadership is taking initiative within a group to put forward an idea or concept, and allowing others to take charge where their abilities are suited.”

Rosie Templeton, Readymade 4-H Beef Club



“I find that as I move forward, I take the important information and skills that I have acquired during my 4-H career and am able to adapt to any situation or challenges that might lie ahead.”

Lindsey Grover, Big Valley Outriders 4-H Club

“There is not one specific time that I became a leader. Younger kids have always looked up to older ones and I believe that I have been a leader for a while, either through my riding and barrel racing and having other kids want to achieve what I have, or through advancing in public speaking.”

Kendra Kelly, Millarville Saddle Sores 4-H Horse Club



“I believe that leadership is not something that you are born with. I was not born a confident speaker, a responsible individual, or selfless. I believe that as you grow older your leadership skills become refined and you slowly start to make yourself into the leader that you believe the world needs. Leadership is what is going to change the world, we just need to watch, learn and listen, so that we can refine our skills so that we can change our world.”

Kristina Huisman,
Meadowview 4-H Multi Club

“I think you start being a leader right when you join 4-H. You may not be running workshops or running meetings as the President but you still are learning new things and acquiring the skills to become a great leader. But when you become a senior member, I think you are actually becoming a leader. You are ... passing down things you have learned in 4-H to younger members and maybe even to fellow senior members. 4-H is always teaching us about how to be leaders so when you decide to become a leader, you are a leader.”

Kerstin Swanson, Milk River Multi 4-H Club

“Every day, just by gaining experience and working with people, I am able to expand my leadership skills, which makes me a better leader. This past year, I have started to be a more influential leader as I was the oldest of my 4-H club and had to take on many responsibilities and provide a role model example for the younger members of my club.”

Lorisa Schilling, Byemoor 4-H Beef Club

“Being a leader to me means leading by example, passing on 4-H tradition that you learned to the younger members, so that they are able to pass down those traditions to members after them.”

Leanna Santangelo, Wild &
Wooly 4-H Sheep Club





Linking Alberta 4-H Members With Public Speaking Confidence

BY PAULINE COPITHORNE

4-H Foundation of Alberta - Corporate Partnerships Coordinator

Alberta 4-H is pleased to announce our recent partnership renewal with AltaLink. Alberta 4-H and AltaLink will continue to work together in strengthening the Alberta 4-H Communications program over the next three years, with AltaLink providing more than \$100,000 in cash and in-kind contributions annually.

On February 8, 2011, the renewed partnership was officially announced at a media event hosted by AltaLink at their Calgary office. Jennifer Price, guest speaker and 4-H alumni, shared her 4-H experience and showcased the benefits of the communications skills gained through participating in 4-H. Later, a fun and interactive impromptu public speaking competition was held, in which Leigh Clarke, AltaLink Senior Vice President of External Engagement and General Counsel, demonstrated his speaking ability against friendly rivals Jennifer Price and Meghan Manor, intermediate member with Prairie Winds 4-H Club.

During the past six years, AltaLink and Alberta 4-H have been partners in providing skill enhancement and personal development to youth around the province. As an Alberta 4-H Legacy Builder, AltaLink is Presenting Partner of the Alberta 4-H Communications program at the club, district, regional and provincial levels. The skills and abilities gained from participating in 4-H, which includes the organization's renowned commu-

nications program, contributes to unparalleled outcomes for 4-H members, leaders and alumni.

AltaLink is Alberta's largest electrical transmission company. AltaLink builds and operates transmission lines that move electricity from where it is generated to where it is used. The transmission system is the vital link that connects low-cost and renewable power to Albertans.

AltaLink is Alberta's largest electrical transmission company. AltaLink builds and operates transmission lines that move electricity from where it is generated to where it is used. The transmission system is the vital link that connects low-cost and renewable power to Albertans.

Learn more about AltaLink at www.altalink.ca; to find out more about Alberta 4-H and its communication program, visit www.4h.ab.ca. ❀



(l to r) Leigh Clarke, AltaLink Senior Vice President of External Engagement and General Counsel, and Bruce Banks, Chief Executive Officer of the 4-H Foundation of Alberta, swapping signage in honour of the organizations' renewed deal.

Where Are They Now?

BY SUSANN STONE

Manager, Marketing and Special Projects

Name: Lanny Anderson

4-H Club: Czar Metiskow 4-H Beef Club

Number of years in 4-H as a member: Eight

What are you doing now?

Currently I am working for Meyers Norris Penny, a chartered accountant and business advisory firm, as the Regional Marketing Manger for Southern Alberta.

Are you still involved in 4-H?

Indirectly, yes. A busy travel schedule makes it difficult to commit my time to a specific club or activity, but there are so many ways to contribute. I have spent much of my time volunteering as a judge for public speaking. For several years a group of us helped to establish the region's annual winter camp, SnowFest, which to my knowledge, is still going strong.

What was the highlight of your 4-H career?

