

# Alberta

VOLUME THREE • ISSUE THREE  
WINTER 2007

# 4-H MAGAZINE

[www.4h.ab.ca](http://www.4h.ab.ca)



## UFA Commits \$1 Million to Alberta 4-H!

page 34 & 35

## Last chance for 'Spread the Word Cleaver' contest

page 5



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## Submission Guidelines

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

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

### Please submit:

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

### Please avoid submitting:

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

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

## Alberta 4-H Magazine

### Editor:

Cameron Horner

*4-H Specialist – Communication and Marketing*

### Administrative Assistant:

Cathrine Schribar

### Design & Layout:

Perpetual Notion Inc. – [www.perpetualnotion.ca](http://www.perpetualnotion.ca)

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

### 4-H Branch

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

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

### Deadlines for submissions:

March 1, August 1 & November 1

### Distribution to public:

April 1, September 1 & December 1

## Advertising Inquiries

Please contact the 4-H Foundation of Alberta at 1.877.682.2153 or [foundation@4hab.com](mailto:foundation@4hab.com)

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

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

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## on the cover

Despite there being nearly thirty years worth of history between the time that this photo was taken to now, some things, like the smile of achievement on a member's face, remain the same.

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

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

# Editorial



Wow, what a hectic first couple of weeks on the new job but let me say what a great honour it is to be back in the 4-H saddle! Thank you to everyone for making the transition as smooth as possible.

It has been a COUPLE of years since my days as a member of the St. Paul 4-H Multi Club but some things in 4-H just do not change. The people are still great – some of the same ones who were with 4-H when I was a member are still involved in

the program now; but, I will not be naming any names and, most importantly, it is a program that is still all about learning and having fun! What other organization could actually make Highway Clean-up and early awakenings to wash calves with cold water enjoyable?

Well enough about me – the real reason you opened the December issue of the *4-H Magazine* is because you all want to know what exciting things are happening. Well...

Did you know the theme for Club Week in 1972 was “In Search of Self”? If the answer is no, be sure to check out the “Fun Facts” page that has all sorts of neat tidbits from the early 70’s. Also, be sure to catch-up on what happened at Key Member Training and do not forget the SALTT conference! In addition, 4-H has some FANTASTIC sponsorship news on page 34 & 35.

The Canadian 4-H Council has launched a nationwide Alumni recruitment campaign, which is outlined on page 43, and read about some of the neat things 4-H members are doing this year and have done in years prior in the ‘Features’ section. Our famed mascot, Cleaver, is out on the road again, this time in the shadows of some great architectural work. Think you know where he is? Fill out the entry form for your chance to win!

Finally, I would like to say thank you and best wishes to Jess Hainstock. At the end of December Jess will be leaving us for the bright lights of Toronto to work for ELLE Canada – yes that magazine. For those of you who have had the pleasure of getting to know this wonderful lady you no doubt were subjected to her enthusiasm and passion for the 4-H program. You will be sorely missed.

I hope you enjoy reading the magazine as much as we enjoy putting it together.

Merry Christmas and Happy New Year to all!

**Cameron Horner**

EDITOR  
COMMUNICATIONS AND MARKETING SPECIALIST

## Contact List

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

|   |   |
|---|---|
| <b>Branch Head</b><br>Marguerite Stark          | <b>97 East Lake Ramp NE, Airdrie, AB T4A 0C3</b><br>P: 403.948.8510 F: 403.948.2069                             |
| <b>South</b><br>Ginny Smith                     | <b>100, 5401-1 Ave S, Lethbridge, AB T1J 4V6</b><br>Program Assistant<br>P: 403.381.5815 F: 403.382.4526        |
| Rob Smith                                       | Regional Specialist<br>P: 403.381.5815 F: 403.382.4526  |
| <b>Calgary</b><br>Rob Smith                     | <b>97 East Lake Ramp NE, Airdrie, AB T4A 0C3</b><br>Regional Specialist<br>P: 403.948.8501 F: 403.948.2069      |
| <b>East/West Central</b><br>Janet Kerr          | <b>Box 600, Stettler, AB T0C 2L0</b><br>Regional Specialist<br>P: 403.742.7547 F: 403.742.7575                  |
| <b>Northeast</b><br>Leila Hickman               | <b>Box 24, 4701-52 St, Vermilion, AB T9X 1J9</b><br>Regional Specialist<br>P: 780.853.8115 F: 780.853.4776      |
| <b>Northwest</b><br>Jocelyn McKinnon            | <b>Box 4560, Barrhead, AB T7N 1A4</b><br>Regional Specialist<br>P: 780.674.8250 F: 780.674.8309                 |
| <b>Peace</b><br>Stacy Murray                    | <b>Box 159, 109-102 Ave, Fairview, AB T0H 1L0</b><br>Regional Specialist<br>P: 780.835.7537 F: 780.835.3600     |
| <b>Airdrie Office</b><br>Karren Griffiths       | <b>97 East Lake Ramp NE, Airdrie, AB T4A 0C3</b><br>Administrative Assistant<br>P: 403.948.8509 F: 403.948.2069 |
| Mark Shand                                      | Programs Specialist<br>P: 403.948.8508 F: 403.948.2069  |
| <b>Edmonton Office</b><br>Stephanie DeAlexandra | <b>200, 7000-113 St, Edmonton, AB T6H 5T6</b><br>Registrar<br>P: 780.427.4426 F: 780.422.7755                   |
| Jess Hainstock                                  | Communications and Marketing Assistant<br>P: 780.427.4462 F: 780.422.7755                                       |
| Cameron Horner                                  | Communications and Marketing Specialist<br>P: 780.427.0753 F: 780.422.7755                                      |
| Terri Potter                                    | Leadership and Resource Development Specialist<br>P: 780.427.4466 F: 780.422.7755                               |
| Cathrine Schribar                               | Administrative Assistant<br>P: 780.415.8606 F: 780.422.7755   |
| Corinne Skulmoski                               | Electronic Desktop Publisher<br>P: 780.427.4340 F: 780.422.7755   |
| Henry Wiegman                                   | Sponsor Liaison and Ag Project Specialist<br>P: 780.427.4532 F: 780.422.7755                                    |
| <b>4-H FOUNDATION</b><br>Bruce Banks            | <b>RR 1, Westeros, AB T0C 2V0</b><br>Chief Executive Officer<br>P: 780.682.2153 F: 780.682.3784                 |
| Jackie Mann                                     | Executive Assistant<br>P: 780.682.2153 F: 780.682.3784  |
| Andrea McFadden                                 | Client Services Representative<br>P: 780.682.2153 F: 780.682.3784   |
| Bernie Park                                     | Manager, Client Services Alberta 4-H Centre<br>P: 780.682.2153 F: 780.682.3784                                  |
| Carmen Stone                                    | Public Relations Coordinator<br>P: 780.682.2153 F: 780.682.3784   |
| Joan Stone                                      | Finance Administrator<br>P: 780.682.2153 F: 780.682.3784  |
| Susann Stone                                    | Manager, Marketing and Special Projects<br>P: 780.682.2153 F: 780.682.3784                                      |



# Contest

## Spread the Word, Cleaver!

Contest Deadline: January 25, 2008

This year, in honour of Alberta 4-H's 90<sup>th</sup> Anniversary, 4-H staff, members, volunteers, Council and Foundation will be out and about to educate people on the benefits of being a part of the 4-H picture. Never being one to be left out of the excitement, Cleaver has decided to take this initiative to the next level by spreading the word about 4-H himself.

For each of the three trips that Cleaver goes on, we will have a picture of him catching some rays or hiking around or mingling with the locals. All you have to do is figure out where he is and you could **win a collection of travel related items worth \$100!** We don't need specifically precise locations (no street names necessary) but just enough so that we know that you know that Cleaver has been putting some serious effort telling the world about 4-H!

Once you have the three locations figured out (one for each magazine published this year) fill out the ballot below with your answers and fax it (780.422.7755) or mail it to us at:

**4-H Branch**  
**7000 113 Street NW, Room 200**  
**Edmonton, Alberta**  
**T6H 5T6**

Please send completed submission post marked by January 25, 2008. Only one submission per person.

Good luck!



### Official Entry Form

NAME \_\_\_\_\_ AGE \_\_\_\_\_

CLUB NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY/TOWN \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

WHAT'S YOUR FAVOURITE PART OF 4-H? \_\_\_\_\_

#### ANSWERS:

*e.g. April issue: Cleaver is riding a bicycle along the Santa Monica pier*  
(This is not the actual answer—you didn't think we'd make it that easy, did you?)

APRIL: \_\_\_\_\_

SEPTEMBER: \_\_\_\_\_

DECEMBER: \_\_\_\_\_

Your signature below indicates that you agree to release this information. Please call (780) 427-4466 if you have any questions about this statement.

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN (OR 4-H MEMBER IF DELEGATE IS 18 YEARS OR OVER)

*Personal information on this form is used for administration of the 4-H program 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. If you need more information, contact the provincial 4-H office at (780) 422-4444.*

# Provincial Events

## The Building Councils program will continue for the 2007/2008 4-H club year

Building Councils is a series of short workshops that your Key Leader or Key Member can present at a district council meeting. These workshops provide valuable information that will assist your district council.

The following workshops are available:

- Being a Representative
- Goal Setting
- Managing Money
- Program Planning
- Sponsor Recognition
- What's My Job?
- Where Does the District Council Fit In?
- Dealing with Conflict
- Games and Activities

If your council would benefit from one of these topics, why not contact your district's Key Leader or Key Member and ask them to present it at your next meeting?

4-H Building Councils would like to thank Apache Canada for their continued generous support of this project. 🌻



Agriculture and Agri-Food Canada



### FUN FACT

Canadians eat more Kraft Dinner (Macaroni and Cheese) per capita than any other country in the world!

## 4-H Goes Paperless

BY TERRI POTTER

LEADERSHIP AND RESOURCE DEVELOPMENT SPECIALIST

Do you have a huge bookcase full of 4-H project reference binders and a filing cabinet stuffed with papers that you "just might need" at some point? Have you become more dependent on the 4-H website for current reference material, forms and items for your upcoming events? Then we have just the thing for you!

In keeping with the environmental movement and the increasing use of electronic documents by our ever growing, computer savvy Albertan population, we are moving to paperless 4-H project manuals. This change will undoubtedly take a few years and there will always be a few leaders and members who require or need the traditional hard copies, which are both factors that we have realized and accounted for.

What we have started with is a CD-ROM that provides a user-friendly, eye-pleasing menu of all of the documents that our members and leaders will ever need for their 4-H experience. We have included more information than that of the basic manuals, we have PDF record book pages that members are able to complete on-line, colouring pages and templates for thank-you cards, certificates and event planning. If you would like a copy of your project CD-ROM, you can order them now on your Club Supply Order Form. We are limiting members and leaders to either the print copies, which cost the 4-H program anywhere from \$2.00 to \$10.00 per manual and several trees to produce or a CD-ROM manual that costs the 4-H program less than \$3.00 and has everything that you would ever need to ensure a great 4-H experience included on it. Value Plus!

Help 4-H become a paperless, environmentally friendly organization. Do your part and make the right choice! 🌻



## 'The Busier, The Better' – The Motto of Alberta 4-H Ambassadors

BY MARLEY MILES

2<sup>ND</sup> YEAR 4-H AMBASSADOR

The Ambassadors have been keeping extremely busy! With working, college and getting out there and promoting 4-H, we Ambassadors have our hands full!

On top of that, some have made themselves that much more busy by becoming basketball managers, traveling, and starting their own 4-H clubs. A big event that is coming near is the Senior Members' Conference. We are all looking forward to that great weekend but in the meantime, we are working our hardest to make this SMC the best one yet! Everyone met at the Alberta 4-H Centre in October to begin the planning and had a fun time in the process. A lot of work got done but there is still a lot more before we are ready for SMC.

With this being 4-H's 90<sup>th</sup> year, we have been promoting 4-H in a variety of ways, always looking for different ways to incorporate 4-H's anniversary. From setting up booths at fairs to singing "O Canada" in front of a crowd of more than a thousand people, we have been doing our best to get the 4-H word out there. So when you're at a rodeo or any other event, keep an eye out for any one of these hard-working Ambassadors because I'm sure you will find one! 🌻



*Cole Andrew, first-year East Central Ambassador, at an Alberta 4-H promotional display*



*Sporting their black Ambassadors vests, (l to r) Cassandra Lougheed (West Central) and Mason Earle (Northeast) act as representatives of the 4-H organization at the 2007 Dairy Show*

## Fundraising Opportunity for Clubs with Alberta Cooks Cookbook

The 4-H Foundation of Alberta has partnered with Growing Alberta in offering a new 4-H Cookbook – ALBERTA COOKS – which is the first of a series of cookbooks produced as a cooperative effort between the two organizations.

Alberta 4-H is thrilled to introduce and promote new recipes from Alberta-based commodity groups. Promoting the sustainability of rural Alberta is near and dear to the 4-H Foundation of Alberta. In line with this, the 4-H Foundation will donate \$1.00 from each cookbook sold to the Alberta 4-H Legacy Fund – a fund that was created to ensure the long term viability of the 4-H Program. 4-H's mandate is to build future leaders – individuals that will enhance our rural profile for decades to come. 4-H has been building rural communities since 1917.

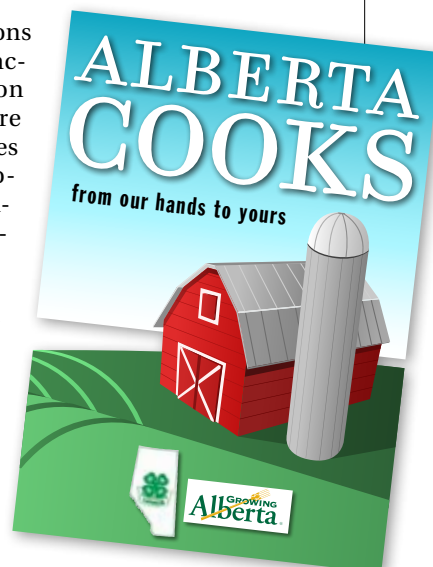
Since 2001 the Alberta 4-H Legacy fund has directed over \$37,000 in interest to 4-H clubs and councils. Club tours, exchanges, celebrations, project days and workshops are some of the special events that have benefited from the interest earned on the Alberta 4-H Legacy Fund. The goal is to double the Legacy Fund's capital to \$500,000 by December 2010.

The 4-H Foundation of Alberta's mission is to secure short and long term funding for the Alberta 4-H program. Along with this, being rural Alberta focused, the Foundation can also of-

fer support to rural organizations in accessing funds and enhancing programs. The Foundation manages the Alberta 4-H Centre (Westerose), invests and secures funds for the overall 4-H program and local clubs and councils, and administers the Alberta 4-H Scholarship Program.

The 4-H Foundation of Alberta hopes that you enjoy experimenting with the various culinary delights the recipes in the *Alberta Cooks* cookbook represent, and thank you in advance for your part in enhancing the usage of Alberta grown food products.

Cookbooks will be for sale for \$15 each beginning in the New Year. For more information about how your club can use the *Alberta Cooks* cookbook as their next fundraiser item, please contact Susann Stone, Manager, Special Projects at **1.780.682.2153** or **susann.stone@4hab.com**. 🌻





# Calling All Consumers!

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

How many times have you been asked “why?” about a decision that you have made regarding something that you have purchased? Too many to count?

And how many times has your response been “just because” on account of you either not wanting to take the time to cite your reasons, or because you really have no idea why you decided to buy one item over another?

Introducing Consumer Decision Making! The whole purpose is to identify a need, research possible solutions and ultimately, make a decision, which you are then responsible for defending. And no, this is not an infomercial; rather, it's a new 4-H program that you can be part of.

Set to launch in conjunction with the 22<sup>nd</sup> annual Provincial 4-H Multi-Species Judging competition at Olds College in August, the Consumer Decision Making workshop and competition will verse delegates on the ins and outs of this exciting initiative. “Everyone is a consumer,” explains Stacy Murray, 4-H Regional Specialist and Consumer Decision Making facilitator. “The Consumer Decision Making program is designed to teach participants to observe, compare and make decisions based on collected facts. It is good practice for becoming a smarter shopper.”

