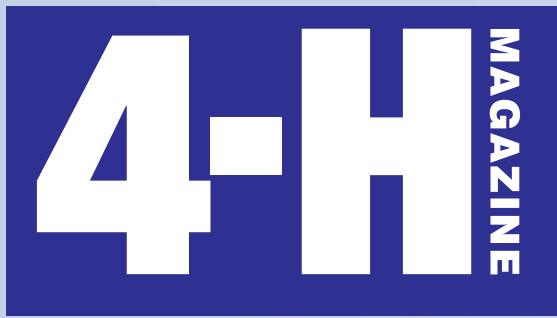


# Alberta



## Alberta 4-H Announces Hall of Fame Inductees

page **15**

WINTER 2010 // [www.4h.ab.ca](http://www.4h.ab.ca)

VOLUME 6 • ISSUE 3



**LOOKING FOR A  
SUMMER JOB?  
LOOK NO FURTHER!**

Check out page **18**



Congratulations to Shelli Tattrie from Youngstown, Alberta, for submitting this winning photo in our Farm Life Photo Contest. To view the top three entries go online to [AMAInsurance.ca/FarmPhotoContest](http://AMAInsurance.ca/FarmPhotoContest).

# Taking good care of you with AMA Farm Insurance

Your farm is your home and livelihood. Protect what matters most with AMA Farm Insurance. We offer flexible coverage for:

- your home
- equipment
- vehicles
- outbuildings
- livestock
- and liability needs.

Call, come in or visit us online to see if you are eligible for **discounts of up to 40%** on your farm property insurance.



Alberta Motor Association Insurance Company

1-866-308-3708 | [AMAInsurance.ca/Farm](http://AMAInsurance.ca/Farm)

## Submission Guidelines

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

### Here are a few tips to ensure that this happens:

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

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

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

## Alberta 4-H Magazine

### Editor:

Jessica Hainstock  
*4-H Specialist, Resources and Communication*

### Wing Man:

Cameron Horner  
*4-H Specialist, Communications and Marketing*

### Design & Layout:

Perpetual Notion Design 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 and Agriculture Education Branch

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

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

### Deadlines for submissions:

February 27, July 25 & October 24

### Distribution to public:

April 1, September 1 & December 1

## Advertising Inquiries

Please contact Pauline at 1.587.999.2240 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 and Agriculture Branch: Room 200, 7000 – 113 Street, Edmonton, Alberta T6H 5T6.

# Contents

04 EDITORIAL

05 NATIONAL NEWS

06 PROVINCIAL NEWS & EVENTS

19 REGIONAL NEWS & EVENTS

19 SOUTH REGION

20 CALGARY REGION

20 WEST CENTRAL REGION

21 EAST CENTRAL REGION

21 NORTHEAST REGION

22 NORTHWEST REGION

23 PEACE REGION

25 TRAVEL & EXCHANGE

31 FEATURES

40 CLUB & DISTRICT

46 ASK AN EXPERT

## on the cover

Delegates at Senior Members' Conference 2010. Photo credit: Lindsey Meredith.

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

4-H Pledge: I pledge

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service,

My health to better living,

For my club, my community  
and my country.



## Editorial

I have now lived in Alberta for the better part of seven years, and still, I cannot tolerate The Winter. And it's not as though snow and cold are foreign things to me; being from Saskatchewan definitely taught me that -50 does not warrant a cancelled day of school, it just means you don't get to go outside for recess. In spite of this, as soon as I see the first snowflake appear on the Weather Network's projected forecast, I want to hibernate. Immediately.

Not you though.

No you, 4-H Family, basically sprint head-on into winter's "I-have-frostbite-from-just-looking-outside" conditions, reorganizing clubs, running workshops, planning field trips, attending meetings, doing project work, applying for summer staff positions (Wait. You have applied for summer staff positions, right?), organizing Christmas parties, participating in fundraisers ... I think I've made my point.

And how do I know all of this, you ask, if I am so busy hibernating?

Just look in the pages of this issue of the magazine, where nary a dull moment can be found (OK. Maybe one. But honestly, there is nothing that can be done about the "Submission Guidelines" on page 3; they need to be included). Check out 4-H Specialist Mark Shand's summary on his trip to Tanzania (page 32), get the lowdown on some upcoming programs (page 24) and see how a 4-H member became a YouTube star (page 45). Read up on the award trips and exchanges that Alberta 4-H leaders and members have embarked on, see what sort of "outside-of-4-H" opportunities you have access to (Korea, anyone?), and find out how one 4-H club made the day for Southern Alberta's Ronald McDonald House.

So take a few moments, and just revel in the non-stop happenings of this awesome organization.

Because it is awesome, and it is non-stop.

And hopefully, by time you're reading this, it's also no longer winter.

Sigh.

A girl can dream, can't she?

Best wishes for a wonderful holiday season, and looking forward to catching up with all of you at the 2011 editions of Leaders' Conference and SMC.

**Jess Hainstock**  
Editor - 4-H Magazine

## Contact Us

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

Marguerite Stark P: 403.948.8510 F: 403.948.2069  
**Branch Head** E: marguerite.stark@gov.ab.ca

### **Airdrie** 97 East Lake Ramp NE AIRDRIE AB T4A 0C3

Karren Griffiths P: 403.948.8509 F: 403.948.2069

**Branch Administrator** E: karren.griffiths@gov.ab.ca

Mark Shand P: 403.948.8508 F: 403.948.2069

**Programs Specialist** E: mark.shand@gov.ab.ca

### **Calgary** 97 East Lake Ramp NE AIRDRIE AB T4A 0C3

Rob Smith P: 403.948.8501 F: 403.948.2069

**Regional Specialist** E: rob.g.smith@gov.ab.ca

### **East and West Central** Box 600, 4705-49 Ave STETTLE AB TOC 2L0

Janet Kerr P: 403.742.7547 F: 403.742.7575

**Regional Specialist** E: janet.kerr@gov.ab.ca

### **Edmonton** RM 200, 7000 113 ST EDMONTON AB T6H 5T6

Julie Law P: 780.427.4426 F: 780.422.7755

**Registrar** E: julie.law@gov.ab.ca

Toni Harley P: 780.422.4H4H(4444) F: 780.422.7755

**Administrative Assistant** E: toni.harley@gov.ab.ca

Cameron Horner P: 780.427.0753 F: 780.422.7755

**Communications and Marketing Specialist** E: cameron.horner@gov.ab.ca

Corinne Skulmoski P: 780.427.4340 F: 780.422.7755

**Electronic Desktop Publisher** E: corinne.skulmoski@gov.ab.ca

Jessica Hainstock P: 780.427.4466 F: 780.422.7755

**4-H Specialist, Resources and Communication** E: jessica.hainstock@gov.ab.ca

Shari Smith P: 403.340.5375 F: 403.340.4896

**Manager, Resource Development and Delivery** E: shari.smith@gov.ab.ca

### **Northeast** Box 24 4701-52 ST VERMILION AB T9X 1J9

Leila Hickman P: 780.853.8115 F: 780.853.4776

**Regional Specialist** E: leila.hickman@gov.ab.ca

### **Northwest** Box 4560 BARRHEAD AB T7N 1A4

Jocelyn McKinnon P: 780.674.8250 F: 780.674.8309

**Regional Specialist** E: jocelyn.mckinnon@gov.ab.ca

### **Peace** Box 159 109 102 AVE FAIRVIEW AB T0H 1L0

Currently Vacant P: 780.835.7537 F: 780.835.3600

### **South** 100 5401-1 Ave S LETHBRIDGE AB T1J 4V6

Ginny Smith P: 403.381.5815 F: 403.382.4526

**Program Assistant** E: ginny.smith@gov.ab.ca

Rob Smith P: 403.381.5815 F: 403.382.4526

**Regional Specialist** E: rob.g.smith@gov.ab.ca

### **4-H Foundation of Alberta** RR 1 WESTEROSE AB TOC 2V0

P: 780.682.2153/1.877.682.2153 (toll free)