Realizing what I had been missing. For the first half of my 4-H career, I coasted. My brother, Kirk, was the active one and at the time, I didn't think much of it. I stayed close to my local club and did a minimal number of activities. Those who know me may have thought that winning the Provincial Public speaking competition in 1999 would have been my highlight, but it was just the beginning. That one event catapulted me into a 4-H world beyond my club, whether I liked it or not! For the first time, I truly saw what 4-H had to offer. I spent the rest of my 4-H career playing catch-up and loving every minute of it.



Lanny Anderson

What skills do you use every day that you gained through the 4-H program?

It is hard to name a few but some of the common ones that we hear like communication skills (public speaking), decision making skills (judging) and teamwork skills come to mind. In my line of work, I encounter many people from all walks of life and skill sets. It is my job to take their ideas and turn them into reality. The foundational skills obtained during my years in 4-H have been instrumental in helping me to do that.

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

4-H is full of opportunities that will last a lifetime. I had no idea how important some of the skills were until I had left 4-H. What other organization keeps on giving well after you have left? 🌿



Navigate the 4-H Website with Cleaver

Contest Deadline: July 15, 2011

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 being 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 36) 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, 2011) 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, 2011) to the:

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

January 5 – 15	

February 5 – 15	

March 5 – 15	

April 5 – 15	

May 5 – 15	

June 5 – 15	

Name:	Age:
Mailing Address:	

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.

FYI

Tire and Electronic Spring 2011
Recycle programs will run from
April 1 to June 30. Clubs, please
remember to contact the
Foundation office to register.
1.877.682.2153.

Training for Young Farmers

FYI

BY NICOLE HORNETT

Farm Safety Coordinator – South Region

For almost five years, the Farm Safety and Green Certificate programs have contributed towards a workshop to increase young farm workers' awareness and knowledge of personal safety and safe farm practices. On May 3, those over the age of 14 are invited to take part in the Young Farm Workers Safety Training Workshop.

Hosted at Olds College, this day-long workshop includes a morning group presentation, "Moving Emergency Services from Talk to Action" (presented by the Olds Emergency Services), as well your choice of one morning and one afternoon breakout session:

Morning Session Options

- Fire Extinguisher Training (Certificate)
- Farm Chemical Safety
- Farm Hazard Assessment
- Rural Roads, Staying Safe as a Young Driver
- Farrier and Veterinarian Safety
- GPS Systems and Emergency Services

Afternoon Session Options

- Emergency CPR – Adult (Certificate)
- Large Animal Safety
- ATV and Small Tool Safety
- Equine Safety
- Tractor Rollover/Bale Handling
- Chemical Safety on the Farm

Lunch and a tour of Olds College are also included in the \$40 registration fee. For more information or to register online, go to www.centralalberta.safecommunities.com. ❁

Alberta 4-H Branch – Creating Leaders

BY JESS HAINSTOCK, 4-H Specialist – Resource Development and Communications

Growing leaders is a job that Alberta 4-H takes seriously.

As a Branch, growing leaders is the objective we work tirelessly to achieve through the programs we run, the resources we create, the way we allocate our time, expertise and resources. It is an action on which our evaluative bottom line falls. Providing for our future and present leaders is always our focus.

This past year has been exceptional for what the Branch has developed in terms of new programs, workshops, resources and initiatives. All of this, in the effort to increase and complement our opportunities for members and leaders' leadership training.

A year ago, the Branch initiated a Program Review. The purpose of the review was to determine if the programs that were being offered on a Provincial and Regional basis were meeting the knowledge, affirmation, skill and aspiration-related needs of our members and leaders. The findings of this review proved to be insightful for the Branch in terms of helping us to see skill areas that were requiring more focus and expansion. In the upcoming year, these findings will translate into much-needed experiential learning opportunities and the development of industry-applicable skills for our members and leaders, so stay tuned for updates.

Staying tuned in and having access to 4-H updates has actually never been easier. The Branch placed considerable focus on electronic developments and methods of delivery this year after having a member recruitment and retention survey conducted in the early part of 2010 that clearly indicated that a shift towards more advanced communication technology was required. Our members will be entering a workforce that is changing from what it was in the not-so-distant past, and if 4-H is committed to its promise of imparting life skills to their members and leaders, then embracing web 2.0 applications and technology is essential.

The Branch launched a 4-H Facebook page, where updates, program dates and information and an online 4-H community is but a key stroke away. We also created three CD-based resources,

The Club Executive Pack CD is just one example of the Alberta 4-H Branch's initiative to "go electronic."



which were distributed last fall. The Club Registration and Supplies, Alberta 4-H Policies and Procedures, and the 4-H Executive Training Pack CDs were all warmly received in the regions, with the 4-H Family supporting the movement to fillable, saveable and printable pdfs.