And yes, you're right, it isn't altogether different from Livestock Judging. In a real life situation where a decision is required, as a consumer you need to consider cost, purpose and effectiveness. In order to do this in competition, a study guide will be handed out in advance so that Consumer Decision Making delegates are able to conduct research on that specific class, and a specific scenario will be given for each class.



the going rate for a can of tomatoes) – this is why the research is done prior to any competition.

Wait – before shouts of, “that's not fair!” threaten to drown out the next point, the ‘research’ refers to the type of research that livestock members have been doing throughout their entire 4-H career. Things like personal experience, personal preference, knowledge of the industry, and current market prices are all factors that go into placing a livestock class, just as it is for placing a Consumer Decision Making class. However, because the product used in Consumer Decision Making is always different, and the circumstances behind the purchase always changing, it makes it tough to expect that participants would innately know all the relevant information (for example



Delegates analyze merchandise at a Consumer Decision Making introduction given at Northeast Adventure Days in April

After the sources, such as the Consumer Reports, the Better Business Bureau, the internet, telephone books and the labels on the products, have been consulted, participants will be shown the four items that need to be placed and will be allotted ten minutes to peruse the objects and come to a conclusion.

By using analysis and comparison, participants will give their order and their supporting rationale to an official Consumer Decision Making judge. The ability to justify your decision is as important, if not more so, than the decision itself.

“It is important for youth to become acquainted with the skills required to make solid consumer decisions, given that ads, peers and media are constantly sending messages to ‘buy, buy, buy’. Hopefully, with a little bit of Consumer Decision Making background 4-H members will be able to tell the difference between a good deal and a bad one, a want and a need, and an emotional purchase versus a rational one,” Stacy Murray asserts. “These skills are invaluable because decision making is a tool that we use everyday. Making a poor choice will cost members nothing at the Consumer Decision Making workshop. Hopefully this helps prevent them from making costly consumer decisions in the future.”

For more information on becoming a savvy consumer, please contact Stacy Murray at **780.835.7537** or email her at [stacy.murray@gov.ab.ca](mailto:stacy.murray@gov.ab.ca). 🌻

## FUN FACT

**Buttermilk does not contain any butter, but is a cultured milk product which is usually made from fat free milk**





*Alberta Equestrian Games, 1st Place Team*

## Alberta Equestrian Games

The Alberta Equestrian Games are held every two years and they give equestrian disciplines who are members of the Alberta Equestrian Federation an opportunity to showcase their discipline. Alberta 4-H has participated in all three of the events that have been held by asking each region to send a team of five 4-H members to participate in a variety of Western events. The 2007 event was held at Millarville, Alberta, from August 9 – 11 and saw six 4-H teams compete.

The events held were Western Pleasure, Western Horsemanship, Trail, Jeopardy Trail, Barrels and Poles. In addition to these events there was a 'bridleless' activity on the first night, which involved riders being asked to guide their horses through obstacles without the use of a bridle. This proved to be harder than it looked and it also was very entertaining for those watching. 4-H members in attendance also had the opportunity to try out polocrosse (see page 17 for more information on this sport and available opportunities and information) as members of the Polocrosse Association gave the 4-H members a crash course on how to play polocrosse and then assisted them in playing a short match.



*Cup presentation to a very appreciative recipient!*

At the end of the weekend, scores were tallied and the results were as follows:

- 1<sup>st</sup> Calgary Region (Katie Ford, Kaylynn Malmberg, Caitlin McLean, Shayla Malmberg, Jessica Williamson)
- 2<sup>nd</sup> East Central Region (Amanda Nyuli, Kelsey Nyuli, Dakota Penner, Monica Lee, Michelle Kelly)
- 3<sup>rd</sup> North East Region (Jenalyn Myggland, Jessica Duvenage, Marcha Duvenage, Yolanda Garnier, Tyler Davis)
- 4<sup>th</sup> West Central (Nikki Berdahl, Jamie Hill, Tanja Minder, Jane Maciborski, Amy Taylor)
- 5<sup>th</sup> South (Chantel Rivard, Emily Wall, Stephanie Parker, Tessa Tieben, Paige Petersen)
- 6<sup>th</sup> Peace (Sarah Adolphson, Dana Adolphson, Molly Marquardt, Morgan Marquardt, Chelsea Walker)

One additional award presented was the Gerald Maitland Smith Memorial Award for Sportsmanship and it was presented to the East Central Region by Kippy Maitland Smith.

Although the weather was against us, being wet and cold, all of the participants seemed to have a great time. 🌻

### FUN FACT

Approximately three jars of peanut butter are sold every second

### FUN FACT

People who study laughter are called "gelotologists"





2007 Key Leader Group photo, taken at the Alberta 4-H Centre

## Key Leaders Never Stop Learning

BY CAMERON HORNER

COMMUNICATIONS AND MARKETING SPECIALIST

Alberta 4-H Centre - 36 4-H Key Leaders, from across the province, gathered for the 13<sup>th</sup> annual Provincial Key Leader Training program held from October 26 to 28, 2007. For the Key Leaders it was a chance to become informed on new 4-H operations, trained on 4-H procedures, meet management, and become versed in pertinent 4-H related programs.

The weekend's activities began Friday evening with a Resource Update from 4-H Specialist Terri Potter, followed by a Q&A segment with Branch Head Marguerite Stark that saw many exciting and important issues discussed. Leaders then split into their respective regions to exchange information and discuss regional issues. Of course no evening is complete without some socializing and story telling.

Saturday saw leaders participate in a workshop put on by Anne Marie Downey and Garth Norris. The theme, "Proactive Relationship Building – to Inform, Educate and Influence", focused on enhancing community and media relations, and determining what role advocacy can play within the 4-H program.



Small group discussion

The day concluded with 4-H Specialist Janet Kerr presenting a "Building 4-H Councils" workshop along with 4-H Specialist and weekend coordinator, Jocelyn McKinnon talking about "Key Leaders in Action".

Sunday had everyone excited as Sponsor Liaison Henry Wiegman and 4-H Foundation of Alberta CEO Bruce Banks introduced some very exciting new funding and broke down the funds that are available to councils and clubs. 4-H Foundation of Alberta's Susann Stone and Carmen Stone then brought the Key Leaders up to date on a variety of fundraising opportunities that are currently available to 4-H clubs.

The weekend wrapped up with 4-H Specialists Stacy Murray, Leila Hickman and Rob Smith discussing with the group the "Consumer Decision Making Program", "Key Member Program", and an update on the "Leader Training Resources and Screening Process".

After a quick evaluation of the weekend's itinerary, Key Leaders spent the remaining time saying their goodbyes and deciding who was awake enough to drive the first leg of their journey home.

"Key Leader's are vital to the success of the 4-H Program," said McKinnon. "They are always very enthusiastic and excited to go back to their districts to work and share their new knowledge with other leaders."

Key Leaders are selected by District Councils on an annual basis to act as a support to districts and committees based on their exemplary service, their proven leadership abilities and their contagious enthusiasm.

The 4-H Key Leader training weekend was sponsored exclusively by UFA. 🌻

### FUN FACT

**Ketchup originated in China as a pickled fish sauce called ke-tsiap**

## What's new on the 4-H web site [www.4h.ab.ca](http://www.4h.ab.ca)?

BY CORINNE A. SKULMOSKI

ELECTRONIC DESKTOP PUBLISHER

The Alberta 4-H web site is undergoing a face lift!

It doesn't seem that long ago that the current web site - [www.4h.ab.ca](http://www.4h.ab.ca) - was launched in January 2005. So now, exactly three years later, in January 2008, we will be launching the new look for the 4-H web site. All the information we currently have will still be available but the look and feel of the new site will be crisp, clean and fresh. We will be adding some new features to the site, particularly relating to events and registration and will be promoting these once the site is launched. We look forward to hearing your comments or concerns about the web site or anything 4-H related; please use [info@4h.ab.ca](mailto:info@4h.ab.ca) to contact us.

A monthly e-mail is sent out highlighting the latest updates to the 4-H web site, if you are interested in receiving this, please send your e-mail address to Corinne Skulmoski at [corinne.skulmoski@gov.ab.ca](mailto:corinne.skulmoski@gov.ab.ca).



Mock-up of the new 4-H web site, which is set to launch in January 2008

## BUILDING ALBERTA'S 4-H LEGACY

With support including sponsorship, scholarships and a specially designed loan program, we're here to help Alberta 4-H members succeed.

Contact us today to find out more. Visit your local branch, call us at **1-800-332-8383**, or visit us on-line at **atb.com**.



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Where there's a way

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*Becky Zadunayski, member of the summer marketing team, showing off the 4-H promotional display*



*Shaylene Henneigh after having visited the summer marketing team's display at Red Deer Westerner Days*

## Alberta 4-H's 90th Anniversary

A lot has changed in 90 years.

In 1917, the main source of transportation was a horse and buggy; rather than using a phone, conversations were had over backyard fences and TV was a luxury for the upper class – albeit a luxury that only came in black and white with no DVR option.

Alberta 4-H has done a lot of growing since W.J. Elliott formed the first ever 4-H club in Olds 90 years ago. There are now nearly 400 4-H clubs across the province, which involves more than 6,700 members and 2,500 leaders. Alberta 4-H offers 32 different projects, providing members with options ranging from photography and canine to equine and beef to small engines and leadership. In 2007, more than \$60,000 in scholarship dollars were given to 4-H members, both current and alumni, to help them finance their post-secondary education. Award trips, summer programs and opportunities to learn, network and grow have continued to develop over time, thereby making Alberta 4-H the #1 youth program in this province.

Happy 90th anniversary!

## 4-H Present and Past



*Delegates at the 2007 Frosty Fun weekend*



## National 4-H Month

While most people would be exhausted by the idea of celebrating a birthday for an entire month, 4-Hers across the province jumped at the chance! There were parties thrown, crafts made, presentations given, cake cut, songs sang, streamers strewn, articles written, photos taken and fun had from November 1-30.

It is Alberta 4-H's sincere hope that during the month of November, each and every member, leader, parent, staff member, sponsor and friend of 4-H had a moment to step back and feel a sense of pride about the organization that your contribution and dedication has helped build.

Thank you for an excellent month – and here is to many more to come!



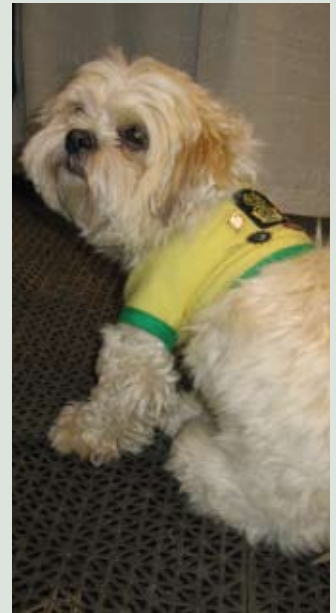
Alberta 4-H's mascot, Cleaver the Beaver, with a WPCA driver's mascot, Skippy the Squirrel



Left: Kalynn Dobos, Key Member for the Camrose district, stands by the cake that she arranged to have at the UFA Farm Store in Camrose for Alberta 4-H and UFA's new partnership agreement announcement on November 1.



2007 Dairy Show



All dressed up and ready to go



The staff at EnCana paint the town (or maybe just their hands!) green for Show Your 4-H Colours Day

## Wear Your Colours – Show Your Pride

November marked National 4-H Month, which was a 30-day long celebration that the 4-H organization kicked off with Wear Your 4-H Colours Day. The purpose behind Wear Your 4-H Colours Day was to create a province-wide visual of the far-reaching effects of the 4-H organization, and what better way to do this than encourage members, leaders, staff, sponsors, friends and, well, pretty much anyone else who has ever heard of the 4-H organization to sport some green hues on the same day?

The sea of green that existed on the November 1 gave testament to just how many people have been involved with the program, how many are still very active in the organization and how many people are in support of it.

All Wear Your 4-H Colour Day photos are posted at [www.4h.ab.ca](http://www.4h.ab.ca)







## A Glimpse of 4-H in 1973

This information was found in a CIBC newsletter, which was dedicated to the 60th anniversary of 4-H in Canada, and published in March 1973. Take a look at the changes that 4-H in Canada has gone through over the past 34 years.

- There were 78,000 members in Canada. The year that the newsletter was published, 1973, was the highest year of enrolment to that date;
- Ontario, Saskatchewan and Manitoba all had more members than Alberta, which had 11,029 members;
- Alberta had 558 clubs;
- The primary goal of the program was to develop young people, particularly rural young people, into responsible members of society;
- Program challenges were designing a 4-H program that served rural youth who had widely divergent needs and interests. The program was aimed at helping members to develop a positive attitude towards learning, acquiring leadership qualities, decision-making abilities and sense of responsibility. It also was addressing member's ability to work effectively with others through group activities and broadening their general outlook by participating in new experiences;
- The Self Determined project (which is now Creative Options) was highlighted in the article. The mandate of this project was "to provide the 4-H member with a flexible program attuned to personal interest;"
- The project with the highest enrolment in 1972 was clothing with 21,300 members, followed by beef with 13,500, foods with 11,000, dairy at 8,100, horse with 6,200 and arts and crafts coming in sixth place with 4800. Other categories listed were Home Decorating, Horticulture, Field Crops, Fitness and Citizenship, Woodworking, Environmental Studies, Junior Leadership Self-Determined, Sportsmanship and the "Other Projects" category
- In 1972, the theme for Club Week was "In Search of Self" and had 475 members attended. Members were allowed to be 14 years of age.
- The role of the Canadian Council was described – there were 20 4-H members that were sent to USA programs; 140 members went to the national conference held in both Toronto and Ottawa; nine members per province went on the 10th inter-provincial exchange and 250 members participated in national programs. 🌸

### 4-H Collage (previous page)

As we head into the last month of Alberta 4-H's 90th anniversary, Cathrine Schriber, Administrative Assistant for the Alberta 4-H Branch, has designed this collage by blending elements of the past and the present, of leaders and members, of projects and programs, of memories and friendship. Happy 90th anniversary Alberta 4-H, and here's to another 90 years!



A delegate at 4-H on Parade



Authentic Membership Card from 1962, submitted by Susan Meyer



Contestants at the Wainwright District 4-H Interclub public speaking contest who participated in the contest held at the Elks Hall, Wainwright on April 12th. Back row, left to right: Keith Park, Stainsleigh Beef Club who spoke on "Science and the Farm"; Jack Gibb, Chauvin Beef Club, "Farm Safety"; James Maiter, Cadogan Beef Club, "History of Cattle"; Arvid Anson, Cadogan Beef Club, "Common Diseases and Ailments of Cattle"; Billy Southoff, Car Beef Club "What's AHEAD in Farming"; Larry Bell, Chauvin Beef Club, "Food Crisis Ahead". Front: Janet Balkwill, Hugh-Ana Clothing Club, "4-H in Alberta"; Judy Chynoweth, Greenhills Beef Club, "Medical Miracles"; Darla Broughton, Hugh-Ana Clothing Club, "Good Grooming"; Aletha Thurston, Irma Beef Club, "Advantages of Farm Life"; Janice Larson, Stainsleigh Beef Club, "Home Safety"; Verna Murray, Greenhills Beef Club, "Our Quiet Neighbours"; Janice Hobbs, Car Beef Club, "Wool Ponies"; Marianne Haasok, Irma Beef Club, "Responsibilities of 4-H". Pictures of winners next week. —Star-Chronicle Photo

Newspaper clipping from 1966 – Wainwright Public Speaking competition, submitted by former 4-H member Susan Meyer

# The Keys to Becoming a Leader

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

*Alberta 4-H Centre*—For three days 32 senior 4-H members gathered, learned and became inspired at the 3<sup>rd</sup> annual Key Member Training weekend. Held at the Alberta 4-H Centre on October 12-14, members were versed in Key Member expectations, leadership development and event promotion as well as identifying resources, being a communication liaison and discovering effective media channels.

Key Members drew up a bio citing their strengths, interests and accomplishments, which will be sent out to local papers as a means of becoming known as a 4-H resource within the community, and to also inform the delegates of the importance of promotion. To further the point of roles and characters, Key Members assumed a “personality” who they not only wrote a pretend bio for but also acted out the role of during Saturday night’s mystery party entitled “Lights, Camera and Hollywood Lies.”