F: 780.682.3784

E: foundation@4hab.com (unless otherwise specified)

Andrea McFadden **Manager, Client Services Alberta 4-H Centre**

C: 780.898.7826 E: mcfadden@4hab.com

Joan Stone **Manager, Finance & Administration**

C: 780.898.7823 E: joan.stone@4hab.com

Pauline Copithorne **Corporate Partnership Coordinator**

C: 587.999.2240 E: copithorne@4hab.com

Jessica Patten **Executive Assistant**

E: patten@4hab.com

Susann Stone **Manager, Marketing & Special Projects**

C: 780.898.4223 E: susann.stone@4hab.com

Bruce Banks **Chief Executive Officer**

C: 780.621.8265 E: banks@4hab.com

### **Alberta 4-H Council** RR 1 SITE 7 BOX 1 WESTEROSE AB TOC 2V0

P: 780.682.2648/1.877.682.2244 (toll free)

Susann Stone **Administration Manager**

C: 780.898.4223 E: susann.stone@4hab.com

# National News

## Historic Birthday for 4-H

BY KEN LANCASTLE

Communication and Marketing Manager, Canadian 4-H Council

### Did you know that 4-H in Canada is almost 100 years old?

In 2013, 4-H in Canada will be celebrating its 100<sup>th</sup> Anniversary, and 4-H Canada is asking 4-Hers from coast-to-coast to get involved.

Starting now, there are two ways you can be a part of this 100<sup>th</sup> Anniversary Celebration:

**1 Logo Contest** We're asking 4-Hers from across Canada to help us design a logo for the 100<sup>th</sup> Anniversary. There are only a few guidelines, but be creative and have fun. Who knows? Your logo might end up appearing across Canada in 2013!

**2 E-History Project** As part of this historic celebration, 4-H Canada is creating an online e-History project. We want to share the history of 4-H in Canada with the rest of the world. We're looking for a variety of materials, including photos, videos or stories about 4-H that we can include in our history project.

For both of these projects, you can visit [www.4-h-canada.ca/100](http://www.4-h-canada.ca/100) to find out more!

### 4-H Canada is on Facebook!

4-H Canada is on Facebook at [www.facebook.com/4HCanada](http://www.facebook.com/4HCanada).

Become a fan today and stay tuned for updates about national grants, programs, and new and exciting things going on in 4-H across Canada!



Now you can "Show Your 4-H Colours" with mittens or cards!

### New Products = New Ways to Show Your 4-H Colours

The 4-H Store ([www.4-h-canada.ca/store](http://www.4-h-canada.ca/store)) is always looking for new and exciting products. We've recently added 4-H mittens and 4-H playing cards to help you "Show Your 4-H Colours".

Visit [www.4-h-canada.ca/store](http://www.4-h-canada.ca/store) today to find out more and suggest new products you want to see stocked!



See? These keen cats were already in the green spirit of things this summer, at Horse Classic 2010.

## SAY GREEEEEN!

November 3, 2010, marked another successful "Show Your 4-H Colours Day", with people from across the country digging into their closets to unearth their green apparel. Thank you so much to those who submitted their "Colours" photos, and to those of who are yet to, we are definitely still accepting them!

Please email them to [magazine@4h.ab.ca](mailto:magazine@4h.ab.ca) or [jessica.hainstock@gov.ab.ca](mailto:jessica.hainstock@gov.ab.ca).



AdFarm sports their 4-H pride!

# Provincial News & Events



Monte Solberg (former MP of Medicine Hat), and his wife, Deb Solberg, with and Kyle at the Gala

## Experimenting with Success

BY ALEXANDRA VENTER,  
*Ernest C. Manning Awards  
Foundation*

Pickardville's Kyle Schole garnered a prestigious Manning Young Canadian Innovation Award for his 2010 Canada-Wide Science Fair project to get electricity from tire-eating microbes. The then-grade 11 student was among nearly 500 finalists at the national fair, held at Trent University in Peterborough, Ontario, May 15 to 23.

"Canada needs innovation to compete and prosper, and that means we need to encourage and celebrate our innovative youth," says Bruce Fenwick, Executive Director of the Ernest C. Manning Awards Foundation. The Foundation's Young Canadian Program recognizes innovative youth competing at the national science fair.

For his project Schole took three big ideas—bioremediation, LED treatment, and microbial fuel cells—and spun them into one exciting innovation: A system for generating electricity from old tires.

First, Schole collected some dirt from a local tire processing plant and cultured bacteria from it. He then added the bacteria to samples

of ground-up old tires. A creative twist to the project was using LEDs with different wavelengths of light to try to encourage the microbes to eat up the tires. As the bacteria degraded the tire material, they produced a small amount of electricity—enough to fuel a lot of excitement among science fair judges. As well as a \$500 Manning Innovation Achievement Award and \$4000 Manning Young Canadian Innovation Award, Schole won a gold medal at the science fair. In addition, three universities have offered him entrance scholarships.

Schole, who lives with his family on a farm just northwest of Edmonton, has been in science fairs since third grade. He is also an active 4-H member. Upon graduation he hopes to pursue a career in microbiology...or teaching ... or politics.

Schole was recognized in person at the Foundation's 29th Annual Awards Gala on September 17, 2010, in Ottawa in front of a sold out audience of innovators, business leaders, educators and elected officials. ♣

*For more information on Kyle's science experiment, and his work leading up to his receipt of the Manning Young Canadian Innovation Award, check out page 36 of the Alberta 4-H Magazine fall issue.*



## ALBERTA 4-H PROVINCIAL JUDGING CELEBRATES AN OUTSTANDING YEAR

BY TED ANDREW

Summer Communications and Marketing Assistant

What does it take to be a good judge? It takes thinking methodically, forming and backing up decisions, and having confidence. For 54 judging experts from across the province, these were all skills that they were able to exhibit at the 24<sup>th</sup> Annual Provincial 4-H Judging Competition. The program was held at Vermilion's Lakeland College on August 7, 2010.

The judging component began on Saturday morning with the judging of ten livestock classes. There were two classes each of swine, horse, beef, sheep and dairy. All of the judges were given a quick overview of how they were to judge the class, and then 15 minutes to do as much. In the afternoon, oral reasons were given on all classes.

This year at Provincial Judging a new concept was tried out: judges who had won trips last year were invited back to compete for a spot on the National 4-H & Youth Judging Competition senior team. The senior members who qualified for this opportunity were: Kristina Huisman, Jacob Onyschuk, Taylor Isley and Stephanie Rasmussen. The members who qualified for the National 4-H & Youth Judging Competition junior team were Lindsey Douglas, Troy Lyster, Rebecca Reich and Gail Verleysen. The competition was in November during the Canadian Western Agribition in Regina, SK.

The recipients for the Northern International Livestock Exhibition (NILE) trip were Rosie Templeton, Lindsey Salomons, Aydon Almberg and Adriane Good. They went to Billings,

Montana, in the fall to compete with other 4-Hers and Future Farmers of America members. They will judge up to 16 classes and will also have the chance to see local landmarks and take in livestock events at the NILE. (To find out more about this trip, flip to page 30.)