Realizing that it is the personal interaction as much as it is the resource material that ensures proper training and skill development, the Branch crafted and launched "Something to Say" workshops in two of our seven regions. These 24-hour workshops aim to give members that little bit of extra learning and practice time with their communications skills. In addition, the workshops provided an excellent venue for the delivery of Alberta 4-H's interactive eLearning tool, "From Paper to Podium."

Another outstanding example of the Branch delivering what members, leaders and parents are looking for was the facilitation of Summer Synergy. This program brought together 341 youth, over 600 head of livestock and gave away more than \$40,000 in post secondary scholarships. Summer Synergy was founded on a partnership involving Alberta 4-H, along with Calgary Stampede, Olds Agricultural Society and Olds College. The goal of those involved with the planning and delivering of Summer Synergy is that it hopes to become the "destination of choice" for summer youth livestock shows. Launched in July 2010, Summer Synergy will continue to provide countless opportunities for the rural youth of Alberta including our 4-H members, Alberta Junior Angus, Charolais, Hereford and Simmental Associations.

Leadership development opportunities have been and will continue to be a focus of the Branch, with these above projects and initiatives being just a taste of what we've been doing in terms of programming and resource creation. We would love your feedback on how you feel we're with building leadership capacity in rural Alberta. Feel free to email us your thoughts and opinions at info@4h.ab.ca or, "like" us on Facebook. Either way, let's be in touch. ❁



Beef Heifer Show 2010, which take place as part of Summer Synergy, offered members wonderful opportunities for skill enhancement and learning.



Mark Shand, 4-H Programs Specialist, delivers a session at SMC on resume writing and interview etiquette. Yet another example of how the Branch is working to develop the leadership capacity of Alberta's youth.

UFA & Alberta 4-H – Recognizing Outstanding Volunteers



BY CARMEN STONE, *Manager, Corporate Partnerships*

UFA and Alberta 4-H partnered together to recognize five 4-H alumni volunteers for their outstanding 2010 contributions to their communities. The volunteers were acknowledged during Alberta Farm Safety Week, March 13-19, 2011, at various UFA Farm & Ranch Supply stores. Recipients of the UFA 4-H Alumni Volunteer Service Award were presented with a \$2,000 UFA gift certificate in recognition of their contributions.

“We deeply value the UFA 4-H Alumni Volunteer Service Award because promoting, celebrating and investing in Alberta’s rural community is one of our top priorities. The award allows UFA to showcase the importance of volunteers; and 4-H volunteers are the backbone of Alberta’s rural communities,” said Bob Nelson, UFA President and CEO.

Each year, the UFA 4-H Alumni Volunteer Service Award recognizes recipients that have demonstrated leadership through volunteerism. Every recipient has made noteworthy contributions to the development and advancement of their local community by getting involved in 4-H and other community activities.

In order to be recognized, the 4-H Alumni recipients must be between the age of 20 and 35, pursue post-secondary education, return and remain committed to their rural roots, and enhance their community as a 4-H volunteer for at least two years. 🌱

Congratulations to 2010 UFA 4-H Alumni Volunteer Service Award Recipients:

Recipient Name:	Janette Bamford
Hometown:	Dewinton, Alberta
Former 4-H Club:	Millarville Stockland 4-H Beef Club
Recipient Name:	Becky Pedersen
Hometown:	Edgerton, Alberta
Former 4-H Club:	Paradise Valley 4-H Beef Club
Recipient Name:	Shayna Pugh
Hometown:	Ponoka, Alberta
Former 4-H Club:	Silver Valley 4-H Riders
Recipient Name:	Matt Tanner
Hometown:	Calgary, Alberta
Former 4-H Club:	Bow Valley Beef & Multi 4-H
Recipient Name:	Jessica Verbeek
Hometown:	Morinville, Alberta
Former 4-H Club:	Riviere Qui Barre 4-H Multi

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Club+District Articles



Rimbey Recycles!

On November 12, 2010, the Rimbey 4-H Club tackled their tire recycling fundraiser. If your club is interested in taking part in one of Alberta 4-H's recycling fundraisers, please contact Joan Stone at the 4-H Foundation of Alberta: 1-877-898-7823/ joan.stone@4hab.com. ♻️





Members of the Vermilion Golden Threads 4-H Multi Club show off their wool sock snow(wo)men.

4-H Leaders on the Loose

BY KAITLYN BARLOW & REBECCA JOSEPH, *Club Leaders*

Every 4-H member must make the decision of whether or not to continue with the 4-H program. We were faced with this decision when entering post secondary: stay 4-H members, leave the program or become leaders?

4-H is a program that provided us with many opportunities: lifelong friends, travel and numerous skills that will be beneficial throughout our lives. We could never imagine a life without 4-H; what would we do with all our spare time? It became clear that we had to be involved, but in what capacity? Leader or member? The highest award any 4-H member can achieve is the earning of a Platinum Award of Excellence. Both having received this award, we decided that our time of being a member was coming to an end, which meant that the only other option was to become a leader. It was the perfect opportunity to give back to a program that gave us so much, and ensure the members gain all that they can from each experience.