“Key Members spent their weekend sharing ideas, discovering their role within 4-H and the community and mapping out a course of action for steps that could be taken to ensure that the momentum surrounding Alberta 4-H’s 90<sup>th</sup> anniversary and National 4-H Month continues,” Leila Hickman, 4-H Specialist for the Northeast region and facilitator of the Key Member program explained. “The delegates left on Sunday feeling optimistic about what they had learned and the challenges that had been presented to them.”

## Provincial Events

### JANUARY 11-13

Provincial 4-H Leaders’ Conference

### JANUARY 28

Spread The Word Cleaver Contest

### FEBRUARY 1-3

Provincial 4-H Senior Members Conference

### VARIOUS

Canadian/Japanese Exchange

### FEB 22-24

Provincial Equine Leaders’ Forum (PELF)

### LATE MARCH

Alberta Girls Parliament

### MARCH 15

Trees For My Community

### TBA

Provincial 4-H Public Speaking and Presentations Competition

### APRIL 4

Snore with a Dinosaur

### APRIL 24

PEAC Committee Meeting

Shari Hanson, Community Development Officer, went through the importance of strategic planning, what it means to be a leader and defining the role that Key Members play at a club and district level. Rose Marie Enslin, marketing representative from EnCana, offered Key Members a session on marketing, which gave them the opportunity to identify their target audience, name the types of activities that attract that demographic and determine the ways that they could get involved.

“It was so great to leave training with a purpose and to have explored all of the different ways to get your ideas out there,” said Lindsey Meredith, member of the Willow Creek Wranglers 4-H Club, in regards to the challenge of creating a community event to promote Wear Your 4-H Colours Day or National 4-H Month.



Agrium was the sponsor of Key Member Training.

For more information on Alberta’s National 4-H Month celebration, visit [www.4h.ab.ca](http://www.4h.ab.ca). For information on the Key Member program, contact Leila Hickman, Alberta 4-H Specialist and facilitator of the Key Member program at **780.853.8115**. 🌻



*Ice Breaker games at Key Member Training*



*(l to r) Myranda Stewart (Strathmore), Kristina Huisman (Barrhead) and Lindsey Meredith (Claresholm) participate in small group discussion.*



# Alberta 4-H Key Members for 2007 - 2008

Launched in 2005, Key Members are Senior Members aged 15-20 who have set themselves apart through their initiative, leadership and maturity. The Key Member program was established to increase and ensure the successful exchange of information between club members, leaders, district councils and their surrounding community. By acting as a liaison between these various groups, Key Members enhance and develop their leadership skills, provide beneficial support to volunteer leaders and club members, and allow for the efficient exchange of information.

Alberta 4-H is proud to announce this year's Key Members:

## South Region

Jolene Garber – Warner District  
 Lindsey Meredith – Willow Creek District  
 Emily Puch – Pincher Creek District  
 Jocelyn Templeton – Lethbridge District  
 Ryan Thielson – Warner District  
 Ryan Uytdewilligen – Lethbridge District  
 Emily Wall – Taber District  
 Colten Bodie – South Region

## Calgary Region

Jerrid Dreidger – Foothills District  
 Randi-Lyn Giles – Rockyview District  
 Myranda Stewart – Wheatland District  
 Sydney Budgeon – Rockyview District  
 Ryan Hunter – Mountainview District  
 Adeleen Bayes – Kneehill District

## East Central Region

Matthew Viste – Hanna District  
 Tevis Shirliffe – Provost District  
 Lindsey Grover – Stettler District

### BRAIN TEASER

**Q: The Lone Ranger rode into town on Friday. He stayed 5 consecutive days and left on Friday. How could this be?**

A: His horse's name was Friday.

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## West Central Region

Cody Coleman – Red Deer District  
 Kalynn Dobos – Camrose  
 Calee Dufva – Ponoka District  
 Zane Perreault – Rocky Mountain House District  
 Luke Wrubleski – Wetaskiwin District

## Northeast Region

Alyssa Bergo – Bonnyville District  
 Maeghan Churko – Bonnyville District  
 Owen Burdek – Lac La Biche District  
 Rebecca Joseph – Lamont District  
 Danielle Charron – Minburn District  
 Lynette Lastiwka – Two Hills District  
 Krystal Stone – Vermilion River District  
 Kari Bergerud – Wainwright District

## Northwest Region

Kristina Huisman – Barrhead District  
 Kristina Szybunka – Lac St. Anne District  
 Sarena Verbeek – Sturgeon District  
 Caleb Corcoran – Strathcona District  
 Krista Van Sickle – Parkland District  
 Kasara Van Hecke – Westlock District

## Peace Region

Josee Marcoux – East Peace  
 Heather Polasek – Grande Prairie District  
 Lorne Howey – Valleyview District

For more information on the Key Member program, please contact your Regional Specialist or visit <http://www.4h.ab.ca/about/leadership.shtml>.



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# Spice it Up – 3rd Annual SALTT Conference

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

Alberta 4-H Centre – Alberta 4-H's 3rd annual Small Animal, Life Skills, Trade and Technology (SALTT) conference drew 60 leaders from across the province to the Alberta 4-H Centre October 19-21. With clear objectives of wanting to improve the delivery of project matter, providing a networking opportunity for leaders, raising awareness of resources that are available to leaders and the ultimate goal of wanting to create vibrant communities by creating new experiences for clubs and members, the SALTT conference proves to be a very dynamic three days.

Despite the days being packed with information and fun, they are not without stress. Each session throughout the day offers three to four different options that leaders must choose from, which makes for some fairly hard decisions. Sessions at SALTT covered topics from storytelling to 'risk, fun and outdoor adventure' to canine agility to available web services for clubs to Celtic crafts to digital photography – one session even involved a live outdoor petting zoo!

"This year's conference housed many interests and a variety of project options. We, as a planning committee, felt that this was very important to make sure that leaders continue to come back year after year, which requires a diverse mix of sessions and presenters," commented Terri Potter, Leadership and Resource Specialist for Alberta 4-H and SALTT Conference facilitator.

Keynote speakers included Dan Ohler's talk on "Community: Let's Get Back to Basics," which challenged leaders to get back to the basic skills of communication, understanding and self and working towards improvement. On Saturday night Bill Gordon presented on 'The 5 C's of Remarkable Leaders' where he outlined the necessary qualities of a leader and how to identify those traits out in yourself as well as those in the community. Featured at the SALTT Conference this year was also keynote musician, Ben Rose whose acoustic guitar and self-written songs provided the soundtrack for Saturday night's socializing.



"There was a really good mix between project sessions, information presentations and leisure time. We also hosted a 'Share Fair' on Friday and Saturday night where everyone was encouraged to bring a sample of a craft or project that they had completed or a display on their club and its various attributes," Potter explained. "This created an excellent opportunity for exchanging ideas and feedback." This year's SALTT Community Project was sewing fleece hats that were then donated to a hospital in Lethbridge for newborns and young patients.

This event was sponsored by Agri-Food Canada, Apache Canada Ltd., Alberta Agriculture and Food, Olds College, AMA Insurance, Peavey Mart and the Mennonite Mutual Insurance Co. (Alberta) Ltd. 🌻



Debbie McMann, leader with the Innisfree 4-H Multi Club, participating in the SALTT community project



A live "prop" for the Petting Zoo session

# POLOCROSSE coined 'King of the One Horse Sports'

BY JACQUIE MCARTHUR

At the 2007 Alberta Equestrian Games, polocrosse was demonstrated to 4-H participants and the response was nothing less than enthusiastic. The young riders displayed great horsemanship, sportsmanship and learned the sport quickly. In addition to the enjoyment shown by the young riders, it was evident that the parents were also keen to give the sport a try. Polocrosse is truly a sport that all ages, gender and even horsemanship capabilities can play. After such a great response we thought it was important for us to follow up with information to let 4-H members and families know a little more about the sport of polocrosse and what it can offer players in Alberta and Canada.

Here are a few quick details on the sport:

- The field is 146.5m long and 55m wide, with goal-posts 2.5m apart at each end;
- Polocrosse is played worldwide;
- Polocrosse is a single horse sport and all types of horses are allowed (under 16HH preferred);
- Polocrosse was designed and began as a training tool for riders;
- A team is made up of three players (this can be co-ed);
- Equipment includes a racquet and soft sponge ball that is picked and thrown.

Available polocrosse opportunities:

- Travel and Exchanges – Locations include within Alberta, the USA and as far away as Australia or the United Kingdom;
- Opportunities to represent Canada at the 2011 Polocrosse World Cup, with the event to be hosted in the UK.

Our clubs in Alberta teamed with Polocrosse Canada and are dedicated to promoting the sport of polocrosse to new players and clubs. Soon we will have sport details (as well as training literature and videos) on the 4-H website offering available resources to your 4-H region/districts. If you are interested in having more information on polocrosse sent to you or a clinic given in your area, please give us a call at 403-938-5577 or email [jacquie@polocrossecanada.com](mailto:jacquie@polocrossecanada.com).

Also for more sport information and contacts check out [www.polocrossecanada.com](http://www.polocrossecanada.com) or [www.millarvillepolocrosse.com](http://www.millarvillepolocrosse.com) and be sure to keep up with the opportunities within Alberta to play the sport of polocrosse. 🌻



Polocrosse in action

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- **ALERT** is a **confidential** call line for anyone to report livestock care concerns.
- **ALERT** strives to assist before animals are in distress.
- **ALERT Resource Team** includes farmers and other rural community members. They offer solutions to help farmers and their animals.
- **ALERT** has an on-call veterinarian who provides knowledgeable counsel.
- **ALERT** works with the RCMP and Alberta SPCA.



Be aware.  
Animal care  
is everyone's responsibility.



[afac.ab.ca](http://afac.ab.ca)

### Livestock Care. Please be Aware.

The vast majority of livestock owners are attentive to the needs of their livestock and ensure daily care. It is a moral and legal responsibility.

The revised Alberta Animal Protection Act states:

**A person who owns or is in charge of an animal**

- must ensure that the animal has adequate food and water,**
- must provide the animal with adequate care when the animal is wounded or ill,**
- must provide the animal with reasonable protection from injurious heat or cold, and**
- must provide the animal with adequate shelter, ventilation and space.**

Unfortunately not everyone provides sufficient care and animals can suffer as a result. In discussions with the Alberta SPCA, the livestock industry has learned that often poor care arises due to lack of knowledge, many of life's pressures, old age, sickness, and off-farm jobs. Financial hardships, coupled with tough winter conditions, add extra challenges.

Being able to help fellow producers, before conditions become extreme is beneficial to the animals and the owners. That's where the Livestock Care Action Line and Response Team (ALERT) steps in. This confidential service strives to nip problems in the bud.

But, it means you calling in to report animal care concerns. Don't hesitate. Call 1-800-506-2272.

The ALERT line has been operating for 12 years and there are many success stories of how one call has helped many animals and their owners in a time of stress.

-Susan Church, Manager, Alberta Farm Animal Care



# South Region

## The Heart of the South, for 90 Years & Into the Future: Saluting 4-H Leaders and Members

BY GINNY SMITH

4-H PROGRAM ASSISTANT, SOUTH REGION

Almost 200 4-H leaders and members were recognized for their individual efforts and achievements during the 2006/2007 4-H year at "The Heart of the South, for 90 years & Into the Future" celebration on October 6 at the Taber Community Centre. Concurrently, this is the 90<sup>th</sup> year of 4-H in Alberta, which is also a great reason for celebrating!

The hall was decorated with hearts and autumn colours as everyone, including two area MLA's Paul Hinman and Barry McFarland, sat down to a tasty southern Alberta feast of roast beef and all the trimmings. The emcees for the evening were our very own Regional Specialist Rob Smith, Council President Carol High and Ambassadors Amanda High and Danny Hertz.

Ninety-seven leaders were recognized for achieving 3, 5, 10, 15, 20 and an amazing 25 years of leadership at various clubs across the Southern 4-H Region. Because the 4-H program is completely reliant on volunteers, through their time and dedication to this great youth development program, this was an excellent opportunity to say a little "thank you" to every leader.

Members were recognized for achieving their Platinum Award of Excellence, which recognizes the achievements of 4-H members in project work, leadership and community service, as well, several southern 4-H members were recognized on their success and trip awards received at the 2007 Selections program. Two Southern Region club members - Stacey Kading, Dusty Plains 4-H Multi and Caitlin Smith, Coaldale 4-H Equestrian Club - were congratulated for advancing as part of the four-member Provincial Horse Classic Hippology team at the 2008 Denver Western 4-H Round-Up.

On account of communications being a very noteworthy part of the 4-H program at the club, district, regional and provincial levels, we took a moment to introduce the KPMG South-



South Region scholarship winners

ern Regional 4-H Public Speaking honorees in the three age categories and two members, Amanda High and Emily Puch, who achieved 3<sup>rd</sup> place in Presentations at the Provincial Communications competition.

It was a wonderful surprise to Southern Regional Multi-Judging Aggregate award recipients, as cash awards sponsored by AgriVet Health Centre Inc., were presented to Juniors 1<sup>st</sup> - Sara Stimson, Gem 4-H Beef Club; 2<sup>nd</sup> - Andrea Crooymans, North 40 Mile 4-H Beef Club; Intermediates 1<sup>st</sup> - Rosie Templeton, Readymade 4-H Beef Club/South Country Judging 4-H Club; Seniors 1<sup>st</sup> - Danny Hertz, John Ware 4-H Beef Club; 2<sup>nd</sup> - Emily Puch, Foot-hills 4-H Beef Club/South Country Judging 4-H Club.

Southern senior members who advanced to the 4-H Provincial Judging competition and will be going on to other national and international competitions took their bows - Tyler Sawley, Stavely Parkland 4-H Beef Club; Jocelyn Templeton, Readymade 4-H Beef Club; Kevin Bolduc, Stavely Parkland 4-H Beef Club; April Stanko, Lomond 4-H Multi Club; Danny Hertz, John Ware 4-H Beef Club. Danny was the overall winner of the 2007 Provincial Judging competition.

Twenty-one grateful post-secondary students were presented with regional scholarships during the evening: J. P. Ignatius Community Foundation bursaries to Stephanie Larson, Amanda Doyle, CoraLee Fisk, Jaylene Schussler. The Milo Barfuss "Spirit of 4-H" scholarship was awarded to Chris Herrmann. Southern Alberta 4-H Regional Council Millennium Scholarships were awarded to Della Marie Christman, Lindsay Ellis, Melodie Holthe, Renae Mueller, Luanne Nelson,



Leader Awards with MLAs



Regional Judging winners

Kristin Sept, Caitlin Smith. Southern Alberta 4-H Regional Council Bursaries were awarded to Brittany Ashley, Colton Baptie, Erin Friesen, Kyle Horvath. Southern Alberta 4-H Regional Council Centennial Scholarships were awarded to Courtney Haugan, Emily Van Maarion, Courtney Noga, Meaghan Sayers, Heather Wallace.

The attendees also took a moment to recognize recipients of provincial 4-H scholarships who had their 4-H history in the Southern region: Emily Van Maarion receiving the 4-H Foundation of Alberta Scholarship, Andrea Jordan and Courtney Noga receiving Alberta Beef Producers Scholarships, Jaylene

Schussler receiving the ATB Financial Scholarship, Lindsay Ellis receiving the ExxonMobil Canada Scholarship, Erin Friesen and Caitlin Smith receiving Norma Jean Gray Scholarships, Amanda Doyle receiving the Western Producer Scholarship and Johnny Folsom receiving the Wheat Board Scholarship.

As 4-H clubs across the Southern Region move into a new year, it is always important to recognize the leaders of yesterday, today and tomorrow. Adults and youth alike benefit and are truly "The Heart of the South, for 90 years & into the Future!". 🌻



Celebration night, group photo

## South Events

### JANUARY 5, 9 AM

Regional Judging (Brooks – Silver Sage Arena)

### FEBRUARY 2, 1-5 PM

Regional Fun Day (Taber Civic Centre)

### FEBRUARY 8

Hurricane Hockey Night – Lethbridge vs Medicine Hat

### FEBRUARY 15 – 17

Jr. Snowfest

### FEBRUARY 22 – 24

Intermediate Snowfest

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# Calgary Region

## A Community Comes Together

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

When people cite some their favourite aspects of 4-H, the most common response is “the people you meet and the lifelong friends that you make.” These connections created in 4-H were once again proven in May 2007 when the members and leaders of the West Didsbury 4-H Club heard about one of their former members being in need.