For the Denver Western 4-H Round Up, the winners of the trip were Cara Noble, Tessa Nybo, Katelyn Dietrich and Luke Marshall. In January the team will go to Denver, Colorado to compete in a high caliber competition against other young judges from Canada and the United States. They will evaluate ten classes with oral reasons on five of them. The team will also check out the Denver Western Stock Show and have tours of local attractions.

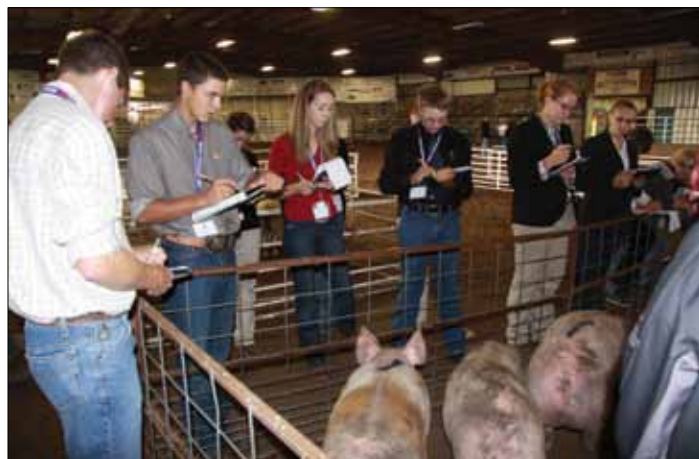
The final award trip is to the Denver National Western Stock Show Collegiate Competition and it went to Cameron Olson. This trip will take place in January and Cameron will stay with a host family. He will observe the competition, tour Denver and attend the Stock Show.

This year's top overall judge went to Kristina Huisman from the Meadowview 4-H Multi Club.

Presenting Partner for the 4-H Provincial Judging Competition is ATB Financial, and Partner Supporters are Government of Alberta and Growing Forward. The Partner Host is Lakeland College. ❁



Top Overall Judge Kristina Huisman accepts her award from Stacy Murray, organizer of the 2010 Alberta 4-H Provincial Judging Competition.



Competitors at Provincial Judging earnestly make notes regarding the class.

# Key Members Find Their Destination at Training Program

BY TED ANDREW, *Summer Communications and Marketing Assistant*

Alberta 4-H prides itself on creating leaders out of driven, knowledgeable and energetic youth. One of the ways that 4-H does this is with the Key Member program.

Key Members are senior 4-H members who want to give back to 4-H on a club and district level. Workshops, planning fun activities and helping out wherever needed are some of the things Key Members can expect to do this year.

"I wanted to be a Key Member because I really love 4-H," says Jenna Crown, Lethbridge 4-H District Key Member about why she took on the Key Member role.

To help prepare for their busy year ahead, Key Members headed to Vermilion for the annual training workshop, held on August 20-22 at Lakeland College.

"Key Member Training is an opportunity for Key Members to meet fellow Key Members from across the province," says Leila Hickman, 4-H Specialist and Key Member Program Coordinator. "It is also where they create a work plan for their district."

Throughout the weekend, members stayed on the Lakeland College campus and learned many different ways on how to be an effective Key Member. Some of the sessions that Key Members participated in focused on planning workshops, working with local media, and networking. All of this training meant that members left the program feeling more prepared, invigorated and excited to be Key Members.

Also throughout the weekend there were many fun challenges that helped Key Members with their teamwork and decision making skills. Whether it was completing a task in the Lakeland College corn maze or tackling clues in Saturday night's "Amazing Race: 4-H Style" challenge, members' skills were tested and everyone's capacity to be a leader was enhanced.

"I have a lot of confidence now in my ability to be a Key Member, and this weekend ensures that I'm ready to take the role for my district," says Jenna.

Be on the look out for Alberta 4-H Key Members, as they ensure the successful exchange of information between club members, leaders, district councils and their surrounding community.

Presenting Partner for the Key Member program is Encana Corporation. Partner Supporters are Agrium Inc. and Government of Alberta. Partner Host is Lakeland College. 🍀



Key Members work to assemble puzzle pieces for an outdoor activity.



2010 Alberta 4-H Key Members, decked out in disco gear for Saturday night's dance.



Key Members at the 2010 training workshop weekend.



# People Developing People

BY JESS HAINSTOCK

4-H Specialist, Resources and Communication

Every 4-H member strives to take their skill set, their leadership and their decision-making capacity to the next level, and for delegates who attend Alberta 4-H's People Developing People (PDP) and PDP Plus programs, this is precisely what they get to do.

The foundation of the People Developing People program is rooted in teamwork, leadership and awareness, with PDP 1 and 2 focusing on enhancing environmental sustainability, while delegates at PDP Plus grow in their knowledge of how to strengthen rural communities. This year's theme of "Navigating the Seas" was an apt fit for the PDP programs, as delegates were given the tools and knowledge necessary to take their learnings and return to their clubs, peers and communities as more informed and involved citizens.

One of the major parts of the People Developing People program is the forum, which is a group challenge that delegates are presented with at the outset of the program. Using information from the week's guest speakers and group discussions, as well as their own personal experiences, delegates come up with a plan to address the challenge. These solutions are then presented to a panel of judges during the banquet on the final night of the program.

In addition, PDP Plus delegates took to the task of creating and planning a community event. Delegates, who had been put into groups with members from their district, came up with a diverse offering of ideas, ranging from environmental aware-



PDP delegates take an afternoon glide as one of their many select-a-session options.

ness days to a Canadian Cancer Society fundraiser to 4-H promotional activities. Ideally, these will be events that delegates will take back to their towns, schools or clubs to be used as community-enhancing events.

In addition to all of this, select-a-sessions, ranging from outdoor living to the arts, beach time, a talent show, theme meals, and of course, the slip 'n' slide, kept PDP and PDP Plus delegates busy and entertained.

For more information on People Developing People (PDP) and PDP Plus, please visit the Alberta 4-H website, [www.4h.ab.ca](http://www.4h.ab.ca).

Presenting Partners of People Developing People and PDP Plus are Apache Canada Ltd. and Cenovus Energy Inc. and Partner Supporters are AMA Insurance, Dow Chemical Canada, Government of Alberta, Lakeland College, MEGlobal, and Peavey Mart. Partner Host is the Alberta 4-H Centre. ♣

Teamwork is a foundational component to the People Developing People program.





2010 BUD Participants

## 4-H Leaders “Beef” Up On Information

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

On October 23-25, Alberta 4-H beef project leaders came to the Alberta 4-H Centre for the 5<sup>th</sup> Biennial Beef Leaders' Update (BUD), a weekend of project-related training, industry updates, keynote speaker insights and the opportunity to seek camaraderie with fellow leaders.

Keynote Speaker Doug Griffiths kicked off Friday night with a thought-provoking discussion on the 13 things you might be doing to kill your community.

The following morning, workshop participants were given a presentation by the Alberta Agriculture and Rural Development's Traceability Team on the “ins and outs” of Traceability. Select-a-sessions were then introduced, which kept the leaders learning and engaged for the rest of the daylight hours.

Various topics were covered throughout the morning, including preventative vaccination programs, parasite treatments, treating sick project animals, injuries and specific blemish conditions such as warts and ringworm.

A new session entitled, “Rappin' with Rob” was introduced, where leaders were invited to spend some time with the Alberta 4-H Branch's beef project lead, Rob Smith, learning about anything from diversifying your club's beef project offerings to coming up with improved means of marketing your calf sales.

A session on halter breaking shared experiences and ideas to make the halter breaking experience a safe and enjoyable one for everyone. Dr. Aaron Grant went over what to look for when selecting a calf, from nutrition aspects to starting it on feed to getting the calf finished.