Vermilion Golden Threads 4-H Multi Club was looking for leaders, giving us our opening to start the next chapter of our 4-H careers. Together, we are taking on the responsibilities of being the Creative Options Project Leaders, helping out with the Communications competition and being the “Fun” Leaders, which is by far the best part of our positions. For each monthly meeting, we decided to plan a short event or craft to keep the members engaged in the program, and keep them looking forward to our meetings. With November being National 4-H Month, we came up with something fun to promote the great aspects of the 4-H program: each member decorated their own shirt, with fabric paints and markers and wore them to school the next day. Everyone got to choose their favourite aspects of their 4-H careers, and promote them to their friends. In Decem-

ber, we planned a snowman craft, which had us making snow-people out of socks! Each member was able to be creative and decorate their men, or women, in whichever way they chose. Each monthly meeting in the Vermilion Golden Threads Multi Club has its business, but then we break out the entertainment!

We are both enjoying this great opportunity! Being a leader is so rewarding; it is a great feeling to see the joy on the members faces when they are having fun. Neither of us will ever forget our time as members, and hope we can give everything to our members that our leaders gave to us. Without 4-H in our lives we wouldn't be the people we are today.

Becoming 4-H leaders was something that we will never regret. Right now we are planning fun events for our local club, but watch out, because we are 4-H leaders, and we are on the loose! ❀



(l to r) Kaitlyn and Rebecca definitely believe in the benefits of the 4-H program; some might even say that they “back” it.



(l to r, back row) Emily Ritchie; (front row) Nicole Oliver, Maria Vigneron and Megan Rawn.

Happy Trails

BY NICOLE OLIVER, *Club Reporter*

We're half way through our 4-H year and have been very busy with our regular rides. We've done bomb-proofing and horsemanship clinics, and started with the first of our gymkhanas. Unfortunately with the extreme cold weather some of our rides have been cancelled but we are really looking forward to lots of riding in the spring. We just finished making salt block holders for our winter workshop, which was a great idea with the amount of snow we have received in southern Alberta.

Some of our members braved a blizzard to make it to district curling and public speaking workshops. Our public speaking day was a huge success with great topics being covered – even one on global warming. Let's see: a high of -25 one day, and still more snow, hmmm. Our members are looking forward to more gymkhanas, the upcoming horse shows, and our Achievement Day, which we've already started preparations on.

I would like to take a moment to thank some of the companies that have sponsored us so far this year: AltaLink for public speaking, Rowe Water Systems and Millarville Motors for winter workshop and Sears for their grant. ❀

Bluffton 4-H Issues A Challenge

BY BEN TRENSON, *Club Reporter* & MARIAN JOHNSON, *Leader*

The Bluffton West 4-H Beef Club is proud to donate \$1000 to the Central Alberta Ronald McDonald House. Our club would like to challenge all other clubs to donate to Ronald McDonald House, or another worthwhile cause or charity in their area.

On November 27, 2010, a fundraiser featuring Ben Crane as the entertainer was held at the Hoadley Hall, and it was a huge success. The overall atmosphere was joyous with Ben and his daughters, Stephanie and Jessica, putting on a terrific show for the full hall. A silent auction was also held in conjunction with this event. Of the money raised from this event, \$1000 is being donated to the Central Alberta Ronald McDonald House.

Another special feature of the event was the recognition of our own hometown hero John Curtis. He was nominated for the UFA Small Town Hero Contest.

4-H is a great organization for promoting strong community spirit. Great work Bluffton 4-H! ❀



Ben Crane entertains the crowd at Bluffton 4-H's fundraiser.



Members of the Coronation Range Riders at the club's June 2010 rodeo.

Coronation Range Riders Ride Again!

BY AMBER BURKINSHAW, *Club Reporter*

The Coronation Range Riders have had a lot of fun over the past year! We held a rodeo last June 26, which took place at the Coronation Rodeo grounds. There was barrel racing, pole bending,

and key hole classes. Some of the other events were goat tying, breakaway roping, and team roping; there was even steer riding! The weather was threatening to soak us until the sun came out and dried us all off. Buckles were awarded to the winners and water bottles for some of the special categories, which included bravery, and other different feats.

Another one of our club's highlights from 2010 was our trail ride. It took place on July 31 near the Lorraine Bridge. Our guides were Wayne Barnes and Craig Brown. We rode in the afternoon and crossed the Battle River many times. Some of us even took our horses and swam them in the river. Our saddles and cinches ended up soaked.

Our public speaking competition went really well this year. It was held in the Brownfield Church on February 11. Kaden Kopas was our chairperson, and there was one junior and one intermediate presentation, as well as one senior speech and two intermediate speeches, so needless to say, the event went really quickly! It was really interesting to listen to the speeches and the presentations.