Within eight hours of first hearing about past member Adrian Whitlow and his wife Gina's baby daughter Cheyenne's impending heart surgery at the Edmonton Stollery Children's Hospital, the club had a pen-mate steer up on the auction block. The selling of this steer made \$15,000—four times over. Initially bought by a group of neighbours identified as The Friends of the Whitlows Group, the steer and the funds created by the sale were donated back, which provided another opportunity for bidding and set the stage for what would happen three more times.

The second time around, the Prairie Partners, West Carstairs, Cremona and West Didsbury 4-H clubs each donated funds and bought the steer collectively, followed by a purchase by Jim and Daphne Walroth of UFA Carstairs stepping forward and finished with Balzac Meats making the last acquisition. A pail was also passed around the crowd so that the individuals in attendance would be able to donate as well. The cumulative funds were given to the Whitlow family in order to help cover the expenses accrued while they stayed in Edmonton as Cheyenne, whose three-month old heart had a serious condition, received treatment.

This initial surgery bore with it a few complications. Currently Cheyenne, who is now 11 months old, and her family are waiting for Cheyenne's body to build up the strength necessary to go through another heart surgery.

West Didsbury would like to extend its thoughts and prayers to the entire Whitlow family, as well as thank the Prairie Partners, Cremona, West Carstairs Club and West Didsbury clubs, Jim and Daphne Walroth, Balzac Meats, the many people who attended the Carstairs & District Steer Sale and the Steer Sale's committee. This is not the first time that a 4-H community has helped a family in need and without a doubt, this will not be the last. If you have a story about your club making a difference, let us know. Email your stories to [info@4h.ab.ca](mailto:info@4h.ab.ca).

*Contributing Source:  
Vair Whitlow - Adrian's father  
and Cheyenne's grandfather*

### Calgary Region

#### DECEMBER 1

Workshop Day

#### JANUARY 9

Regional Communications Meeting

#### JANUARY 16

Regional Horse Committee Meeting

#### JANUARY 19

Regional Level 1 Multi Species Judging Contest

#### FEBRUARY 6

Regional Council Meeting

# East Central Region

BY JANET KERR

REGIONAL 4-H SPECIALIST

## Winter Camp

4-H members between the ages of 9 and 12 (as of Jan. 1, 2008) should plan to join us at Circle Square Ranch Camp from February 22 – 24 as we hold winter camp. The weekend will be lots of fun and is a great chance to experience 4-H camp in a shorter format. Application forms were sent to clubs with the club start-up package or are available on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) in the Regional Info – East Central section. Check the calendar for information on this and lots of other East Central 4-H events.

## Public Speaking and Presentations

Dates for Regional Public Speaking and Presentations have been set, and they are as follows:

**Regional Public Speaking - March 15, 2008**  
Stettler District Hosts

**Regional Presentations - March 16, 2008**  
Provost District Hosts

All club and district presentation and public speaking competitions should be completed prior to Monday, March 10 so that the information regarding who advances to the regional level can be submitted to organizing committees.

## Multi-Species Judging Competitions

There will be a series of two or three multi-species judging competitions held in the East Central Region. Exact dates and times were not ready when this article was submitted, but as soon as dates are confirmed they will be posted on the 4-H website and will be sent to club contacts so that they can let clubs know about the events.

## Senior Member Ski Trip

The West Central 4-H Alumni are once again hosting the Senior Member Ski Trip. The dates this year are February 29 to March 2 and they will be skiing at Golden. The exact costs of the trip are still being confirmed; however, once they have been confirmed, the application forms will be posted on the website and distributed to club contacts. It is likely that application forms will be available in late November or early December.

## Fun Day 2008

The East Central Regional 4-H Fun Day will be held on January 5, 2008 at the Stettler Middle School. This year the 4-H Ambassadors are planning the event, and have packed the

#### FUN FACT

**Buckingham Palace has over six hundred rooms**

day full of fun activities and interactive games. Fun Day is available to all 4-H members in the region and because of the generous support of a number of sponsors, there is no fee for the event. Fun Day starts with registration at 9:30 a.m. with the events starting at 10:00. We conclude the day with an Ice Cream Social at 3:00 p.m. We sure hope to see you there. 🌸

**FUN FACT**

**A baby octopus is about the size of a flea when it is born**

**FUN FACT**

**In the U.S. there are approximately 65.8 million cats**

**East Central**

**JANUARY 5**

Fun Day 2008

**JANUARY 19**

Canadian Bull Congress 4-H Program

**JANUARY 26**

Multi Species Judging Competition

**FEBRUARY 2**

Regional Light Horse Committee Meeting

**FEBRUARY 22-24**

Junior Winter Camp

**FEBRUARY 29-MARCH 2**

Senior Member Ski Trip

**MARCH 15**

Regional Public Speaking

**MARCH 16**

Regional Presentations

**MARCH 28**

Regional Council Meeting (tentative)



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# West Central Region

BY JANET KERR

REGIONAL 4-H SPECIALIST

## Winter Camp

4-H members between the ages of 9 and 12 (as of Jan. 1, 2008) should plan to join us at the Alberta 4-H Centre from February 29 – March 2 as we hold winter camp. The weekend will be lots of fun and is a great chance to experience 4-H camp in a shorter format. Application forms were sent to clubs with the club start-up package or are available on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) in the Regional Info – West Central section. Check the calendar for information on this and lots of other West Central 4-H events.

## Public Speaking and Presentations

Dates for Regional Public Speaking and Presentations have been set and they are as follow:

**Regional Senior Public Speaking - March 15, 2008**  
Rocky District Hosts

**Regional Intermediate Public Speaking - March 16, 2008**  
Ponoka District Hosts

**Regional Presentations - March 29, 2008**  
Camrose District Hosts

All district public speaking competitions should be completed prior to Monday, March 10 so that the information regarding who advances to the regional level can be submitted to organizing committees. Presentation information needs to be in by March 24.

## West Central

### JANUARY 19

Canadian Bull Congress 4-H Program

### JANUARY 22

Regional Light Horse Committee Meeting

### JANUARY 30

Regional Council Meeting

### FEBRUARY 29 - MARCH 2

Junior Winter Camp

### FEBRUARY 29 - MARCH 2

Senior Member Ski Trip

### MARCH 15

Regional Senior Public Speaking

### MARCH 16

Regional Intermediate Public Speaking

### MARCH 26

Regional Council Meeting

### MARCH 29

Regional Presentations

## Senior Member Ski Trip

The West Central 4-H Alumni are once again hosting the Senior Member Ski Trip. The dates this year are February 29 to March 2 and they will

be skiing at Golden. The exact costs of the trip are still being confirmed; however, once they have been confirmed, the application forms will be posted on the website and distributed to club contacts. It is likely that application forms will be available in late November or early December. ❁

# Northeast Region

BY LEILA HICKMAN

REGIONAL 4-H SPECIALIST

It is an exciting time in the Northeast region - there is simply no other way to describe the energy and enthusiasm for 4-H in this part of the province. The Northeast continues to show a strong support for both regional and provincial programs, which is a direct reflection of the members and leaders in this region. Regional camps this past summer were filled to capacity and your regional representation at provincial programs has been strong. 4-H supporters continue to give generously to us and we would really like to recognize and thank that support.

## Project Book Competition

The Northeast region hosts a regional project book competition each year that recognizes those individuals who wish to go beyond the normal standard for record keeping. Books are scored at the club and district level and only the books that reach a standard are accepted into the regional competition. It is a true compliment just to make it to this competition, and for those that are successful a cash prize is presented to them at the NE Forum.

## Key Member and Key Leader Training

The Northeast is proud to have eight very energetic and passionate Key Members working for our clubs and districts this year. All of the Key Members were able to attend this year's training weekend and are ready to do what they can to help promote 4-H and enhance skill development. Likewise, we had a strong showing of Key Leaders at the program's training weekend. A special note of thanks goes out to these men and women who put so much into the 4-H program.



Fun at the Alberta 4-H Centre

## NE Forum

This annual event is the highlight of the year in the Northeast. On this day a couple of very important goals are accomplished. The day begins with the project book award recipients being recognized for their efforts, which precedes a series of sessions that prove to teach and educate participants in a wide variety of subjects, which is followed by a fabulous meal and an award ceremony that recognizes the contribution of leaders and members to the 4-H program. The day is complemented by the opportunity to network and mingle with other people from across the province who share support for the 4-H program and what it offers to all involved individuals. Special congratulations to this year's Award of Distinction winner, Janet Litun from Vegreville. Thank you Janet for all of your contributions to the Northeast region over the past several years.

## NE Fall Fling

Hosted by the St. Paul district, the theme of the 2007 Fall Fling was Good Times in Goodridge. Junior members from all across the region were exposed to a wide variety of creative sessions, large group games, interaction and personal development. This twenty-four hour program allows junior members the opportunity to experience the overnight camp environment in a short stay that is very affordable and encouraging for all members.

## Reminder – Parade Float and Promotion Photo Contest

Just a reminder to clubs that if you have been out and promoting your club and 4-H, you need to snap a picture and send it in for a chance to win. The draw will be made at the Annual Regional Council meeting in St. Paul on February 2, so there is still lot of time to submit your photos. If your club participated in a parade during the summer or at Christmas (or both!), as well as any community event promotion, please send in a photo for each time and increase your chances of winning a great prize for your club.

There are a few options of where to send your submissions. They are as follows:

**By Mail:** Attn: Leila Hickman/ Box 24/ Vermilion, AB/ T9X 1J9

**By Email:** leila.hickman@gov.ab.ca

**In Person:** Bring your "proof" (a.k.a. event photos) to the Annual Regional Council meeting in St. Paul on February 2 where the official draw will be made. 🌸

## Northeast Region

**FEBRUARY 16**

You Be The Judge

**MARCH 18**

Regional Council Executive Meeting

**MARCH**

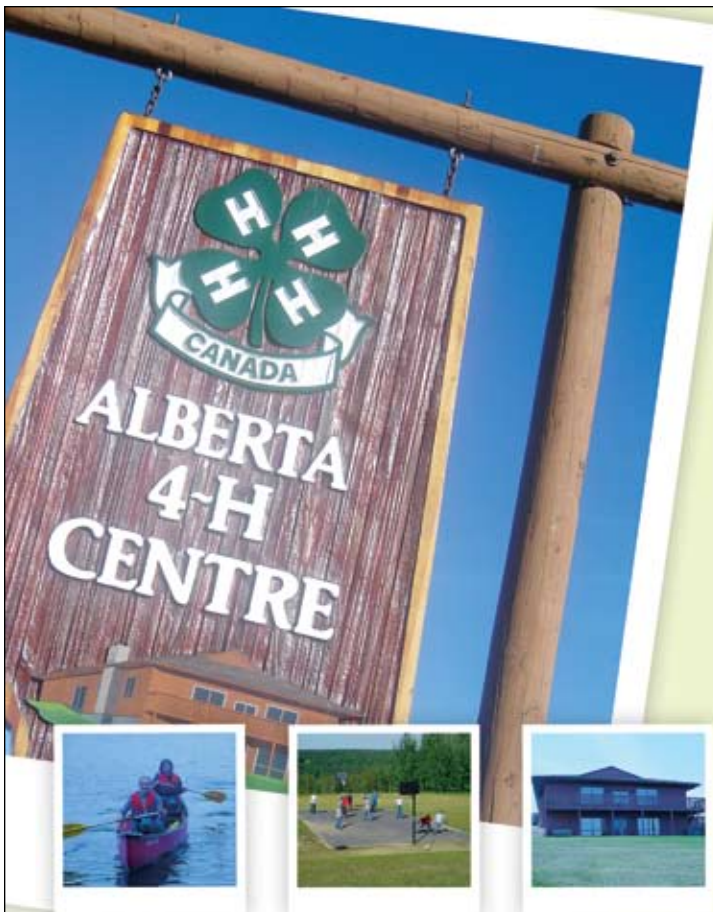
Communications Competition

**MARCH**

Western Canadian Judging Competition

**MARCH 28-29**

Spring Fling



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# Northwest Region

BY JOCELYN MCKINNON

REGIONAL 4-H SPECIALIST

## Northwest 4-H Fair

On November 24 the Lifeskills project members gathered in Lindale, Alberta for the annual 4-H Fair. Members had the opportunity to try their hand in various project areas such as woodworking, scrap booking or painting and while some chose the session where they could make several items, others discovered their gardening or jewelry-making skills. A dozen different options provided Lifeskills clubs with ideas for what to do for projects this upcoming year. The adults kept busy with learning how to judge 4-H projects and making a few crafts as well. The bench show has become an increasing area of interest with members sharing their project work, from photography to their favourite snack or quilted item. The 4-H Fair continues to attract members from all over the region as the program is held at a different location each year.

## Frosty Fun Weekend

Intermediate and senior members can look forward to spending the weekend of February 8 - 10, 2008 at Camp Nakamun, celebrating the fun of winter activities. For just \$75, members from the Northwest and Northeast regions can spend three days participating in outdoor games, education, skill sessions and crafts. Alumni and senior members skilled in counselling camps will lead the campers through the weekend program. Applications will be available in early December on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) and from your club leader.

## Regional Project Books

All 4-H Members keep records on their project, but some like to put extra effort into these records and prepare their books for competition. Each July, the 12 Northwest districts forward the top Lifeskills and other animals project books to the regional competition. As only one book for each age category is eligible to advance, the competition is fairly keen. The regional judges, this year from the Yellowhead District, commented that, "The books were very well done - there was an immense amount of work that went into the finished book. It

was very difficult to come up with a first place." Congratulations to the following members who placed first and second in the competition:

### Other Animals Projects:

Junior - Katlyn Schiewe, Amberlee Cena; Intermediate: Breanna Cheek and Chantel Davidson; Senior: Tammy Farman and Cayli Mocarski. All of these members had Canine projects.

### Lifeskills Projects:

Junior - Tanysha Van Hecke, Sidney Lewis; Intermediate:

Kathrine Kennedy; Nathan Hambleton Senior: Karara Van Hecke and Brittany Cosby. Photography, Crafts, Scrapbooking, Woodworking and Sewing projects were represented in the top project books.

Not only do these project books serve to compare members' efforts in competition, they also serve other purposes. Each November, these books are displayed at the Northwest 4-H Fair where other members and leaders can view and learn from the work completed in other clubs. Darlene Becker, who coordinated the judging this year, said the all books were "very interesting and will give the members a lifetime of memories of their project and of the time they spent in the 4-H program. Keep up the enthusiasm." 🌸

## Focus on 4-H Always a Highlight

BY JESSICA VERBEEK

4-H SUMMER ASSISTANT

*Unfortunately, this article was overlooked on the finalized draft for the Fall 2007 4-H Magazine and so while we realize that Focus on 4-H happened a few months ago, Jessica Verbeek's article is one that definitely deserves to be read - so here it is for you all to enjoy!*

Focus on 4-H's new location—Mayerthorpe Agriculture Grounds—created a number of new experiences for attendees at the event, which was held June 30 to July 2.

The weekend started with sunny skies and all 33 clubs and over 220 members found spots for their campers. And then, as soon as the horse parade finished, the dark clouds rolled in. We knew we could be in for a little rain, but we were not expecting it to pour all night long. This resulted in a weekend-long battle with the mud. Even though this did not stop the member's enthusiasm, let's say some even enjoyed a mud bath. And we can confirm that the town of Mayerthorpe was sold out of rubber boots that weekend!



*The clouds that came rolling in on Friday night*

## Northwest Region

FEBRUARY 8-10

Frosty Fun

FEBRUARY 23

Regional Presentations  
Competitions

FEBRUARY 27

NW Regional Council Executive  
Meeting

MARCH 8

Regional Public speaking  
Competitions

MARCH 15

Regional Council General Meeting



*Beef in Costume winner Alicia Zynk with her 'Holy Cow' Trixie*

Saturday dawned with a delicious breakfast catered by the Lac St Anne District, and was followed by the first day of the horse show. The Judging Workshop and Competition was also held with the members judging beef heifers, mules, meat rabbits, forage, silage and toilet paper. The top judges for the day were junior member Tanysha Van Hecke (Double Diamond 4-H Multi), intermediate member Troy Lyster (Mayerthorpe 4-H Beef), and senior member Kristina Huisman (Meadowview 4-H Multi).