The clipping and fitting clinic was designed to provide a step-by-step process for clipping, fitting and preparing an animal for show, highlighting the correct clipping techniques and processes, as well as describing and demonstrating the use of standard fitting products including show foam, adhesives, and finishing paints.

Beef Advisory Committee (BAC) member Greg Coleman introduced some games and activities to help teach project material. And a final afternoon session on how to feed 4-H female projects with respect to both reproductive soundness and presentation was presented.

The following morning, Sunday, the Provincial Beef Advisory Committee (BAC) gave leaders in attendance the opportunity to review and offer their feedback on the record book that is being piloted in the Calgary Region.

Brenda Robinson closed out the weekend workshop with her witty and informational keynote address on the heightened expectations of our communities and workplaces, and how we need to engage all generations in order to do more and get better results.

BUD is organized by the Beef Advisory Committee (BAC) whose role is to promote and enhance 4-H beef project and programs. BAC members take on the responsibility for organizing and hosting provincial training events.

UFA Cooperative Limited is the Presenting Partner for BUD, with Partner Supporters being as follows: Alberta Beef Producers, AMA Insurance, Canadian Cattlemen's Association, Government of Alberta, Growing Forward, Ketchum Manufacturing Inc., Kubota Canada Ltd., Lakeland College, Lammler's Western Wear & Tack, and Servus Credit Union. Partner Host is the Alberta 4-H Centre. 🍀

Leaders hard at work at the 5<sup>th</sup> Biennial BUD Weekend



# ALBERTA 4-H COUNCIL CORNER

## QUICK REMINDERS

### Alberta 4-H Leader Screening

Documents can be obtained through the Alberta 4-H website, [www.4h.ab.ca](http://www.4h.ab.ca), or by contacting the Alberta 4-H Council.

Deadline for all screening documentation is **December 15, 2010.**

- New Leaders, please submit the following: an application form, a completed Criminal Record Check, and three reference forms.
- Leaders that are being rescreened, please submit the following: an application form, a completed criminal record check, and one reference form.

### Proposed Equine Policy Change

Your feedback is needed on the proposed Equine Policy change in regards to the implementation of helmets. Please provide your comments and suggestions to your PEAC representative, and/or to your Alberta 4-H Council representative as soon as possible.

### Clever Kids Pilot Project

Thank you to all clubs that have submitted their Clever Kids Pilot Project proposals. Please note that all clubs, districts and regions will be receiving notification of their participation. For more information on the pilot, please contact the Alberta 4-H Council.

### Contact Us

Alberta 4-H Council

RR 1 Site 7 Box 1 Westeros, AB TOC 2V0

E: [council@4hab.com](mailto:council@4hab.com)

P: 780-682-2648/ Toll Free: 1-877-682-2244

For more Alberta 4-H Council updates, go to [www.4h.ab.ca](http://www.4h.ab.ca).



**OLDS  
COLLEGE**

*Explore*  
VISIT OUR CAMPUS

**Explore All of Our Programs**  
October 15, 2010

**Animals & Agriculture**  
October 29, 2010  
February 4, 2011

**Business & Fashion**  
November 19, 2010  
March 18, 2011

**Trades, Horticulture & Land**  
December 3, 2010  
February 18, 2011

**Fashion Marketing (Calgary Campus)**  
April 9, 2011  
South Centre Mall

**Open House**  
April 2, 2011

*Explore your passion... Register online at [www.oldscollege.ca/visit](http://www.oldscollege.ca/visit)*





## AMBASSADOR GOINGS ON

BY JENALYN MYGGLAND

Alberta 4-H Ambassador, Northeast Region

*"I don't know what you've been told"...*

... But the Alberta Ambassadors have been hard at work. Our mission: to assist in the organizing, training and advancing of our fellow members and the education of civilians (aka: non-4-Hers).

Regionally, some have been helping with the reorganization of clubs after their summer hiatus. Ambassadors have also been involved with the running of workshops to advance members' skill in the area of public speaking and presentations. Provincially, many have their noses to the grindstone, earnestly planning Senior Members' Conference (SMC) 2011! The theme this year is "Show Your 4-H Colours" meaning we want to see your green ... in more than one way.

The dance theme for 2011 is "Military" so bring out your camo fatigues and your green and brown face paint. The name of the SMC keynote speaker is currently classified information, buuuut I will breach the code to tell you this: he/she will be fantastic. Available spots for this year's conference filled up in record time, so great job everyone!

Oh, and leaders, be sure to keep your eyes peeled for Cara Noble, Erin Shaw, Brendan Wakefield and Kennan Hedley at this year's Alberta 4-H Leaders' Conference.

If anyone is looking for an extra hand to put on a provincial or regional event, please contact one (or all!) of us Ambassadors, as we would be more than happy to help you out! 🌿

Ambassadors engaged in discussions on how to make the 4-H program even better.



Ambassador Lindsey Grover dances up a storm at Horse Classic.

## Congratulations to Maven Boddy!

Maven is the winner of the "Navigate the 4-H Website with Clever" contest!



# Rural Roots Run Deep Fundraising Opportunity

Check out all the opportunities for your 4-H club with Gord Bamford!

## CD Fundraising Opportunity

- Set a club goal.
- Achieve it by selling Gord Bamford's CDs, *Day Job* or *Honkytonks and Heartaches*
- Purchase CDs for \$11, and retail them for \$20.

## Gord Bamford Mentoring Session

- If Gord is coming to your town you could have the opportunity to meet him!
- Gather your 4-H family to attend a meet and greet with Gord Bamford.
- Prepare yourself for a great time prior to the concert chatting with Gord and learning about his 4-H experiences.

## Gord Bamford Fundraising Concert

- Host a concert in your community.
- Partner with other local 4-H clubs and community groups to raise funds.

For more information about any of the above opportunities, please contact:

4-H Foundation of Alberta  
foundation@4hab.com  
Phone: (780) 682-2153 or toll free 1-877-682-2153

or

Corinne Szepesi,  
Special Projects Manager/Gord Bamford  
corinne@adivacorp.com or 780-914-9175

Visit [www.4h.ab.ca](http://www.4h.ab.ca) or [www.gordbamford.com](http://www.gordbamford.com) to learn more



Gord Bamford, 2010 Male Artist of the Year Award Winner.

## Gord Bamford is coming to a town near you!

December 8, 2010 - Whitecourt AB  
December 10, 2010 - Thorsby AB  
December 11, 2010 - Westlock AB  
December 12, 2010 - Rocky Mountain House AB  
December 15, 2010 - Okotoks AB  
December 17, 2010 - Coronation AB

Please check out [www.gordbamford.com](http://www.gordbamford.com) for further program details and updated tour dates



Gord sports his 4-H pride.

Just a note to let you know that our 4-H concert turned out to be an amazing evening!! Your people were all super to work with and it was so nice to see such a great crowd of young and old tapping their toes and dancing. I only received positive comments. Thank you Gord for being so generous and doing this in the small communities, you are really making a great impression on the "small town people". Our 4-H District raised about \$2500.00, which is awesome, and we all got to enjoy the evening. We hope to have the opportunity to do this again some time.

Gwen Beniuk  
Lac La Biche 4-H District

# HOLD YOUR HORSES!

BY LINDA GOOCH, *Provincial Equine Advisory Committee (PEAC) Member*



Jessie Eisenkrein (Colchester Crusaders) was awarded a Sportsmanship Award, in memory of Gerald Maitland-Smith.



(l to r) Sarah-Jayne and Hannah Ferguson and Mackenzie Brown (members of the Edson 4-H Multi Club). Photo submitted by Glenda Ferguson.