On March 18, 2011, we headed to the Coronation Assisted Living, where we took our pets to visit with the residents there for a bit. It went really well, and we're looking forward to another fun-filled year. ❀



Members of Consort Creative Hands 2nd Lt. Jordan (far left).

The Best Field Trip Ever

BY THE CONSORT CREATIVE HANDS 4-H CLUB

On Thursday November 11, Consort Creative Hands 4-H Club left for Cold Lake on the club's annual field trip. Thursday night and Friday morning were spent in the hotel swimming pool but lunch time found us all excited about our real mission of the day: CFB Cold Lake.

We arrived on the base at 12:30 p.m. and met our guide, 2nd Lieutenant Jordan at the Canex. The Canex houses Canada Post, a super mart and a lounge. At 12:45 p.m. we boarded "The Pickle" (our military bus transportation) and headed out to the first stop of our tour, the 419 Training Squadron. Major Stig Lorentzen met us and whisked us out on to the tarmac, which was in front of the hangar, to have our group photo taken in front of

the CT-155 Hawk. We were taken to the briefing room next for a condensed history of the 419 Squadron, including why they use the flight simulator, and what it takes to become a fighter pilot. We toured the flight simulator; the cockpit of the simulator is an actual Hawk cockpit with a screen that projects 360 degrees. We had a close up look of the Hawk in the hangar, where we were allowed to climb up and look right into the jet! From here we said goodbye to the "Moose" (419 Insignia) Squadron, boarded The Pickle and headed out to our next stop.

The 1AMS Engine Bay is where the jet engines are removed and repaired. We toured an engine that was partly dismantled and learned how all of the fan blades inside compress the air as it moves through the engine, eventually blowing it out the back. We moved to another building to see an actual test fire on an engine. Here, we learned that engines can only be in the bay with double hearing protection for 90 seconds in an eight hour period with the engine running, and that an engine burns one litre of fuel per second. In the bay, some of us were also lucky enough to climb up and stand on the wing of a CF-18.

Back aboard The Pickle we moved over to Hangar #1 for our last stop. This is where the weather control, radar, and the control tower are found. The weather station was interesting; we learned how weather systems affect flying at the base and also how to measure moisture in snow and wind speeds. We climbed over 120 stairs to the control tower where we learned that CFB Cold Lake has two parallel runways, one of which is a shuttle runway, meaning that it is long enough for a space shuttle to land there. We toured the "dungeon," where all coming and going flights from the base are tracked, as well any commercial flight for hundreds of miles around Cold Lake. One last time we boarded The Pickle and headed back to the Canex where we thanked our driver and our guide for a fabulous day.

In conclusion, the 4-Hers and parents have deemed CFB Cold Lake "the best field trip EVER!" ❁

February Fun!

BY SAVANNA SARANCHUK, *Club Reporter*

The Western Wranglers 4-H Multi Club had a blast in February.

February 5 was a District Judging Workshop. It started at 9:00 a.m., and there were 50-100 kids there, so we had to split into four groups. There were four different things to judge before lunch: silage, footwear, dairy and model ponies. After the judging workshop, we went swimming at the Stan Siwik Swimming Pool.

Next, we had one of our riding days on February 6.

On February 11, we had our public speaking competition. We had seven amazing judges and twenty amazing speeches and impromptus.

The next day was the Chinook Rodeo in Magrath, Alberta. We worked the doors, sold 50/50 tickets and collected bottles. It was very successful.

February 16 was our Vet Clinic at Ranch Docs, a local vet clinic. Most of the members brought paper and a pen to take notes, which was good because we learned about a lot of stuff, like how much to feed our horses, vaccinations, capillary refills and how to take our horse's weight using a tape measure.

On the February 20, we had our last monthly ride day. There were only three riders there. We reviewed safety, did health checks on our horses, and then we ran barrels.

February 18 to 20 was Snow Fest, which one of our members, Lexi Dietrich, attended.

Until next time, this is Savanna Saranchuk from Western Wranglers, reporting on February Fun! ❁

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The Foothills Performing Arts 4-H Club's ATB Financial display.



Annnnd, their Safeway display.

Promoting National 4-H Month – A Full Day's Work!

BY HEATHER DRIEDGER, 4-H Leader

On November 12, four 4-H members, two leaders and one parent of the Foothills Performing Arts 4-H Club welcomed patrons of the Okotoks' ATB Financial by not only greeting them, but introducing them to the 4-H display we had brought with us. Two of the members took turns being Cleaver the Beaver, who entertained the adults and youth inside the bank, as well as at the door and even waving at cars from the sidewalk.

Members directed people to the display and handed out 4-H balloons, tattoos, bookmarks, information booklets and offered people complementary cookies and water, which the bank had provided. The upright display, which members and leaders worked together to create, included information on what is required of 4-H members, photos of our performing arts project performances and the activities that our club participates in. On the table we displayed our club's history book, which included three years of club records and photos, a sample winning record book, and a leaders' manual.