The beef show started with a marketing class in which the members had fun testing their promotion skills. The rabbit show was a sight to see as members competed in a rabbit races and costume class. The canine project ran an all day agility workshop to prep members and pets for the big show ahead. We had the sheep and goat show that went over very well, and the Life skills workshops went throughout the day. Members were able to do crafts like scrap booking, decorating cupcakes and many other crafts. There was also a Life Skills bench show, which gives members a venue to show of their projects.

In the late afternoon the clubs all came together with their UFA orange t-shirts and we had the opening ceremonies, which started with the Parade of Clubs. We had Cleaver the Beaver there, giving out hugs and mingling with the Focus attendees. That night we had the lip sync competition, which is always amusing. There were seven clubs entered to win the "Golden Mike Award." It ranged from the "Truck Got Stuck" and "Lollipop," to "Stayin' Alive" and "I Need Hero." The judges had a very tough decision to make, as Lobstick has won the

award five out of the last six years. However, Lobstick was defeated by a bunch of cows from Colchester Crusaders 4-H Light horse, who performed "I am Cow."

Sunday was another full day of excitement with project competitions for beef, canine, and horse. The silent auction that was held throughout the weekend raised over \$3000, which goes toward Focus general expenses. We also had the Presentations competition which was sponsored by Grow Alberta. Eight teams competed and it was Alison Miller and Leanna Risk who won first with Barley Banana Bread.

That night we finish with the final banquet, which was followed by a slide show compiled by Jim Storch and his sons Carter and John who took pictures throughout the weekend. Thanks so much to the three of them whose slide show presentation proved to be a great recap of the weekend. Heart and Hustle Awards sponsored by Servus Credit Union were presented went to Matilda Gabert (Fort Saskatchewan 4-H Beef), Randi Schneider (West Valley 4-H Club), Bonnie Vander Meulen (South Barrhead 4-H Multi), Leanna Risk (Starlite 4-H Multi) and Sarena Verbeek (Riviere Qui Barre 4-H Beef club and Multi club). These people were recognized for their sportsmanlike attitude and helpful disposition through the weekend. We ended the night with karaoke, which never disappoints.

Focus on 4-H would like to thank all of the event sponsors, including our title sponsor, UFA, for all of their support. Without them, Focus would not be near the event that it is. We are hoping to have Focus in Mayerthorpe next year so keep an eye open for the forms for Focus 2008 so you can come join the fun! 🍀



# Peace Region

**STACY MURRAY**

4-H REGIONAL SPECIALIST

Happy Winter! I know that fall arrived too early for some and not soon enough for others. But just think...Christmas is just around the corner and then there are only a few months of winter left so enjoy the season!

## Peace Region

### JANUARY 11&12

Peace Country Beef Congress

### FEBRUARY (TBA)

Winter Camp #1 and #2

### MARCH (TBA)

Peace Country Agri-Classic Show

### MAR 15

Regional Communication Competitions

### APRIL

Regional Meeting

## Fall Forum

The Peace Region started the new 4-H year with roughly 45 leaders attending the annual Fall 4-H Leaders' Forum in Fairview. The turnout was fantastic, considering that for most of the region, harvest was just getting going. Thanks to all who attended to hear what was new for the 07/08 year and pick up their club start-up packages. Congratulations to the eight leaders who chose to complete their Level 1 training at the same time.

## Winter Camp

Plans are underway for two regional winter camps again this year. Applications will be sent directly to each club leader and will be available online in December. Ages for this year's programs will be 9-11 and 12-15. Both weekends will run in February. Members who are 16+ and have attended LTCS will have the opportunity to attend the programs as junior staff.

## Upcoming

The districts and region will be busy over the next few months so be sure to watch your mail, email, the program section of the magazine and the website to ensure that you're not missing out. Good luck with all of your club and district Communications and we'll see some of the lucky winners on March 15 at the regional competitions! 🌟



Leaders hard at work at the Peace Region's Fall Forum

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# Travel & Exchange

## Alberta/Quebec 4-H Youth Exchange

BY MIRANDA TESOLIN

PRESIDENT OF THE LAC LA BICHE 4-H CLUB

This summer the Lac La Biche 4-H Club was successful in being chosen to participate in the Youth Exchanges Canada Program. This is a program that is funded by Canadian Heritage. The group we were twinned with was from the Richmond 4-H Club in Quebec. Our group was made up of members from the Lac La Biche 4-H District. They included: Bradley Beniuk, Chantelle Benson, Owen Burdek, Corey Leach, Kyle Leach, Chauntel Raasch, Miranda Tesolin, Morgan Williams, Shalayne Wowk and Colton McDonald.

On July 3 the Lac La Biche members flew to Montreal and from Montreal we headed to the Eastern Townships. The area that we stayed in was Richmond/Kingsbury, which is located in the southeastern part of the province. While in Quebec, we visited numerous dairy, sheep and goat farms. Our 'twin' delegates brought us to visit the Coaticook Gorge Park and the Capelton Mines where we went on a guided underground tour of the old copper mine.

On our free day most of us went kayaking down the St. Francis River. This was quite beautiful and we got to see a lot of the scenery that we would not otherwise see. That night we dined on authentic poutine, which was made with farm-fresh cheese! Some members toured the Bombardier Museum where they learned about the creation of the snow machine, other members toured a slate museum, while others got some shopping in. Our last night in Quebec we were treated to a michoui (pork cooked on a spit).

August 1 the Quebec 4-H members flew in to Edmonton. On our first day of hosting the Quebec 4-H members, we toured the farms of the participating families. We also stopped at a buffalo ranch – and actually, these buffalo were extremely quiet and did not take off, despite there being 20 noisy 4-H members around! That night, the Quebec 4-H members were treated to an authentic Ukrainian feast.



The 4-H Exchange group at Coaticook Gorge Park

While in Alberta we toured the Lac La Biche Mission Historical Site, had a tour of the local Lac La Biche Mosque where we were treated to a Lebanese feast. We took the 4-H members north to a logging camp where we got to view a feller buncher, delimeter and other equipment at work. We were then treated to a camp lunch.

Our free day was spent at a cabin on Beaver Lake. Here members had the chance to experience beautiful Beaver Lake with tubing, wake boarding, air chairing, etc. While at the cabin we were treated to an awesome fish fry.

What trip to Alberta would complete without a visit to West Edmonton Mall? The Quebec 4-H members got to go to the Galaxyland Amusement Park and do some shopping - Chapters was a treat because these English-speaking 4-H members from Quebec don't get a chance to buy English books very often!

The next morning we got our new friends to the airport and said our goodbyes. All in all, it was a very educational and fun filled experience. I am sure that some lifelong friendships have been made. It was a great experience which I highly recommend to all 4-H members. 🌸



4-H members in the copper mine at Capelton Mines



The 4-H Exchange group at the Richmond Ag Grounds (left to right): Corey Leach, Kyle Leach, Morgan Williams, Lee Ann Nelson, Colton McDonald, Bradley Beniuk, Chantelle Benson, Owen Burdek, Miranda Tesolin, Emily Mastine, David Nelson, Michael Dutka, Shalayne Wowk, Justine St.Cyre Badger, Summer Mason, Jacob Morin, Kayla St.Cyre, Chantel Raasch, and Chaperones: Jocelyn Williams, Judy Nelson, Pauline Aururk and Debbie Tesolin





## 4-H Exchange 2007

BY KENDRA VERHEUL

MEMBER OF R.B.Q RACHEROS 4-H MULTI CLUB

When I was asked to participate in the 4-H exchange to Ontario, I was thrilled. I wasn't really sure what this exchange would bring me but I was excited to try anyway. We started by filling out a biography, which we then sent to Ontario in hopes of finding a personality match with an Ontario 4-H member who was also participating in the exchange.

The travel costs for the 4-H Youth Exchange Canada program were paid for by the department of Canadian Heritage; however, for the rest of the time that our exchange partners would be in Alberta, we would need to raise for the remainder of our trip around Alberta. Since these trips cost a lot of money we applied for many grants but this still wasn't enough, so we started fundraising.

We sold cheese and flowers to our friends and family. Also, we collected old and used tires from local farmers in an effort to help the farmers clear out their land and also to help out the environment. When all of this was said and done, we had raised the funds to make the exchange work. Finally the day came that we would meet our Ontario friends. Most of us had never seen our exchange partner before but nevertheless we were excited. Each of us had a "twin" stay at our homes and we would then stay at their home in Ontario.

During the time that our twins were here, we showed them the highlights of Alberta. We visited the "Hoodoos" in Drumheller, we camped out in the Rookies and we took a bus to the Columbian Ice fields. And don't worry – we didn't forget to go to West Edmonton Mall and of course, an Alberta experience would not be complete without going to the Calgary Stampede!

Then it was time for our new friends to leave; however, we were not sad because we were going to see them in a couple of days when we were going to join them in Ontario. As we arrived in Toronto airport there were some screams of joy as we embraced our long lost friends once more. When our group was in Ontario we saw the CN tower and we were mesmerized by the sheer power of Niagara Falls. We also got a chance to see life as it was before in Medieval Times. Alas the time had come to say good bye to our friends. We were very sad because we knew we wouldn't see each other for a long time, but we were also happy to have met a group of people that will always have a place in our hearts. After a tearful good bye we got on the plane and flew back to Alberta.

Looking back I don't think that things could've turned out better. I learned that even though we are one united country, our walks of life from province to province can differ greatly. I strongly recommend everyone to participate in such an exchange because you will learn so much about your province and others. You will meet somebody that you will remember for the rest of your life and that has no price tag. 🌸



## Montana Leaders Forum Trip, October 4 - 7, 2007

BY LINDA ROSS

LEADER WITH THE CROSSFIELD-MADDEN BEEF CLUB

Six women (luggage included) together in one mini-van for 3 days, plus crossing an international border (twice) equals one big adventure.

The trip actually started way, way north of our end destination. Colleen Prefontaine (Bon Accord 4-H club) and Margaret Scott (Lakeland 4-H Longriders Light Horse) met and picked up our van in Edmonton. They traveled together down to Airdrie, picked-up myself, Linda Ross (Crossfield-Madden Beef), Stacey Harrison (Leslieville Trail Trotters) and Shirley Woods (Big Valley Rusty Spurs) where we had a quick lunch/orientation with Mark Shand, our 4-H Specialist. From there we traveled to Lethbridge and retrieved our last lady, Joyce Thielen (Raymond Makanix). Then we traveled over to Medicine Hat, stayed the night and then headed south.

The drive was fairly smooth sailing, only one or two extra trips around a city block (at each new stop) to get our bearings. As we headed toward Lethbridge, then Medicine Hat and on to Havre, Montana, we unanimously decided that MapQuest is not all that it's cracked up to be. There are a lot of streets in between the ones you see on the paper; however, we did always manage to find our way to where we wanted to be.

We spent a lovely couple of nights in the new AmericInn in the big city of Havre, Montana; although, we may have spent more time shopping at the Big R than actually in our rooms... It was a comfortable inn and we were able to visit in the mornings over breakfast and in the evenings in the sitting area with other 4-H attendees.

The 4-H representatives from Montana met us the first night and took us out for supper. We went to registration and learned a couple of new 'get-to-know-you' activities and met some very nice people. We found their Ambassadors to be very well spoken and friendly. It would definitely be beneficial if they were able to travel up to some of our events and meet with Alberta's Ambassadors or Key Members. I think that they would all enjoy the experience.

While their Leader's Forum may not be on the same scale as the Conference we hold here in Alberta, it definitely has the same objective – bringing people together and giving them a chance to exchange knowledge and experiences; to acknowledge some of the deserving and to renew people's spirit and passion. If you can learn a few new things on the journey, that is good too.

So what did we learn? We learned that the mini-van has many cargo holds if you know where to look. We learned why there is a Coast Guard station in Montana. And we learned what (not who) Big Bertha is. Each of us learned a multitude of new things; however, the best part was the sharing of this experience and the new friends that we made, which, as always, is the best part of any 4-H experience. ❁

## Northern International Livestock Exposition (NILE) Judging Trip

BY CARMEN GETZINGER

NILE JUDGING TRIP PARTICIPANT

Eight enthusiastic 4-H members traveled to Billings, Montana in October to represent Alberta in the Northern International Livestock Exposition (NILE). Henry and Kathy Wiegman chaperoned one of the groups, which included Cayli Mocariski, Cole Goad, Kaylea Richardson, Jay Gramlich, Steven Rodger, Travis Hanson, Tyler Sawley and myself, Carmen Getzinger. The competition began on October 16 at 7am and consisted of judging five beef classes, four sheep classes and three swine classes. The competition ended at noon and since the awards were not going to start until 4:30 pm, we decided to tour Moss Mansion, which is located right in Billings. Contrary to how it might sound, and to the disappointment of a few members in our group, the Mansion is not made out of moss but was built by a man named Preston Boyd Moss. Later that evening after the presentations, we attended the Ranch Rodeo, which consisted of many non-traditional rodeo events such as wild cow milking.

Other highlights of the trip included visiting the Custer's Last Stand historic monument at Little Bighorn, the Russell Museum in Great Falls and of course, a little bit of shopping.

In Kaylea Richardson's opinion, "the inside jokes, all activities we did, and the fancy hat that we bought Henry added plenty of flavour to an awesome new experience in agriculture."

We would like to thank all our sponsors, ITS Travel, UFA and ATB Financial for this event and would highly recommend this trip to anyone attending the 2008 provincial judging competition! ❁

### Ho, Ho, Ho, Happy 90th Anniversary!

**Hoping to spread a little cheer this Christmas? Stressed over what to give for your annual office or school gift exchange? Just moved and lost the "Christmas Decorations" box in the process?** ❁

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The 4-H Foundation of Alberta has a limited number of Alberta 4-H 90th Anniversary Christmas ornaments for sale for \$10, which can be ordered by calling **1.877.682.2153** or emailing **susann.stone@4hab.com**.

Happy holidays!





# FUN AND GAMES

## IN-VERSE Puzzle

This is a Word-Fit with a difference. See if you can place the underlined words correctly into the grid.

### A Hundred Winters

by Duncan MacKellar

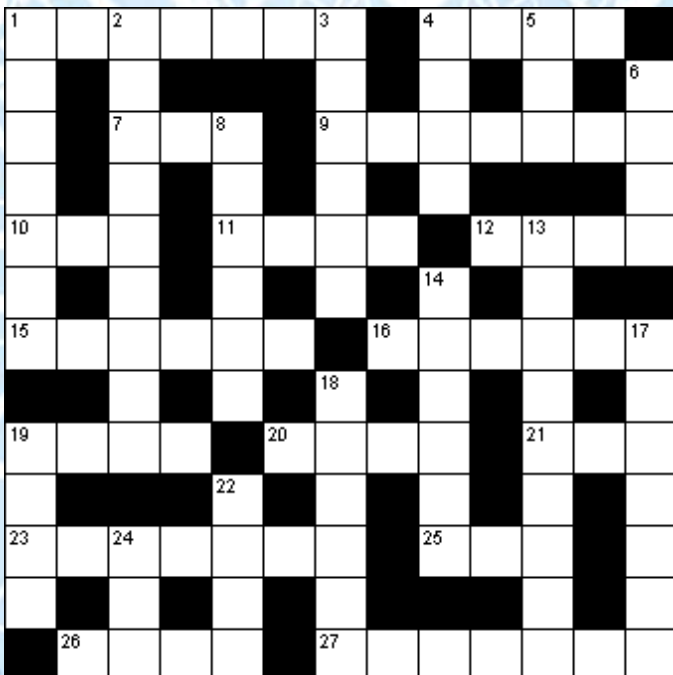
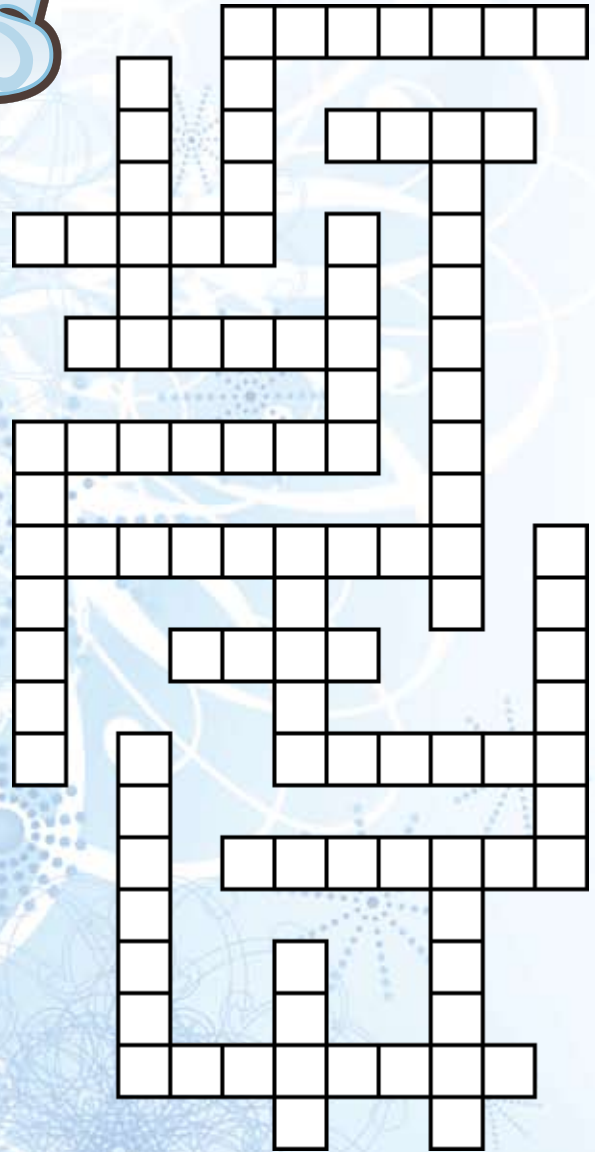
A hundred winters we have seen,  
A hundred summers past.  
Some might say that we are old,  
Each year could be our last.