As was anticipated, the first ever Provincial 4-H Horse Show, held in Olds, AB, August 10 to 12, was a success. Competitors, who brought over 100 horses and were entered in 118 classes, represented all but one of our seven 4-H regions. From all feedback received, everyone had a great time!

And what better way to gauge success than to ask those who were there to take it all in?

“I would just like to start by saying how much my daughter and I thoroughly enjoyed the Provincial 4-H Horse Show. It was very well organized, and everyone was very friendly and helpful the whole weekend. It was an awesome experience for my daughter, Emma.”

**Melanie Frank** (Parent, Silver Arrow 4-H Club)

“The Provincial 4-H Horse Show was one of the smoothest run and most organized 4-H events that I have been to in my eight years as a 4-H member; I would like to thank the organizing committee on their good work. ... I had a great time and I hope to attend the show again next year!”

**Katie Garber** (Member, Milk River Multi 4-H Club)

“My daughter Emma participated in the Level 4 events and although she may not have placed in all of her events, she was able to show well and recognize the quality of riders and horses in attendance and take great pride in being among them.”

**Teresa Russian** (Leader/Parent, Stavely 4-H Stampeders Club)

Thank you to all of the sponsors whose support made the Provincial 4-H Show possible:

Agro (Olds); Alberta Agriculture and Rural Development; Alberta 4-H Trust; Badger Daylighting (Olds); Calgary Regional 4-H Council; Cowboy Country Clothing (Nanton); Hoof & Nail Farrier Supplies (Calgary); The Horse Store (Calgary); K&K Livestock (Strathmore); Kippy Maitland-Smith (Rocky Mountain House); Legal Alfalfa Products (Legal); The Mill Store (Okotoks); Millennum Geomatics Ltd. (Calgary); Northwest Regional 4-H Council; O.H. McGregor Oilfield Services Inc. (Olds); Olds Agricultural Society; Pengrowth Corp. (Olds); Peter Overwater Oilfield Construction Ltd. (Olds); Provincial Equine Advisory Committee (PEAC); Southern Alberta Regional 4-H Light Horse Council; Sam’s Western Wear (Nanton); West Central Regional 4-H Horse Committee. ❀



English Group (l to r): Amy Shoenknecht, Reserve Level 6/7 (New Norway 4-H), Rebecca Taylor, High Point Level 5 (Pincher Creek Silver Reins 4-H), Robin Knol, Reserve Level 5 (Millarville Saddlesores), Rebecca Wieben, Reserve Level 4 (Silver Sage Riders), Cayley Peltzer, High Point Level 4 (Brooks & Area 4-H), Amber Vick, High Point Level 6/7 (Shadow Riders 4-H).



Anita Mappin



Maryanne Sandberg

## DECK THE HALL WITH TWO NEW FACES

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

Leadership, initiative, passion and commitment are just a few of the attributes people use when describing the Alberta 4-H Hall of Fame's latest two inductees - Anita Mappin and Maryanne Sandberg. It can also be said that humility and modesty are strong descriptors of these two ladies as well, with both being in complete shock when Jack Hayden, Minister of Agriculture and Rural Development, officially announced their induction on November 23, 2010.

Anita and Maryanne have been long-time leaders in their respective 4-H communities, as well as volunteers at the regional, provincial and national levels. Their dedication to the 4-H program has spanned over 40 years collectively, and has seen both women sit on numerous committees and councils, in addition to leading 4-H clubs.

Both volunteers stated that being recognized by peers is a very special honour, and that they never thought of themselves as "Hall of Famers" - they simply love the 4-H program, members and leaders.

Congratulations to both Anita and Maryanne - you truly exemplify the values of an Alberta 4-H Hall of Fame inductee!

Anita and Maryanne will be formally inducted into the Alberta 4-H Hall of Fame at an official ceremony at the annual Alberta 4-H Leaders' Conference on January 15, 2011 in Red Deer. ❀



2010-2011 Alberta 4-H Key Leaders.



Key Leaders hone their teamwork and problem-solving skills.

## Key Leader Weekend 2010

BY JOCELYN MCKINNON  
4-H Specialist; Key Leader Program Coordinator

Each October Alberta 4-H Key Leaders gather at the Alberta 4-H Centre for training and program updating. On October 29 to 30, recently-appointed 4-H Key Leaders joined experienced Key Leaders for the annual training weekend.

Robert Dixon, UFA Member Experience Representative, addressed the group on behalf of UFA Cooperative Limited, indicating their continued sponsorship of the 4-H Key Leader program. He also presented the new Key Leaders with their vest and pin.

Committed to supporting and equipping Key Leaders with the information and tools, the 4-H staff with the 4-H and Agriculture Education Branch and the 4-H Foundation of Alberta presented a series of workshops and information sessions during the three days. Friday eve-

ning's program addressed 4-H resources for members, leaders, clubs and councils for this year and beyond. The Key Leaders were introduced to new looks for project materials, the new promotional materials, revised 4-H project materials, and the various interactive CD-based resources for leaders and members.

Following an introduction about the benefits and new direction of electronic resources for 4-H clubs, the Key Leaders went through a discovery exercise for creating future resources in an electronic world. How to guide 4-H leaders through learning to use these resources was also addressed.

Saturday morning Key Leaders learned about Appreciate Inquiry from Jim Taylor, a consultant who specializes in this method of addressing problems and difficult situations from a positive point of view. By asking what type of activity, behaviour and thoughts we want more of, and following a questioning process to discover how to achieve these end results, creates a positive way to reach group success.

In the afternoon, following a highlighting of Supportive Networks for Key Leaders, a series of team building exercises guided the participants, discovering the contributions each could make to all the 4-H teams of which they are a part. A review of the workshops available to Key Leaders reminded the group of opportunities for training at club and council levels. A "4-H Celebrations" exercise got the Key leaders dreaming big for 100-year anniversaries.

Concluding the weekend's program were several topics that generated lots of questions: marketing 4-H, social media, Cleaver Kids pilot project, and sponsorship topics all proved to address what is happening now, new directions, events and opportunities. The Key Leaders left full of challenges and ideas for working with their districts.

Presenting Partner for the Alberta 4-H Key Leader Program is UFA Cooperative Limited, and Partner Supporter is the Government of Alberta. Over 60 Key Leaders volunteer to support other 4-H leaders and their district council in the 56 4-H districts in Alberta. ❀



My group and our "Candy Coasters" product. Top left: Kregan, Jacob; bottom l to r: Miranda, Sam, Danielle, Me and Ryan.

# A Week to Remember

BY SYDNEY PEROZAK, A.Y.E.C. Delegate

**The setting: beautiful.**

**The knowledge: unbelievable.**

**The food: inexplicable.**

**In general: unforgettable.**

**What am I describing?**

**A.Y.E.C.**

**What's that?**

**Alberta Youth Entrepreneurship Camp.**

This past summer, through 4-H sponsorship, I had the privilege of attending A.Y.E.C. The purpose of the camp was that during the six days we were there, we were taught the skills required to be successful entrepreneurs. Throughout the week we learned many different strategies and techniques to help us along the way.

Here are the various steps to becoming an entrepreneur and creating your own business, beginning with determining your strengths and weaknesses; creating a business idea; doing some market research, and creating a business name. Now here's the fun part: creating financial and cash flow statements. Next is production, manufacturing and then advertising. And finally, you complete your business plan.

My group created our business, the "The Candy Coasters", by following these steps. Our product was handmade coasters, which we made from tile and we also

sold candy and did candy draws. We profited about \$33 each on business day. Yes, you make money at this camp! On the last day of camp (Business Day), you get the chance to actually sell your product and earn some money.