The club chose ATB Financial because they are one of Alberta 4-H's Legacy Builder sponsors, and this branch in particular is very enthusiastic about promoting 4-H as they entered the Gord Bamford concert contest. We really enjoyed this location and the members look forward to doing this again. Having Cleaver made it fun for the members and the public.

Later that same day, another five of the club's members, along with one leader, set up a display at the Okotoks' Safeway. The evening was spent greeting customers, while using the display to introduce them to the 4-H program and our club. Cleaver and two members had great fun around the grocery store. The club chose Safeway because they are one of the Legacy Builder sponsors for 4-H.

The Calgary Regional 4-H Council would like to congratulate the Foothills Performing Arts 4-H Club for their winning submission to the region's 1st annual Calgary Region 4-H Display Competition. The competition was created to encourage clubs and districts in the Calgary Region to promote 4-H in their community during November.

The regional competition will award up to two \$100.00 awards each year. Competition rules and details can be found on the Alberta 4-H webpage under "Regional Info" (select Calgary region on the province map, then select "Info"). 🍀



Groundwork during the recent natural horsemanship clinic.

Projects, Fun and Fundraisers

BY CLAIRE SANDERCOCK, Club Reporter

Our club's name is "Looma Lights Light Horse 4-H Club." Our goals are to help members grow in their horse-handling skills,

communication skills, and the like. We also have a lot of fun – don't forget that! Each of our members has a project horse that they work with for the year, starting in September, and keep records on until about June. We are based in Looma, which is southeast of Edmonton. We meet about once a month, plus other activities mixed in with the meetings, or held on their own.

Some of those activities are just for fun, like the sleepover. Last year, the club sleepover was uneventful, but this year, the pipes froze in the hall that we were going to stay in! Other activities are mandatory: public speaking, for example. We had that event on January 23, and everyone had a lot of (nerve-racking) fun. And, some of our activities are quite beneficial, fun, but not mandatory, like the two workshops we held on January 29 – 30. So many people attended the workshops that we had to split into two groups! And then we began to learn the art of horse whispering.

And finally, on to the major fundraiser our club held to raise money for a weekend of trail riding that we plan to do later in the season. It was a silent auction, dinner, and dance on March 19. Doors opened at 6:00 p.m. with the dancing beginning at 8 p.m. Everyone who likes dancing, very good food, and a great chance to get some interesting auction items came out and enjoyed themselves.

We would like to thank our sponsors for the fundraiser: Sherwood Park Walmart, Looma Hall, the Government of Alberta, 4-H Foundation of Alberta, UFA Co-operative Limited, Altalink, ATB Financial, Safeway, Encana and Rural Alberta's Development Fund (RADF). 🍀



(l to r) Rachelle Gelden from Perfect Paws, Emily Ritchie, District Key Member and Katie Tulloch, from the Foothills Performing Arts recording "4-H Connection."

CHALK UP ANOTHER OPPORTUNITY REALIZED THROUGH 4-H

BY EMILY RITCHIE, *Foothills 4-H District Key Member*

It is a widely accepted known fact that 4-H is full of wonderful opportunities for youth, and the Foothills District has just added a new opportunity to that list. As of January 29, the Foothills 4-H District is on the radio, and 4-H members of all ages are bringing 4-H news to listeners from all across the province on AM 1140. On January 25, I, along with a few other members from the district had the opportunity to write and record a script for a radio spot in the coming month. It was a casual, non-intimidating experience that was over as quickly as it began. One at a time, we each took turns reading what we had written down, went into the booth and recorded it. Although I was completely familiar with my script, I still managed to make a few mistakes. Lucky for technology though; the producer informed me that she would be able to edit my mistakes out.

A few days after the recoding, I had the opportunity to listen to the finished product and it was incredible to hear what the producers at AM 1140 were able to do with a small sound recording. I have to admit though; it was awfully bizarre to hear my own voice!

I would like to send out a big thank you to all those at AM 1140 who were involved in the process and the workshops, as well as Cargill Meat Solutions for their sponsorship! None of this would be possible without you and don't forget to tune in every Saturday at 12:40 pm on AM 1140 for the new "4-H Connection"! 🍀

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All 30 members of the Grande Prairie 4-H Multi Club on Public Speaking Day.

Back and Better than Ever!

BY ALLY BOTTEN-MIZZARO, 4-H Member

“FOUR!” the general leader calls to the club, followed by a resounding chorus of “H”s!

The first meeting of the year for the Grande Prairie 4-H Multi Club was back in the fall, where many old and many new faces were seen. Projects, leaders, and committees were all decided on as old members fell back into the 4-H groove and new members learned the working of things.

The Grande Prairie 4-H Multi Club has 30 members this year, and several projects such as beef, market lamb, canine, horse, photography and small animals (which includes rabbits and cats). This year is going to be a successful one for the Grande Prairie club – everyone thinks so.