But we are seasoned to the heart,  
We grew up proud and strong.  
Our roots are deep and settled now,  
We know where we belong.

What wonders we have witnessed,  
Across the bygone years.  
The best and worst remembered well  
But you will shed no tears.

A wealth of life's adventure,  
Is comfort to me now.  
But you have never laughed or loved  
Or cradled in your bough.

We both have lived a hundred years,  
Beyond that summer morn,  
The day your leaves began to grow,  
The day that I was born.



## CROSSWORD Puzzle

### Across

1. \_\_\_ and lemons (7)
4. All hands on \_\_\_ (4)
7. Lucky \_\_\_ (3)
9. Onwards and \_\_\_ (7)
10. The \_\_\_ and only (3)
11. I'm all \_\_\_ (4)
12. Living on the \_\_\_ (4)
15. Brother and \_\_\_ (6)
16. \_\_\_ skating (6)
19. Hit and \_\_\_ (4)
20. Like a \_\_\_ in a china shop (4)
21. \_\_\_, skip and jump (3)
23. \_\_\_ illusion (7)
25. Tales of \_\_\_ (3)
26. No good \_\_\_ ever goes unpunished (4)
27. Rich as \_\_\_ (7)

### Down

1. Keep your \_\_\_ open (7)
2. Names and \_\_\_ (9)
3. A \_\_\_ peg in a round hole (6)
4. Up and \_\_\_ (4)
5. \_\_\_ park (3)
6. The \_\_\_ of Capri (4)
8. Bits and \_\_\_ (6)
13. Sons and \_\_\_ (9)
14. A \_\_\_ fight (6)
17. Imports and \_\_\_ (7)
18. \_\_\_ enemy No 1 (6)
19. Over the \_\_\_ (4)
22. The \_\_\_ test (4)
24. Golfing term, \_\_\_ off (3)

solutions on page 41



## 4-H Summer Staff Opportunities

During the summer of 2008, 4-H requires many summer staff to assist with a wide variety of programs and services. Employment period is from approximately May 1 to August 31, 2008 (may vary with position). This is a great way to get paid to do something you will love!

Log on to [www.4h.ab.ca](http://www.4h.ab.ca) and click on "Job Board" to view all the mandatory qualifications and an in depth description of each position.

**Deadline for applications is January 15, 2008.**

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

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

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

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

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

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

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

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

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

Assist various program specialists and staff to publicize provincial 4-H summer programs.

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

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

- **Provincial 4-H Summer Marketing Assistant at Alberta 4-H Centre – 1 or 2 positions**

Assist with building public awareness of 4-H program and provide an organized approach to 4-H member and leader recruitment. Will work at various events throughout the summer.

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





*UFA and Alberta 4-H's \$1 Million partnership agreement announced*

## Million Dollar Smiles All Around: Alberta 4-H and UFA Enter Historic Partnership

On November 1, 2007, UFA Co-operative Limited became the largest corporate investor in Alberta 4-H with an enhanced five-year \$1 million partnership.

UFA has been a longtime supporter of Alberta 4-H. The enhanced partnership will support provincial and grassroots programs and that directly benefit more than 400 local 4-H clubs, 7,000 members, 2,400 volunteers and 250,000 alumni across Alberta.

“UFA’s enhanced support of Alberta 4-H will enable us to develop new programs that will reach every 4-H member and leader in every club across Alberta,” says Bruce Banks, chief executive officer, 4-H Foundation of Alberta. “Together we’re going to develop young volunteers and community leaders who represent future generations in rural Alberta.”

“UFA and Alberta 4-H have been longtime partners because of our organizations’ close affiliation with community, our similar member-based structure and our shared desire to build future capacity in rural communities,” explains Wayne Latam, chairman, UFA board of directors. “Alberta 4-H is a natural fit for our ‘Learning and Living in the Country’ community investment strategy.”

Please see the next page to learn more about what UFA and Alberta 4-H’s \$1 million agreement over the next five years means for the 4-H family.



*Susann Stone, Manager, Special Projects, 4-H Foundation of Alberta, and Shannon Ohama, Manager, Community Investment UFA Co-operative Limited start the celebration by cutting the cake*



*Members checking out the merchandise at the Red Deer UFA Farm Supply Store, which is where the \$1 million dollar partnership was announced*



# A Million Reasons to be Excited over the new Alberta 4-H and UFA Sponsorship Agreement

On November 1, United Farmers of Alberta (UFA) announced its plan to commit **\$1, 000, 000** to Alberta 4-H over the next five years. Here is the basic breakdown of how this new sponsorship agreement will benefit 4-H families.

## 4-H Awards of Excellence

As an Alberta 4-H Legacy Builder, UFA supports the Alberta 4-H Awards of Excellence program as a means of recognizing individual 4-H member excellence and initiative.

## 4-H Achievement Day Support

In order to help club's effectively promote and celebrate their 4-H Achievement Day in the community, UFA will provide **\$150** per club per year to use towards advertising Achievement Day events, host meals for officials and marketable project buyers, recruiting new 4-H families and inviting communities to celebrate member and club achievements. UFA encourages clubs to promote their achievement day celebrations cooperatively.

## 4-H Community Enhancement

UFA is helping 4-H clubs to achieve one of their core mandates, which is to "serve their community" by providing an annual **\$100** gift certificate for club community enhancement projects.

When more than one club operates in a community, we encourage them to pool their UFA Community Enhancement gift certificates to assist one community initiative.

## 4-H Young Adults Volunteer Service Recognition

**Ten thousand dollars**, paid out in **two thousand dollar increments** (UFA Gift Certificates), will be allocated yearly to recognize 4-H Alumni, aged 21-35 who pursue post secondary education or skill training, return to their rural roots and enhance their community through 4-H volunteerism. Once an individual completes two years of leadership with their local 4-H club they can apply for this recognition and become one of five young Albertans recognized annually.

## 4-H Leadership Training

The balance of United Farmers of Alberta's generous support will enhance and drive leadership training in rural Alberta through Alberta 4-H. UFA support will be directed at programs that develop leadership capacity at the regional and provincial 4-H levels.

Programs that will utilize this support are:

- Regional 4-H Leader Training Days – Project and Administration
- Regional Member Leadership Training Events
- Provincial 4-H Leaders' Conference
- Provincial 4-H Project Training Events – PELF (Horse), BUD (Beef), SALT
- UFA 4-H Key Leader Program
- Provincial 4-H Key Member Program
- Provincial 4-H Club Week
- Provincial 4-H People Developing People (PDP)
- Provincial 4-H Leadership Thru Counseling Seminar (LTCS)
- Provincial 4-H Centre Operations





# Club & District Articles



Vance Kremp, member of the Meadowview 4-H Multi Club, with his young horse project.

## Freedom-Naples 4-H Multi Club

BY BROOKLYN BELL

On Saturday June 2, 2007 the Freedom-Naples 4-H Multi Club and Meadowview 4-H Multi Club gathered at the arena in Barrhead for our Light Horse project achievement day. Our judge was Stacey Meunier.

We did performance classes, which were Western Pleasure, Horsemanship, Showmanship and Trail, as well as Gymkhana classes that had us doing poles, barrels and keyhole. We also got to take part in some fun classes like "toilet paper pairs" and a costume class where there were some really awesome costumes.

In addition Dale and Maureen Greig were inducted into the Barrhead District 4-H Hall of Fame for their long service to the Meadowview 4-H Multi horse project and their effort put into getting members to participate in the Horse Classic event at Olds. 🌟

## Calgary 4-H Southpaws Club's Year off to a Hopping Good Start

ALANA GREENING

CALGARY 4-H SOUTHPAWS CLUB REPORTER

Another year has started for the Calgary 4-H Southpaws. We held our first meeting on September 6, 2007, which was a club election. This year's executive is as follows: President: Rianna Clancy, vice-President: Rikki Meroniuk, Secretary: Amanda Greening, Treasurer: Krysta Turner, District Representative: Kelly Meroniuk and Club Reporter/Historian: Alana Greening.

This year is looking pretty promising with Arts & Crafts, Cavy, Model Horse, Photography and Rabbits projects being offered.

The first Cavy meeting will be held October 12, 2007, where we will be doing a grooming workshop that is being lead by Tammy Turner. She will show us how to properly bath our cavies, trim their nails and teeth if needed, and various other things.

On Saturday, October 13, 2007 our club will participate in the WishMaker Parade, Walk for Wishes. On Sunday, October 14 the Rabbit project will be doing a rabbit hopping/agility demonstration at the Macleod Trail Petcetera from 2 p.m. until 4 p.m. Amanda Greening and Krysta Turner performed at the Calgary Stampede and did a Grand Stand show during this year's Calgary Stampede.

We would also like to welcome our new General Leader, Rosmarie Greening and new Rabbit project member Amanda Ball.

We look forward to a great and exciting new 4-H Year! 🌟



Calgary 4-H Southpaws at the WishMaker Parade, Walk for Wishes

## Correction

In the last issue of the 4-H Magazine, on page 44, photo caption #3 should in fact read: Amanda Greening, of the Calgary 4-H Southpaws Club, with her Mini Lop rabbit, Willow, rather than how it currently reads, which is: Brandy Fidler with rabbit Soren at 4-H on Parade doing rabbit hopping. We apologize for any confusion or inconvenience that this may have caused.

# Big Hill West Light Horse 4-H Club

BY REBECCA WALTERS

VICE PRESIDENT, BIG HILL WEST LIGHT HORSE 4-H CLUB

Big Hill West's riding season ended off with us participating in the Regional Horse Show in Olds, the 13th Annual Provincial Horse Classic in Olds and the Calgary Stampede 4-H Rodeo.

The Regional Horse Show went very well with some members attending for both days, while others just came for the Gymkhana bit. All club members who participated went home at the end of the weekend with at least one ribbon, which was super.



Stampede 4-H Rodeo Grand Entry Team: (l to r) Chad Cena, Amber Beeby, Calgary Stampede Princess Amanda Byrne, Calgary Stampede Queen Amanda Kochan, Calgary Stampede Princess Caia Morstad, Rebecca Walters and Gina Long

The Horse Classic, which our club participated in for the first time this year, was just a few days later and we thought it was a great experience. A few of the highlights were our 25th anniversary club album winning 1st place in scrap booking, staying in a townhouse and getting to hang out with new people that soon became friends, especially the Nova Scotia team. As our intention is to participate again next year, we intend to study up on the English discipline as we currently only do Western.

Next, our club was honoured to be chosen as the Grand Entry Team for both days of the Calgary Stampede 4-H Rodeo. Special thanks goes to Ruth Fowler, the club's riding instructor, as she helped us with our performance preparation. Two of our members, Amber Beeby and Gina Long, get a special mention as they went out of their comfort zone and took the steer riding clinic on the morning of the last day of the rodeo and finished up the day with actually riding a steer in the competition!

The new season started in October with 10 new members, which puts us up to 20 members in total (six junior, five intermediate and nine senior). This gives our senior members a chance to mentor the younger members and exemplify the



Aaron Long on Sabre at the Regional Horse Show in Olds— 1st in Barrels

4-H motto of "learn to do by doing" with dismounted and mounted activities. Plans for a penning clinic in March, and a cutting clinic in April are in the works. A few senior members are starting a new project this year, Rodeo. One of the areas within the Rodeo project is steer riding and our club is honoured to have Dave Shields Sr. teach us over the next nine months in preparation for the 4-H rodeo next September.

We are continuing our community service tradition of making candles, selling them prior to Christmas at the Cochrane Safeway and then giving the funds to a charity of our choice. Everyone is looking forward to the New Year! 🌸

## A Southern Club Overview

BY DIANE MOKOSCH

LEADER WITH THE WESTERN WRANGLERS 4-H CLUB

Southern 4-H members participated and won buckles and prizes in the Calgary Stampede Invitational Rodeo. Jena Shearer of 49'ers Horse Club (Coutts) captured Senior Breakaway Roping and Senior Goat Tying titles. Charmayne Shapley of Bindloss 4-H Multi won the Senior Barrels. Trent Petersen of Willow Creek Wranglers (Claresholm) took the Intermediate Barrels title. Julie Mocosch of the Western Wranglers (Lethbridge) was first in Senior Pole Bending. It was great clinic for all the participants.

Members across the South have signed up to participate in Project Porch Light. This is an excellent way to support energy conservation.

Thanks to the Prairie Post whose 4-H supplement is promoting our clubs. Welcome to the many new members and new leaders! May this year be the first of many memorable 4-H experiences.

For more South news, flip to the South's Regional section. 🌸



# Calgary Southpaws – A Hopping Discovery

BY AMANDA GREENING

MEMBER OF THE CALGARY SOUTHPAWS 4-H MULTI CLUB

It all started about a year and a half ago when the Calgary Southpaws 4-H Club had a new leader take over the 4-H rabbit project. Fellow Southpaw member, Krysta Turner, and I decided we wanted to try something new and fun. I searched the internet while Krysta searched rabbit magazines for ideas.

And then we found a website featuring rabbit hopping.

The first one I found that was loaded with information was <http://www.kaninhop.dk/uk>. We looked for information on local rabbit hopping only to find there wasn't any and as far as we know from the tons of research we have done, Krysta and I are the first to do this in Canada. We presented the idea of rabbit hopping to the 4-H leader, and that's how it started. We modeled our project after what we learned off the UK site. We attempted to start clicker training the rabbits, which went nowhere, and so we started from scratch by teaching the rabbits to wear the harness and eventually got them to walk on a leash. Then we started making jumps and once the rabbits figured out that they were supposed to jump the poles, we would gradually raise the height of the pole.

We started with the actual jumps in December 2006. Now the rabbits know that when they are put down in front of the pole, they are to jump. My rabbit Willow, who is a Mini Lop, is now jumping various jumps and other obstacles, like the new hoop jump and going through a tunnel off leash. Jeremiah, Krysta's Holland Lop, is picking up on it to and has started to jump various jumps as well.

We performed at 4-H on Parade last year and the word spread to the Calgary Stampede board. We were then asked to come and perform five different shows at the Stampede – with one of the shows being during the Sunday morning Family Day breakfast down in front of the Grandstand stage. The others were in the evenings in Jaycee Park and during the early morning breakfast, TV cameras came and filmed us. We had many people tell us they saw us on TV; however, neither mine nor Krysta's family has seen any of the footage. Since then, we've performed at the Deerfoot Meadows Petland on April 14, 2007, and the Chestermere Fair on September 15, 2007.