Although it seems like it, this camp wasn't all work! We also had various recreational activities we could do, which consisted of mountain biking, zip lining, paintball, archery, shooting, swimming in the pool and the biggest slip 'n' slide you've ever seen!

The best part about this camp was that it was like the real deal; you did the actual work real entrepreneurs do. You meet with actual bankers, contact actual suppliers and put your product on the market. This is the best experience I've ever had and I'm definitely going to be an entrepreneur one day! The camp was incredible and so were the people. I hope to go back next year and I strongly encourage that you do the same! 🍀



# Green CERTIFICATE

Agricultural Training

## How 4-H and Green Certificate Work Together

BY STACY MURRAY

Green Certificate Program Coordinator

Green Certificate is a natural fit for many senior members. There are currently nine different specializations in the Green Certificate Program: Beekeeping, Sheep, Swine, Dairy, Feedlot, Cow/Calf, Equine, Irrigated Crops, and Field Crops. While they may be used as a natural 'next step' after several years in a 4-H project, these specializations can also be used to explore another area of interest. For example, a beef member may move into the cow/calf or feedlot specialization quite smoothly, or a member who has done six years of light horse, but is also very interested in plants, may choose to take training in Field Crops.

With the agreement of your 4-H leader you can register in the Green Certificate project. You must meet all of the basic expectations of both Green Certificate and 4-H. This means that you will:

- Meet all five basic member expectations, which are listed on the first page of your 4-H diary (participation in Achievement Day must include a display or presentation).
- Be at least 16 years of age and in at least Grade 10.

- Complete a Green Certificate induction session.
- Keep training records in your Green Certificate manual.
- Complete testing as required.
- Some clubs may have additional requirements that you must meet, so be sure to check with your club leader prior to registering in the Green Certificate project.

In addition to members being able to use Green Certificate training as a project, high school credits can also be earned if members are registered through school.

If you want more information on how to incorporate Green Certificate specializations into your 4-H career, you can talk to your school counselor, contact your nearest regional Green Certificate coordinator, or contact me. I can be reached at 310-0000/780-674-8214 or by email at [stacy.murray@gov.ab.ca](mailto:stacy.murray@gov.ab.ca). You can also check out the Green Certificate website at [www.agric.gov.ab.ca/greencertificate](http://www.agric.gov.ab.ca/greencertificate). 🍀



There's no better way to  
**Live** the Learning

Matthew Weins, a Lakeland College crop technology student, is pictured combining wheat on a college field that was seeded as part of a GPS variable rate fertilizer trial. What the photo doesn't show you is that prescriptions of fertilizer were used for five zones in the field and were applied using a



seed drill that makes adjustments based on its GPS position. While combining the field, students collected yield data that will be used in their precision agriculture class to create a profit map and to evaluate the effectiveness of the fertilizer prescriptions.

[www.lakelandcollege.ca](http://www.lakelandcollege.ca)

1 800 661 6490, ext. 8579



# SUMMER STAFF opportunities

During the summer of 2011, 4-H and Agriculture Education requires many summer staff to assist with a wide variety of programs and services. Employment period is from approximately May 1 to August 31, 2011 (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. All positions subject to funding.

**Deadline for applications is January 15, 2011.**

## **Provincial 4-H Summer Program Project Coordinator**

*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**

*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**

*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 Communications and Marketing Assistant**

*Edmonton - 1 position*

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

## **Provincial 4-H Summer Travel Coordinator**

*Airdrie - 1 position*

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

## **4-H Program Assistant in Regional Offices**

*Various Locations - 1-3 positions*

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.

## **Farm Safety Assistant**

*Leduc - 1 position*

Assist with the promotion of the Farm Safety program. This position requires travel to various events throughout Alberta.

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



# Regional News & Events



## South Region

BY GINNY SMITH, 4-H Program Assistant, South

One year done, another begun. As we enter the 93<sup>rd</sup> year of 4-H in Alberta, the Southern 4-H Regional Council recognized our “Leading Leaders” at a celebration dinner in Taber, highlighting the 2009/2010 achievements of 100 top 4-H members and the dedication of 85 long-time volunteer leaders and “Friends of 4-H”.

Pat and Mark Sayers and Bob Wallace were recognized in tandem as the Southern Regional Council’s “Friends of 4-H”. They have been faithful in their assistance to 4-H members, clubs, committees and councils for many years, and each received a huge thank you from the Region. We look forward to many more years of your expertise, talents and humour!

Many Southern leaders were recognized for their 3, 5, 10, 15, 20 and 25 years of leadership, totaling well over 300 years of volunteering in this year’s group of recipients! Many members were congratulated for their achievements over the past year, in receiving the Platinum Award of Excellence, Selections trips, top placings in regional Communications, Judging and Horse Record book competitions, as well as regional scholarship recipients. This evening was certainly one of celebration, recognition and thanks to all of those who are our “Leading Leaders”, leading our 4-H program into the future!

Following the Southern Regional Judging competitions – Brooks in January, and Claresholm in April – both of which are sponsored by MNP, the overall aggregate winners were announced and awarded during the celebration. Erica Brost (Irvine 4-H Beef Club) came away with first place in the Junior category, Nicona Brost, (Irvine 4-H Beef Club) taking first in the Intermediate category and Rosie Templeton (Readymade 4-H Beef Club) being awarded first as a Senior.

The only record book competition at this level within this region is for the horse project, and the 2009/2010 record books were works of art!

With a lot of pride, the Southern Region presented 29 scholarships totaling \$14,100 to this year’s recipients: Amanda High, Amanda Van Hierden, Brewin Ovinge, Caitlin Gillen, Char-mayne Shapley, Courtney Webb, Emily Puch, Emily Van Maarion, Ilona Bastiaansen, Jaylene Schussler, Jared Sundquist, Jesse Wall, Jocelyn Nadine Templeton, Jolene Garber, Kathleen Nester Lauren Ovinge, Leanna Santangelo, Lindsay Unruh, Luke Brower, Nadine Kirschenman, Nathan Sereda, Quinn Hawk, Rebecca Tokariuk, Rosie Templeton, Ruth Schuepbach, Ryan Uyt-dewilligen and Stephanie Ashley

As we look forward to a new year, our Southern members will be able to swing



Left: 2010 scholarship recipients.

Above: Mark and Pat Sayers receiving hugs from daughters and long time 4-Hers, Meaghan (on the left) and Shelley Sayers.

Below: Bob Wallace receiving his “Friends of 4-H” plaque from Sandra DeGroot.



into action within their club and district, and gear up towards some regional events. Be sure to watch for email blasts, and keep an eye on the calendar on the website for more details! 🍀

### South Upcoming Events

<b>Jan 8</b>	Regional Judging Competition – Brooks
<b>Feb 12</b>	10 <sup>th</sup> Annual Hurricane Hockey Night – Lethbridge
<b>Feb 18-20</b>	Snowfest Junior and Intermediate members – Elkwater
<b>Apr 28</b>	Regional Judging Competition – Claresholm

# Calgary Region

BY KELLIE CARTWRIGHT, *Club Leader*



Members of the Jumping Pound 4-H Beef Club with Grant Birchall (past Assistant Leader of the club) and Dr. Walter Hader (far right) at the cheque presentation celebration.