“I love 4-H and there is nothing I would change about the club,” says Lindsay Lloyd, one of club’s returning members. It is her fourth year in 4-H and third year in the Grande Prairie club. “There is a ton of stuff I want to do, like camps and workshops.” Everyone is excited for the upcoming year, whether they are returning members or are brand-new to 4-H.

The club’s General Leader Natalie Mayne, who is an excellent leader, is returning for her second year. Natalie is also excited for this year and thinks that it will be lots of fun. 4-H isn’t just about fun though, it also involves a lot of hard work and gives members an experience that will influence them for the rest of their lives.

“I think 4-H teaches youth to be independent, responsible thinkers,” Natalie Mayne said. “This year should be a very good year for the Grande Prairie club, with lots of hard work and smiles as we work our way toward our Achievement Days.”

Now in the middle of our 4-H year, the club has been very busy with all of the members hard at work, meeting, filling out record books and working to complete their projects.

In December the club had their Christmas Party, which was a great success. It was a winter triathlon theme and was held in our local park. Instead of having a Secret Santa gift exchange the members agreed to donate money to a community organization; however when the club heard that one of their families had a fire in their basement, the club members decided to support the family by donating the money to them.

On February 13 the club had its Public Speaking Day; everyone did awesome and the winners will move on to Districts. Upcoming for the club is community service. The members will meet to bake cookies for bag lunches to be made for the Salvation Army. Those who cannot make it will volunteer at the SPCA. I am sure the community service project will be successful just like all of the previous years! 🍀



(back row, l to r) Ryley Patriquin, Kassidy Geiger (holding banner), Cole Huppertz, Sarah Eigner, Dante Lussion, Kendal Geiger (holding banner) Rylan Ruch, (middle row) Regan Ruch, Shaun Zukowski, Evan Patriquin, Tonie Zutz, Emilie Lussion, Rebecca Zutz, Mateo Lussion, and Kaylee Huppertz.

There’s Heifer Where??

BY REGAN RUCH, Junior Member, Golden Sunset Beef 4-H Club

“There’s a Heifer In Your Tank” (HIYT) is a University of Alberta production, done by the Animal Science 200 Class. HIYT was created by Dr. Frank Robinson, who started it all as a power point presentation to answer animal science questions that you never knew you had. The Animal Science 200 Class later turned their animal science questions and answers into skits that were performed live at different venues around Alberta. HIYT is now done through short video clips, performed and produced by students of the U of A under the direction of Dr. Martin Zuidof (a former grad student and co-professor of the 200-level class) and Dana Penrice (coordinator) as well as former students of the program like Chelsea Geiger, who are learning coaches (present to help the class build community).

Chelsea, who is also a leader of the Golden Sunset Beef 4-H Club (a former 4-Her herself) approached the club members with a couple of questions such as, “What does 4-H mean to you?” and “What do you do on your farm that is ‘green?’” All members were eager to answer Chelsea’s questions while she videotaped members at their beef weigh-in day, or at their farms. Chelsea then took all the clips and made a video of the Golden Sunset 4-H members, which is also included with the U of A’s November 2010 “Emerald Hooves – Following the Yellow Brick Road to a Greener Farm” HIYT video. Videos of the Winter 2010 HIYT series, which includes the Golden Sunset 4-H Beef Club’s video, can be purchased from the U of A. 🍀



AND THEY'RE OFF!

BY ALLISON KRAUS, *Club Reporter*



"On Reba, on Rowdy, on Newt, Normy and Martha!" Funny, it doesn't have quite the same ring to it, does it?

Wind in your hair, snow ripping past underneath your feet as you hold on to a reindeer in front of you - crazy, right? Well it just so happens that this is exactly what the 4-H Millarville Mutts and Mustangs and other 4-H club members did at the Reindeer Races held on December 18, 2010, at the Millarville Racetrack. They had tons of fun with all the games the 4-H seniors had set up like tug-of-war, toboggan races and relay races - they even had hayrides and a camp fire!

But, of course, the most popular event of the day was the Reindeer Races, where two reindeer would race, and members, who were wearing snow skis and holding on to water skiing ropes, were tied on to the reindeers' harness. Then, members would let the reindeer loose and race each other down the track! The 4-H racers had been selected beforehand by a draw in their club, and racers got to practice the day before so that they knew what to expect. Two races were even auctioned off, and in one of the races Millarville Mutts and Mustangs D'Arcy Falasconi, the club's horse leader, raced against Karen Barnert, the club's canine leader! D'Arcy and her reindeer had the fastest time of the day. Karen's reindeer ditched Karen in the snow bank along

the side of the track! It was very entertaining, cheering on all the racers and the reindeer!