We have just started our new 4-H year and have a new leader, my dad, Terry Greening. For our first meeting we did a hopping demo at Petcetera on October 14, 2007.

We advertise our rabbit hopping on the Southpaws' website, <http://members.shaw.ca/Calgary4H>, which my mom and I do



Amanda Greening with rabbit Soren

together for the club. Krysta and I have also started the Canadian Rabbit Hopping Club website, <http://members.shaw.ca/crhc>. It is just in the beginning stages and we don't have much on there just yet, but we will keep adding to it. We also now have all of our rabbit hopping videos on <http://youtube.com/group/Calgary4H> where you can see all the neat videos of us and our rabbits. 🌸

# The 4-H Round-Up Starts Up the Westlock District's 4-H Year

BY KASARA VAN HECKE

KEY MEMBER FOR THE WESTLOCK DISTRICT

The Westlock District launched their 4-H year on September 15 at Richard F. Staples High School in Westlock with a day camp called "The 4-H Round-Up," which was an event that a few of us senior members thought up early last year. Our goal was to inform people that 4-H is not just for rural families and there are a variety of projects that might interest them. Hoping to attract the youth in the community, this day camp was aimed at recruiting new members to increase member enrollment.

We started the day off with registration – we had 17 kids show up! – and the all too famous 'get-to-know-you' games that are played at most 4-H activities. After games, we had a public speaking session where the kids did a number of activities on public speaking and impromptu. For example, participants were asked to take enough toilet paper for the entire day because we ran out and so they had to stock up. For every piece that the kids took, they had to say something about themselves.

We had more sessions after lunch on judging and picking your project. In the judging workshop, the kids judged shoes and snowboards and learned how to write on the judging cards. In the picking your project session, the kids got to look at record books and learn about some of the projects available.

We also planned a gym rodeo where we had Milk the Cow, Rope the Calf, barrel racing, Pitchfork the Manure and chuck wagon races. For Milk the Cow, we used rubber gloves with pin holes in two finger tips and teams had to try to get the water that was in the gloves to hit the pail, which was incredibly humorous to watch! In Rope the Calf, the kids had to rope a chair and were amazed at how something that looks so easy can be so difficult; barrel racing involved running around three chairs on broomsticks, while Pitchfork the Manure had the kids forking pillows from one area to another. The chuck wagon races used the most energy. Teams had to pull a group member around on an old blanket down the length of the gym, around a chair and back to starting position. By the time we finished the rodeo, it was time for supper and the kids to go home.

All in all the day went great. We had some parents stay for different parts of the day, and felt it was a success. As far as planning went, we did not really know what to expect, however, for not knowing what to expect, we think the kids had fun and we had a learning experience, after all 4-H is about Learning to do by Doing. 🌸



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# Features

## Have 4-H – Will Travel

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

In February 2006, Karly Bourbeau went on a family trip to New Zealand, Australia and Fiji and it was during one of these stops that she caught The Bug.

Hooked on traveling from the moment that her plane landed back in Canada, Karly and her cousin Jarrah immediately began to make plans for a longer trip that would take them around the world, expose them to different cultures and languages, and make for an awesome 4-H project.

Shelley Eisenreich, who is Karly's General Leader with the Cold Lake 4-H Light Horse Club, urged Karly to continue on with 4-H, despite her inability to take part in many of the meetings, or complete a typical diary and record book. "Karly has been a very strong member of the club and being that she was going to be away for part of this year, we tried to come up with a way to make it work for her to still be a member," Shelley comments. Shelley will email Karly an agenda before each meeting so that Karly is aware of the items that require a motion and can have an input on them, and since Karly won't have an actual Horse project this year, when she gets back she will instead act as a mentor with the younger members, helping to improve their riding skills.

"The leaders and members voted unanimously in favour of the amendments even though it will mean a lot of changes for them," Karly explained. "It was decided that as few club events as possible would be held while I was gone, our Achievement Day would not take place until I returned in May and my year-end project would be a presentation on my trip."



Karly Bourbeau at her grad in 2007

Part of Karly's presentation will be her on-line blog, which, as part of her modified project requirements, she has to do an entry in once a week as well as keep track of all of her trip expenses – sort of like a member would do with a record book. The other half of Karly's Achievement Day project will be to present on the countries that she visited, and between New Zealand, Australia, Thailand, Laos, China and Tokyo, there's going to be quite a bit to present on!

### FUN FACT

A leech has 32 brains



Karly takes a quick ride around the track

"I'm really excited to see China," Karly expresses. "I love to travel and so all of our stops will be great, but I think that the experience of China will be awesome – the food, the history of the country, the people. That's actually the only place where we have booked into a tour because we're thinking that it might be a bit tough to navigate, so we will definitely get to see a lot of the country."

Karly says that the thing that she will miss the most while she is gone is well, everything. "Alberta is the best place to be. It's great to be able to travel to other places because it increases your appreciation of home and gives you perspective. I love Alberta because it's where all of my friends and family are – and 4-H of course!"

If you have an idea for what you think would be a cool project, bring it up to your leader –who knows? Maybe you'll get to travel the world as your 4-H project too. Or, if you have any stories about a neat project that you have done, we want to hear about it. Send it, along with any digital photos you may have to [info@4h.ab.ca](mailto:info@4h.ab.ca).

To see what Karly has been up to, go to:

[www.karlyawsomeaustraliaasiatrip.blogspot.com](http://www.karlyawsomeaustraliaasiatrip.blogspot.com) 🌻

### FUN FACT

A hedgehog's heart beats 190 times a minute on average and drops to only 20 beats per minute during hibernation

# Music to Your Ears – Putting Your 4-H Skills into Action

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

Who knew that a hobby could actually turn into a part-time job?

It did for Desiree Barr when she decided to open her own music studio. One day, Desiree's piano teacher suggested that Desiree consider becoming an instructor as there were several families in the area who were looking to enroll their children in lessons. "I had to think about it for a bit as there was quite a lot of planning that went into opening the studio," Desiree remembers. "I had to figure out how much time I had available for teaching, how to instruct different age groups, what curriculum I would go with and what my skills were worth on an hourly basis."



Photo – Desiree Barr, member of the Vermilion Golden Threads 4-H Multi Club, showcases the piano where she taught many lessons.

Desiree, who is trained in classical piano, has her grade 8 with the Royal Conservatory of Music and has been taking lessons since she was four, balanced the teaching of five students, ages 6-11, with attending high school and being a member of the Vermilion Golden Threads 4-H Multi Club. "I have been in 4-H for 8 years," Desiree notes, "and being treasurer for three of them totally helped me with figuring out how to do budgets and manage expenses. Also, because of the public speaking work that we did in our club, I was able to communicate with the students as well as the parents because how you address the two groups is quite different."

The most rewarding part of Desiree's job was interacting with her students. "It was so great when they would come running through the door and be excited for the song that they were going to get to play that day, or for what they had learned from the practice that they had done at home," Desiree states. And despite Desiree no longer having the studio, as she is currently working toward the goal of one day becoming a Speech Pathologist, she remembers it as being, "the perfect part-time job to have during high school. It taught me a lot about time management and organization, which I credit to my time with 4-H for having taught me those skills."

If you have done something inventive or entrepreneurial with the skills that you have learned in 4-H, then type them out and send them to us at [info@4h.ab.ca](mailto:info@4h.ab.ca). It is important to know if the organization's programming and project options are on the right track and if these programs and projects are providing members with the skills necessary to fulfill the Alberta 4-H Vision of being "the organization of choice to develop marketable skills and outstanding community leaders." ❁



## 'The-Neighbours-Just-Called-to-Say-They're-Coming-Over-for-Coffee' Brittle

Prep Time - 5 Minutes

Cook Time - 5 Minutes

Ready In - 1 Hour, 10 Minutes

### INGREDIENTS

2 pounds white chocolate

30 small peppermint candy canes

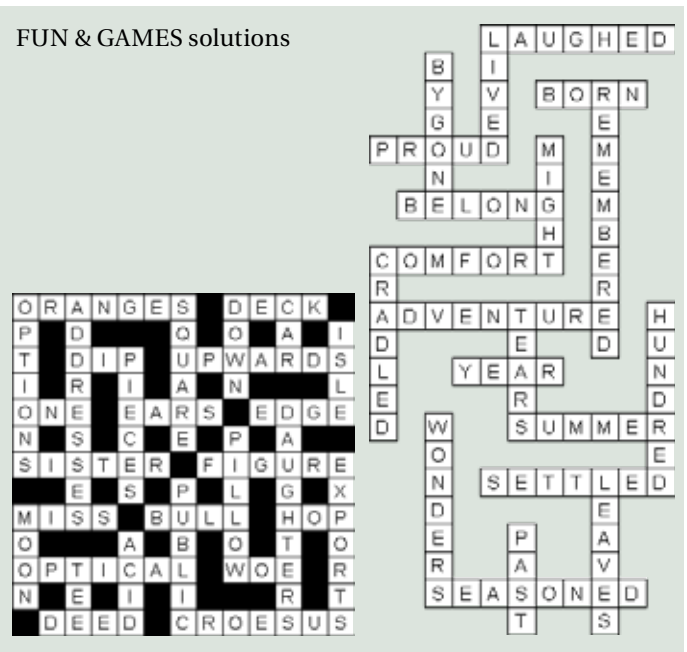
### DIRECTIONS

Line a large jellyroll pan with heavy-duty foil.

Place white chocolate in a microwave-safe bowl. Heat in microwave on medium setting for 5 to 6 minutes. Stir occasionally, until chocolate is melted and smooth.

Place candy canes in a plastic bag, or between two pieces of waxed paper. Using a mallet or rolling pin, break the candy canes into chunks. Stir peppermint into melted white chocolate. Spread evenly in pan, and chill until set, about 1 hour. Break into pieces by slamming pan on counter.

### FUN & GAMES solutions





# Midterm Report on Ardmore School

BY JESS HAINSTOCK

COMMUNICATIONS AND MARKETING ASSISTANT

On page 40 of the Fall issue (last edition) of the 4-H Magazine, Ardmore School's exciting new game plan for the 2007 school year was featured. Now, three months into the school year, another look is being taken at how the logistics of having a 4-H project become part of the school's curriculum is playing out.

"This is the first project of its kind to be offered within any school in Alberta or Canada as a part of the regular school day," Loretta Bergo, who is the librarian at Ardmore School and said to be the "driving force" behind making this idea a reality. "We have 93 registered members from grades 4-9 that will be taking part in options such as exploring 4-H, outdoorsman, photography, pets, crafts, business, performing arts, nestboxes, and gardening."

On October 10, 2007, Ardmore School officially launched their first term projects (Exploring 4-H, Outdoorsman, Photography, and Pets) and celebrated their status as the first school-based 4-H club in Alberta, and while it may have had a few less numbers than the Grammys or the Emmys, there was still some pretty big names in the audience.

Northern Lights School Division Superintendent Roger Nipard, Board of Trustees Chairman Walter Hrycauk and MLA for the Bonnyville-Cold Lake region Denis Ducharme all attended the event, with Mr. Ducharme also giving a speech to a gym filled with very enthusiastic and very attentive Ardmore students. Alberta 4-H Branch Head, Marguerite Stark made the trip from Airdrie, Alberta, while Northeast Specialist Leila Hickman drove over from Vermilion. An EnCana representative, Taura Fox-Walker, flew in from Calgary in order to hand deliver the EnCana organization's \$2,500 contribution to the new project and this was just the start of the special donation presentations.



(l to r) Taura Fox-Walker, EnCana Representative, Sarah Chrobot, Ardmore School Club President, (background) Loretta Bergo, Ardmore School librarian



Denis Ducharme, MLA for the Bonnyville-Cold Lake region, gives speech to the students of Ardmore School

EnCana's donation was then added to the \$2,293.98 that was donated that day on behalf of the Ardmore School 50's and 60's Reunion Committee, which was then complemented by the \$500 from the Board of Trustees. These generous gifts will more than cover the cost of the programming, which is \$46 per student, for a cumulative total of \$4,278 and leave a little extra for supplies and unexpected happenings.

"As we are now a registered club, our members also get all of the opportunities of any other 4-H member. At Ardmore, we get truly pumped about the things we care most about and we are so excited to see where this year takes us," Loretta comments. At this point, the students are also working on their first community service project which is Operation Christmas Child and in December their second community service project will be collecting food hamper items so that the school can make Christmas hampers for local families in need. "We believe in helping out others, both in our community and outside of it. Our students are realizing that there are people out there much less fortunate than they are and we need to help them; it is truly an eye opening experience."

Be sure to read the next installment about Ardmore School's exciting new project in which the second term projects and other club activities will be discussed in the Spring issue of the 4-H Magazine. If your school is doing something neat to help promote 4-H and you want the province to know about it, please email us at [info@4h.ab.ca](mailto:info@4h.ab.ca). 🌻

# Canada 4-H Council – Join Again Campaign

**CHRIS FORREST**

COMMUNICATIONS MANAGER, CANADIAN 4-H COUNCIL

4-H Canada is reaching out to its former members in the hopes that they can play a major role in helping to grow the youth program's membership base. On October 18, 2007, the Canadian 4-H Council launched a national advertising campaign, which is titled 'Join Again.' The campaign encourages former 4-H members to re-connect with the organization that played such a significant role in their own early development.

Vanessa Goodman, former Communications and Marketing Specialist with Alberta 4-H, credits her nine years of 4-H membership for helping get a promising career as a Trade Policy Analyst with Alberta Agriculture & Food off to a flying start. She believes that 4-H alumni have an opportunity – even an obligation – to be there for young Canadians who want the 4-H experience. Despite a hectic work schedule, she'll find ways to contribute to the organization that's been so important in her life.

"When you're a 4-H member, you're getting something special from the experience," says Goodman. "Now it's important for people like me to give back to an organization that I firmly believe in, so that it can continue to provide opportunities for a new generation of youth."

With both an MBA and a Master's degree in Agriculture from the University of Alberta, Goodman has the academic credentials to analyze complex trade issues. On another level, she feels 4-H imparted equally important skills that she uses every day.

"You're interacting with people all the time, and dealing with people of all ages who come from many different backgrounds," says Goodman. "4-H gives you the personal and leadership skills to succeed in a variety of situations."

However, as is the case with most volunteer organizations in Canada, 4-H has experienced significant declines in its volunteer cadre. There was a high of 17,687 registered 4-H volunteers in 1973, compared with 8,900 registered in 2006.

"We know there are many interested youth out there, but we can't grow without a solid volunteer base," said Bob McAuley, president of the Canadian 4-H Council. "This really highlights just how important volunteers are to so many Canadian institutions. We feel there is nobody better trained than our own alumni to step forward and help."

Working with the award-winning agency, AdFarm, the 'Join Again' campaign will run through October and November, and will feature print ads in agricultural publications and community newspapers, as well as posters, referral cards, the distribution of alumni testimonials, and a web page at [www.4-h-canada.ca/join\\_again](http://www.4-h-canada.ca/join_again) where alumni can re-connect. The campaign is fully sponsored by Farm Credit Canada, a longtime supporter of the 4-H program at all levels.

4-H is one of the country's longest-running youth organizations, offering fun, excitement and learning for youth in communities large and small across Canada. More than 8,900 trained volunteer Leaders help about 30,000 4-H Members develop self-confidence and learn a wide variety of skills through hands-on project work. The Canadian 4-H Council was established in 1933 to co-ordinate all national 4-H affairs.

**Head. Heart. Hands. Health. Get involved. Volunteer today.** So what's in it for you? How about valuable skills, priceless experiences, friendships that last a lifetime? That's 4-H for you. And since 1913, that's the way it's been for generations of Canadians. And that's the way it is today. You know, there's a 4-H club in your area that needs volunteer mentors just like you. So what are you waiting for? 4-H needs you. Get more information at [www.4-H-canada.ca](http://www.4-H-canada.ca).

You know the importance of capturing life's big moments. But what about sharing them? Right now, 4-H needs alumni like you to provide the 4-H experience to a new generation. We also need you to encourage neighbours and co-workers to check us out. You know 4-H, now join 4-H. Again.

4-H-Canada.ca/join\_again for details or contact your local 4-H office.

Join 4-H again.





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Charlie Cole - *Western & Hunter Under Saddle*  
Doug & Kathy Vouchell - *Horsemanship*  
And More to come.....