## Kids Helping Kids

*This article is a follow-up to the story that ran in the Spring 2010 issue of the Alberta 4-H Magazine (page 44) on the Jumping Pound 4-H Beef Club's charity steer fundraiser auction.*

On Friday, October 7, the Jumping Pound 4-H Beef Club and Encana presented their fundraising cheques to the Alberta Children's Hospital Foundation. Not only did the club present the \$12,510 that they raised from selling their Charity Steer at 4-H On Parade (which was bought by Encana), the club and Encana employees proceeded to raise another \$10,000, for a grand total of \$22,510 being donated! (After purchasing the steer, Encana offered to run a raffle for four draws, consisting of a 1/4 of the beef with the winner's choice of a freezer or gas BBQ; every dollar received from the purchase of a raffle ticket was then matched by Encana, resulting in an additional \$10,000 being raised.)

It was a great moment for the club, with a lot of fulfillment being felt by the members who were able to see and hear how they are helping other children with their fundraising efforts (the club's donation falls under the Alberta Children's Hospital's "Kids Helping Kids" program). A video was shown, which profiled what a family goes through when a child has a brain injury or Epilepsy, and how the kids triumph as a result of the amazing care that they receive, in part due to the great fundraising, and of course, on account of the incredible staff that work at the hospital. The club members really understood how important their Charity Steer Project was after watching the video, and how other children have used the hospital to save their lives.

The Jumping Pound Club decided to allocate their money to purchase a surgical instrument that is used specially in Epilepsy surgeries, which will cost approximately \$17,000. The rest of the money is being given to the Calgary Epilepsy Program, which runs out of the Calgary Children's Hospital. This is in honour of club member Kelsey Cartwright and her past Epilepsy experience and subsequent brain surgery. The money was presented to the Foundation and Dr. Walter Hader, the neurosurgeon who did Kelsey's brain surgery; nurses involved in her care were also in attendance.

Kelsey is now fully healed and attending Northwest College in Wyoming, where she is taking her Pre-Veterinarian studies. She is very proud of her club and how they gave back

directly to a hospital that helped change her life, and has allowed her to pursue her dreams. Without the hospital, she wouldn't be where she is today.

We would like to thank the following people, businesses and organizations for their part in this fundraiser: Moody's Equipment for purchasing the steer for us to raise, and Feedrite and Eric Andrews (with Feedrite in Linden) for providing the grain for the steer. Rod, April, Megan and Colby McLeod for feeding, raising and showing the steer; Grant Birchall for his work with Encana and our steer project, and of course Encana, for purchasing the steer and for running the raffle. 🍀

# West Central Region

BY JANET KERR, *4-H Specialist, West Central*



Shelby, Heidi, Jamie deliver a "Something to Say" group presentation.



Erica and Sarah (Something to Say delegates) try their hand at a word game.

## Something to Say

The West Central Region hosted a "Something to Say" workshop this year to provide members with an opportunity to learn more about public speaking and presentations. Eleven 4-H members participated in the program, and from the evaluations and enthusiasm at the program, it was clear that delegates had fun and acquired some tips on how to say something. Effectively.

## Winter Camp

West Central 4-H Winter Camp will be held March 4 - 6, 2011, at the Alberta 4-H Centre. It is open to all 4-H members age 9 to 12, with a limit of 84 campers. The program is lots of fun and

gives young 4-H members an opportunity to meet other 4-H members, have fun and maybe even learn something. Application forms have been sent to club leaders in club start-up packages, and are also available in the "Regional" section of the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)).

## 4-H Night at the Red Deer Rebels

The West Central region is hosting 4-H Night at the Red Deer Rebels again this year. The event will be held Saturday, February 19, 2011, at the Red Deer Centrium. The Rebels are playing the Kamloops Blazers. This is open to all 4-H members, leaders, families and friends, and tickets are \$11/ person. We ask that each club please submit one order for their club. Order forms were included in the club start-up package and are also available in the "Regional" section of the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)).

## Ski Trip

The Ski Trip, hosted by the West Central Alumni, will be held March 4 to 6 at Kicking Horse Ski Resort. Application forms, if not already distributed, will be available in the near future. ❀

### West Central Upcoming Events

<b>Dec 4</b>	New Equine Leader Workshop – Lacombe
<b>Dec 14</b>	Winter Camp Counselor Deadline
<b>Jan 21</b>	Deadline for Winter Camp Applications
<b>Jan 22</b>	Canadian Bull Congress 4-H Program – Camrose Regional Exhibition
<b>Jan 25</b>	Light Horse Committee Meeting – Lacombe
<b>Jan 31</b>	Regional Council Meeting – Lacombe
<b>Feb 12</b>	Multi Species Judging – Lakedell Agricultural Centre
<b>Feb 19</b>	4-H Night at the Red Deer Rebels – Red Deer Centrium
<b>Feb 22</b>	Light Horse Committee Meeting – Lacombe
<b>Mar 4-6</b>	Winter Camp – Alberta 4-H Centre
<b>Mar 4-6</b>	Ski Trip – Kicking Horse
<b>Mar 19</b>	Regional Senior Public Speaking
<b>Mar 20</b>	Regional Intermediate Public Speaking
<b>Mar 26</b>	Regional Presentations

## East Central Region

BY JANET KERR, 4-H Specialist, East Central

### Fun Day 2011

Fun Day 2011 will be held at the Stettler Recreation Centre on Saturday, January 8. The day is available to 4-H members at no charge. Registration is from 9:30 a.m. until 10:00 and the event finishes just after 3:00 with the Ice Cream Social. If you are planning to attend, please contact the 4-H office in Stettler so that we can have a count for lunch. (Dial 310-0000 and at the recorded message, dial 403-742-7547, or e-mail [janet.kerr@gov.ab.ca](mailto:janet.kerr@gov.ab.ca)). One of the sessions will be swimming, so bring your suit. Check the "Regional" section of the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) for more details.

## Winter Camp

West Central 4-H Winter Camp will be held February 25 – 27 at the Circle Square Ranch near Halkirk. It is open to all 4-H members age 9 – 12. The program is lots of fun and gives young 4-H members an opportunity to meet other members, have fun and maybe even learn something. Application forms have been sent to club leaders in the club startup packages or are available on the 4-H web-site ([www.4h.ab.ca](http://www.4h.ab.ca))

## 4-H Night at the Red Deer Rebels

The West Central region is hosting 4-H Night at the Red Deer Rebels and is inviting East Central Region clubs to join them. The event will be held Saturday, February 19 at the Red Deer Centrium. The Rebels are playing the Kamloops Blazers. This is open to all 4-H members, leaders, families and friends. Tickets are \$ 11 per person. We ask that each club submit one order for their club please. Order forms were included in the club startup package and are on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)).

## Ski Trip

The Ski Trip hosted by the West Central Alumni will be held March 4 to 6 at Kicking Horse Ski Resort. Application forms will be available in the near future, or have already been distributed. ❀

### East Central Upcoming Events

<b>Dec 14</b>	Camp Counselor Application Deadline
<b>Jan 8</b>	Fun Day 2011 – Stettler Recreation Centre
<b>Jan 21</b>	Winter Camp Application Deadline
<b>Jan 22</b>	Canadian Bull Congress 4-H Program – Camrose Regional Exhibition
<b>Jan 29</b>	Light Horse and Rodeo Committee Meeting (tentative)
<b>Feb 19</b>	4-H Night at the Red Deer Rebels – Red Deer Centrium
<b>Feb 21</b>	Multi Species Judging – Killam
<b>Feb 25-27</b>	Junior Winter Camp – Circle Square Ranch, Halkirk
<b>Mar 4-6</b>	Ski Trip – Kicking Horse
<b>Mar 19</b>	Regional Public Speaking
<b>Mar 20</b>	Regional Presentations
<b>Apr 8</b>	Regional Council Meeting – Coronation 6:30 p.m.