The 4-H clubs had tons of fun participating and the Millarville Mutts and Mustangs had lots of fun co-hosting the event with the 4-H Millarville Saddle Sores. The 4-H clubs would like to thank the Millarville Racing and Agricultural Society for allowing us to use the racetrack; Dennis Halstead for his entertaining emceeing; Robin Ingram for being an awesome announcer; Joanne Gourley and Suzon Watkinz, our Key Leaders, for all of their great help and leadership; Steve Smith for helping with the reindeer, and Dennis Halstead, Jill Dakers and Ron Young, who won the races they bid on; which was done in support of the 4-H Foothills scholarship fund.

Also thank you to all the 4-H senior members who helped out by running the games, and to the 4-H families and friends who participated in making the reindeer games so fun, and such a success! One last big thank you to Wade Graves and his Reindeer: Reba, Rowdy, Newt, Normy, Martha and all the other Reindeer! We look forward to next year's Reindeer Races! ❁

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STAT SHEET: St. Paul District 4-H Invitational Heifer Show

BY SHELLEY TYMOFICHUK, 4-H Leader

EVENT SUMMARY

Due to low registrations from a busy spring, sponsorship money from Kubota was much appreciated as it was used to help cover show costs. Upon arrival, members chose the stall that they would like, which saw members from the different clubs interspersed in the barn, working together in preparation for the show.

Half way through the show, a power outage occurred, but the show went on with the barn's doors being opened to let in the light, and the emcee and judges using their 4-H public speaking voices! The environment of the show was very relaxed, with everyone enjoying the day and families visiting with families from different clubs. Community visitors also stopped by to see what was going on.

PARTICIPATING CLUBS

Elk Point Multi, St. Paul Multi, Goodridge Beef, Clandonald Beef

SPECTATOR CLUBS

St. Lina Beef

CLASSES

**GROOMING
COMPETITION**
**JUDGING
SHOWMANSHIP
CONFORMATION**

NUMBER OF MEMBERS IN ATTENDANCE

8 Juniors, with four being non-female project members (without animals)
7 Intermediates, with two being non-female project members (without animals)
3 Seniors

SHOW HELD

Sunday, June 13,
2010, at the St.
Paul Ag Corral.

Grooming
competition started
at noon; show
started at 1 p.m.

PROJECTS SHOWN

11 yearling heifers
Three two-year old cow/calf pairs
Two three-year old cow/calf pairs
Five members participating without a project animal (animals shared for judging, showmanship). This is for 4-H project exposure!

AWARDS

1st place prizes: sponsored-embroidered jackets and vests; placing, member name and show name also embroidered on the items.

2nd place prizes: show sticks, grooming supplies and equipment; sponsored by our district and supplemented by Kubota.

Grand/Reserve awards for yearlings, two-year olds, and supreme female: sponsored-embroidered jackets.



Members kicked off the show by gathering together and reciting the 4-H Pledge.



Nicole Tymofichuk with her Grand Champion cow/calf project; Hannah Porozni (a horse project member) is holding the calf. This photo is the perfect example of how members from all projects were encouraged to take part in this show.

Welcome to the debut of “My 4-H”

The purpose of “My 4-H” is to find out from members and leaders what it is that made 4-H be theirs. What was it about the 4-H program that makes it be able to cater to and fit the needs of so many different people, at so many different ages, at such different points of their lives?

MEMBER OF THE CRAFTY CREW 4-H MULTI CLUB AND THE BIG VALLEY OUTRIDERS 4-H HORSE CLUB.

ENROLLED IN CRAFT, SEWING, PHOTOGRAPHY, SCRAPBOOKING AND LIGHT HORSE PROJECTS.

NINE YEAR VETERAN.

MEET LINDSEY GROVER'S 4-H.

My 4-H...

I think the most influential experience that I had in my 4-H career would be becoming an Ambassador in 2009. My experience at Selections was positive, and like all of the previous 4-H programs I had attended, I learned a lot about the person that was going to leave home and move on to college. I found that by becoming an Ambassador I didn't have to completely leave my experiences from high school and home behind when I embarked on my journey to college. I found that by helping other regions, I realized a more fulfilling “end” to my 4-H career.

I found that attending programs – Horse Classic, Provincial Judging, and numerous summer programs – really helped to shape who I have become, and created some of my best 4-H-related memories. I think that the friends and experiences that 4-H has afforded me has made the 4-H program a fit in my life, and has made the program feel like mine.



PROUD SPONSOR of 4-H



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BEHIND.**

EXPERIENCE THE
EVOLUTION
OF WESTERN WEAR



Lammle's Western Wear & Tack is pleased to offer 4-H members a discount of 10% off sale and regular priced items, including saddles (excluding advertised sale items).

Lammle's also accepts local requests for donations and sponsorships of your club. Please talk with the Lammle's Store Manager in your area for support or visit www.lammles.com for more information.

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Dream it. Achieve it.

A successful 4-H project takes planning, dedication and sometimes a little help. UFA can lend a hand. From feed to tack to grooming supplies, we've got what you need to achieve a winning project.