Stacy Westfall - *Horsemanship*  
Jerry Tindle - *Donkey & Mule*  
Jonathan Field - *Horsemanship*  
Robyn Hood - *TTeam & TTouch*

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|----------------------|-------------------------|-------|
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| Day                  | \$ 8                    | \$ 10 |
| Weekend              | \$ 20                   | \$ 25 |
| <b>6 &amp; Under</b> | Free                    |       |

**2005 Chilliwack, BC**  
Doug Mills,  
Jay O'Jay & Chris Irwin

**2006 Chilliwack, BC**  
Doug Mills,  
Ken McNabb & Craig Cameron

**2007 Red Deer, AB**  
Steve Rother,  
Raye Lochert & Jay O'Jay

**2007 Chilliwack, BC**  
Doug Mills,  
Steve Rother & Van Hargis

### Hours

Fri: Noon to 9:00pm  
Sat: 9:00am to 9:00pm  
Sun: 9:00am to 6:00pm  
Cowboy Church 8:00am

**(250) 578-7518**

[info@maneeventexpo.com](mailto:info@maneeventexpo.com)

[www.maneeventexpo.com](http://www.maneeventexpo.com)





Clever the Beaver



Stacy Murray



Becky Zadunayski



Lori and Peter Sereda



Laurie Jacob Toews

# Ask An Expert

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

### **CLEAVER – Captain of the 4-H Spirit Squad**

**Looking back over the past year, what has been your favourite part of Alberta 4-H's 90th anniversary?**

Hhhmmmm, is it okay to say that every activity has been my favourite? No? Too Vague?

Alright, I think that if I *had* to pick, I would say that the \$90 for 90 Years campaign for the Legacy Fund was a highlight, as was Wear Your 4-H Colours Day. \$90 for 90 exemplified the unity that exists within the 4-H family and how willing everyone is to pull together to accomplish a goal that will ultimately end up benefiting the members and leaders of this province for years to come. Wear Your 4-H Colours was neat for the same reasons I suppose – it showed the long-lasting connection that people have to 4-H, and people's willingness to support the organization. Everywhere I went that day was a sea of green, and I'm looking forward to next year to see if we can make the event even bigger than this year's!

### **4-H SPECIALIST – Stacy Murray**

**I've heard that there have been revisions to the diary requirements, what exactly do these changes mean for members?**

With the revisions made to the diary this year, community service has become a member requirement for completing their club year. Our hope is that members will undertake an activity for community service that actually requires something of themselves. For example, while donating food to the local food bank helps the food bank out, it doesn't require much of the members. Actually taking the food to the food bank and helping to sort hampers for Christmas would be a better project idea. Alberta 4-H receives phenomenal support from their communities...let's be creative and show how much we appreciate all they do by giving back.

### **ALBERTA 4-H AMBASSADOR – Becky Zadunayski**

**This is my first year in 4-H and to be honest, it's a bit overwhelming. Do you have any advice on how to make my first year be the best it can be?**

Being a first year member can seem really stressful as there is so much to learn and everything is a new experience. The one sure way to enjoy your first 4-H year, however, is to have fun! One of the greatest opportunities you can take part in during

your first year will be summer programs where you're bound to make new friends from around the province. Other aspects of 4-H can seem nerve-racking but don't stress over it - getting good at things like judging and public speaking take practice and experience and over time, these tasks will seem like a walk in the park.

In addition, remember if you need help with anything your leaders are always willing to lend their expertise.

### **4-H VOLUNTEER LEADERS – Lori and Peter Sereda**

**Can you give me some advice on how to help members overcome their fear of public speaking in their first year?**

Public Speaking is definitely the number one fear! In 4-H and especially when we are in the real world, we are faced with many situations that require us to speak in front of a group of people.

One of the best tips that we give our members is to PRACTICE, PRACTICE, and PRACTICE! The motto of 4-H is "To Learn To Do By Doing", and any 4-H member cannot improve a skill if they don't practice.

Remember these 6 key tips when speaking – who, what, where, when, why and how – they will go a long way to helping you curb your fear. If you keep your hand behind your back, you can count them off on your fingers to help you remember if you get stuck.

Another word of advice is to not give up!

Good luck and keep on speaking! We love to hear what you have to say!

### **ALUMNI – Laurie Jacob Toews**

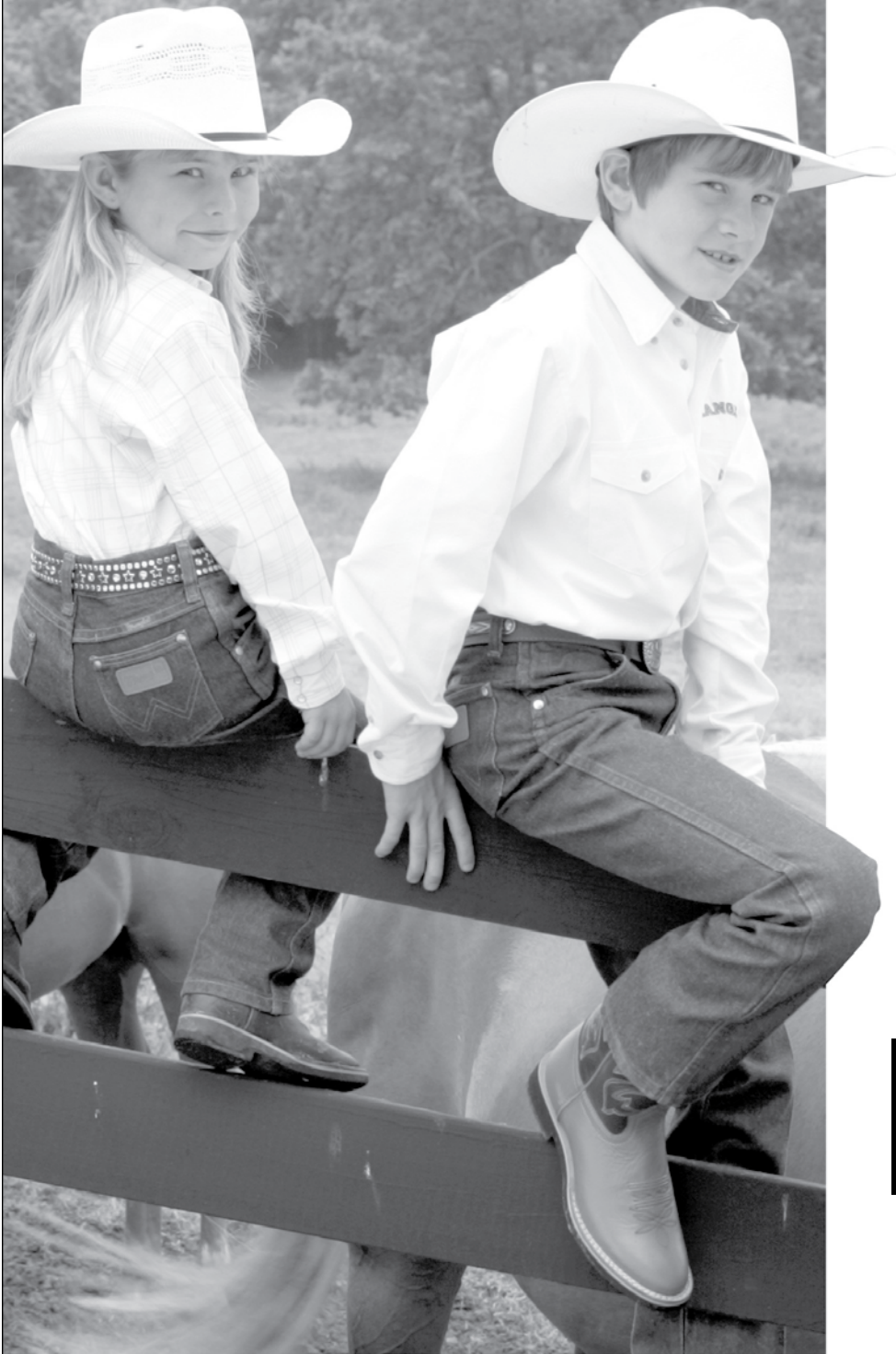
**I have been out of 4-H for 5 years and have just seen an ad that called for 4-H alumni to come back and volunteer with 4-H. How do I get involved?**

Joining a local 4-H Alumni club is a great way for you to reconnect with the 4-H program! There are active clubs throughout the province and although each 4-H Alumni club is unique in how they are set up and what activities they participate in, they all have a common goal of supporting their local clubs, districts and region. 4-H Alumni members are often contacted to judge at Communication competitions or project-related events, facilitate workshops or help to staff regional or district fun days. These are all great opportunities for past 4-H members to remain active in the 4-H community.

If you are 18 years of age or older and want to continue to make a difference in the 4-H program, then the alumni is the right place for you! I encourage you to contact the 4-H Communications and Marketing Specialist, Cameron Horner, at [cameron.horner@gov.ab.ca](mailto:cameron.horner@gov.ab.ca) or (780) 427-0753 for more information on connecting with a 4-H Alumni club in your area.



# Lammle's Western Wear & Tack is a Proud Sponsor of Alberta 4-H



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).

If your club needs shirts, jeans, hats, boots, or tack we can help you. Bulk buy special prices available for 4-H clubs! Contact Lammle's Western Wear & Tack at 1.877.526.6537 or visit [www.lammles.com](http://www.lammles.com) for more information.

Lammle's proudly sponsors the provincial 4-H Equine Program. We also accept 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](http://www.lammles.com) for more information.



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In 2006, Alberta 4-H, the World Professional Chuckwagon Association (WPCA) and EnCana developed a mentorship program that gives 4-H members an up close and personal look at the life of a chuckwagon driver. At each stop on the Dodge Pro Tour, 4-H members are paired up with WPCA drivers and their families. They become a working member of the driver's team and gain a whole new understanding of the exciting sport of chuckwagon racing.



EnCana would like to thank all the 4-H members and the WPCA drivers who participated in the program in 2007.

#### 4-H Mentorship Members

|                     |                   |                  |                     |
|---------------------|-------------------|------------------|---------------------|
| Shantelle Berry     | Justine Johnson   | Amber Rose Newby | Shaun Turner        |
| AnnaBell Calvert    | Jacy Johnston     | Stacey Parker    | Nils Welk           |
| Jamie-Lee Danielsen | Stacey Kading     | Stephanie Parker | Raylee Wilson       |
| Jennifer Danielsen  | Sarah Kassian     | Dakota Penner    | Johnathan Wrubleski |
| Melanie Danielsen   | Marissa Kemp      | Dianne Philipson | Luke Wrubleski      |
| Lauren Davis        | Taya Keujer       | Lorisa Schilling |                     |
| Grant Frederickson  | Victoria Lefevre  | Kelsey Selzler   |                     |
| Jenn Gauthier       | Janelle MacKenzie | Kirstin Smith    |                     |
| Lindsay Grover      | Kayla MacKenzie   | Stuart Smith     |                     |
| Kennan Hedley       | Jennifer Marshall | Mykayla Sorenson |                     |
| Kourtney Hronek     | Adelita Newby     | Jory Stenger     |                     |

#### Drivers

|                   |                 |                    |                 |
|-------------------|-----------------|--------------------|-----------------|
| Buddy Bensmiller  | Jerry Bremner   | Chad Harden        | Obrey Motowylo  |
| Chance Bensmiller | Shane Cartier   | Barry Hodgson      | Grant Profit    |
| David Bensmiller  | Troy Dorchester | Layne MacGillivray | Mark Sutherland |
| Kurt Bensmiller   | Rick Fraser     |                    |                 |

If you're interested in learning more contact the 4-H Foundation of Alberta at 1-877-682-2153.



**“Great, fantastic, super, excellent, incredible, outstanding. There simply aren’t enough words in the dictionary to describe the people I have met and the experience I have had.”**

That’s how one of the 4-H members described her participation in the mentorship program!

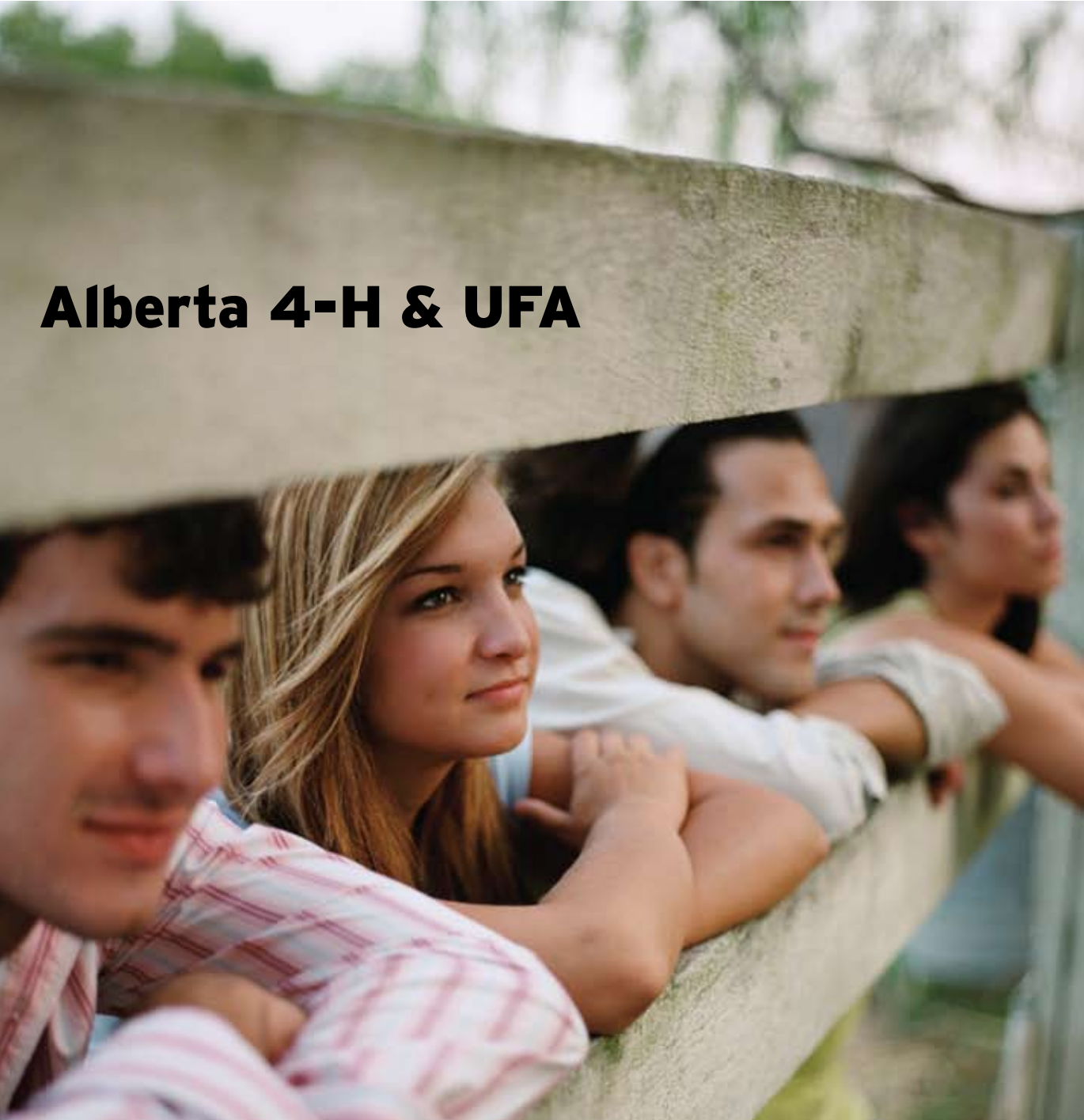


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## Alberta 4-H & UFA

UFA has grown up with generations of people who live, work and play in the country. Our community investment focuses on organizations and events that provide life-long practical education to the people who sustain rural communities. We call our program "Learning and Living in the Country."

UFA and Alberta 4-H are long-time partners. Our new five-year commitment will develop leaders and volunteers across Alberta. At the same time, UFA is more than doubling our support to over 400 local 4-H clubs.

### **WE INVEST IN FUTURE GENERATIONS.**

For more information about "Learning and Living in the Country" or to apply for support, visit [www.ufa.net/community](http://www.ufa.net/community)