## Northeast Region

BY LEILA HICKMAN, 4-H Specialist, Northeast

It has been an exciting fall, with a few new clubs joining this year, and there is a lot of optimism out around the region.

Once again our Regional summer camps were filled to capacity and rave reviews came back from the participants. Thank you to the summer program staff team out of Airdrie for their excellent programming, and to our volunteers both as camp parents and counselors; without you the program would not run.

### Project Book Competition

Thanks to the Bonnyville District for judging this 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 who were successful, a cash award was presented at the Northeast Forum, which was hosted by Beaver District at Tofield School.

## Key Member and Key Leader Training

Reminder to all Northeast clubs that we have very skilled Key Members and Key Leaders spread throughout the region who are trained and ready to help your club. Please consider using them as a valuable resource in your club and district programming. Thank you to all the Northeast participants that attended each of the training sessions this fall.

## Northeast Forum

This annual event is the highlight of the year in the Northeast. On this day a couple of very important goals are accomplished and Beaver District did a fantastic job of pulling the event together. The day began with the project book award recipients being recognized for their efforts, then a series of sessions to teach and educate participants in a wide variety of subjects. It was then followed by a fabulous meal and an award ceremony that recognized the contributions of leaders and members to our 4-H program. The day was complemented by the opportunity to network and mingle with other people from across the region. Special congratulations to this year's Award of Distinction winners, Brian and Bonnie Litwin of Vegreville. We are extremely proud of the tireless hours that the Litwin family have devoted to 4-H at the club, district, regional and provincial level.

### NORTHEAST REMINDER

#### Parade Float and Promotion Photo Contest

Just a reminder to clubs that if you have been out 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 5, so there is lots of time to get those photos in. If your club has participated in a parade during the summer or at Christmas, or is/was a part of a community event promotion, please send in a photo for each time and increase your chances of winning a great prize for your club.

## Northeast Fall Fling

Hosted by the Wainwright District, the theme of the 2010 Fall Fling was "Company's Coming". Jean Pare and all those from Canada's most popular cookbooks, "Company's Coming" were thrilled to support our junior program and generously contributed. Junior members from all across the region were treated to a wide variety of creative sessions, large group games, interaction and personal development at Irma School from November 26 – 27. 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. ❀

# Northwest Region

BY JOCELYN MCKINNON, 4-H Specialist, Northwest Region

The Northwest Region plans a full calendar of events for both members and leaders from November through to spring. Looking to address project and general 4-H learning, the region hopes to enhance club and district programs. Planning is underway by committees for regional programs. The Presentations Competitions in February and the Public Speaking Competitions in March will be followed by the Judging Competition in April and Focus on 4-H in July.

## Northwest 4-H Fair

For the first time, the Yellowhead 4-H District organized the Northwest 4-H Fair, a Life Skills project event, on November 27 in Edson. By rotating the hosting responsibilities, members and leaders learn more about the activities, people and clubs in different parts of the region as they craft different items by sewing, painting, or hammering. By the end of the day there new Christmas crafts, cards, native crafts, flower pots, bags, boxes, pottery pots, mosaics and pictures created. Some groups prepared lunch and decorated food items while others learned more about rock-ets, Lego and engines.

## Northwest Learning Day

On December 4, leaders and members spend the day in Bon Accord at the second Northwest Learning Day. Aimed at building leadership and communication skills, the Learning Day presents training for club executives, judging and consumer decision making enthusiasts, as well as communicating through public speaking and presentations. Adults could also take part in Leader Level 1 training or a *Little Warriors* workshop.

## Frosty Fun Weekend

Can you Survive? Do you have what it takes? Find out at Survivor Nakamun - Frosty Fun style. Out Freeze, Out Laugh, Out Fun and Out Play everyone else in the region February 4 to 6, 2011. Intermediate and Senior members sign up for a weekend of snowshoeing, horse sleigh rides, skating, fort building and games on the shores of Nakamun Lake. See if you can out swim or out sled other teams. The fee is only \$75 for the weekend thanks to the sponsorship of the Northwest Regional Council and 4-H sponsors.

## Record Books

The level of participation in 2010 from the members, clubs and districts in support of the three Northwest regional record book competitions indicates the fantastic encouragement members receive to achieve in this project requirement area. The high quality of the Horse, Beef, and Life Skills and Other Animals books entered in the competition shows the skills of the members to prepare accurate, complete and creative record books. Thirty-four first and second place awards were presented in 2010, with a number of ties having to be broken. ❀

## FUN FACTS!

No word in the English language rhymes with "month".

If you could line them up, more than nine Earths would fit across the surface of the planet Saturn.

# Peace Region

BY STACY MURRAY, Former 4-H Specialist, Peace

## Welcome!

Clubs are registered and operations are well underway for the new 4-H year. Welcome new 4-H families! To those who are returning, we're glad to have you back! Try to get all that you can out of the 4-H program. Take part in club meetings and events, but remember there is even more to 4-H. Take advantage of the many district, regional, and provincial events. Voice your opinion. Take part in camps and workshops. "Learn to Do By Doing" at every level.

## Leader Level 1 Training

Leader Level 1 will be offered at the district level by the Key Leaders. If you have new leaders in the club, contact your Key Leaders: Marcy Beddome, Ray Binks, Joanne Clarke, Rhonda Clarke-Gauthier, Laurie Fisher, and Larry Wallin.

## Changes in the Regional Staff

As most of you are aware, the Peace region is currently without a Regional Specialist. Thanks to Christine Lentz for her efforts over the past year. While she is remaining at the office in Fairview, she is returning to her position as Field Office Administrator full time. Stacy is remaining in Barrhead, and will be working with the Green Certificate Program for the next year.

Your Regional Council Executive is still planning for a busy year. They will be asking for your support and assistance in maintaining the region as a great place to belong to 4-H, until a

new Specialist is in place. If you see something that you have the skills to help out with, please step forward. ✿



Members participate in consumer decision making at Peace Regional Days.

## Peace Upcoming Events

<b>Jan 8-10</b>	Peace Country Beef Congress – Dawson Creek, B.C.
<b>Feb 5 - 7</b>	Regional Spring Fling (Juniors)
<b>Mar 10-12</b>	Peace Agri-Classic – Grande Prairie
<b>Mar 19</b>	Regional Communications
<b>Mar 26</b>	Regional Meeting
<b>Apr 16</b>	Spring Rally – Fairview
<b>May 5</b>	Scholarship and Bursary Deadline (Provincial and Regional)

## MEET THE FIRST CANOLA GROWER ON THE MOON

The future and career possibilities in agriculture are endless and exciting. That's why at ATB, we want to help you shoot for the moon so you'll land in the stars one day.

Stop by your local branch to find out more about how we are helping our future entrepreneurs get to where they want to go.



**ATB Financial**<sup>®</sup>

\* ATB Financial is a trade name/registered trademark of Alberta Treasury Branches.

# Psssst, Over Here!

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

So you've made it through your first couple of months of the 4-H year, and everything is going great; the Provincial Program Calendar is posted prominently in your house and your whole family has marked in the awesome 4-H events you want to partake in. Right?

Or maybe a refresher on what is happening provincially over the next five months is needed. ...

Remember that programs can fill up fast and sometimes deadlines occur months before the event, so be sure to visit the 4-H website at [www.4h.ab.ca](http://www.4h.ab.ca) or check out that great-looking calendar (which again, is hanging in a high-traffic area in your house, correct?) to stay on top of all of the up-to-date information.

## Coming soon...

### 4-H SUMMER STAFF

The best summer job you've ever had could be just a resume submission away. Applications for 4-H Summer Staff are due January 15, 2011! For more information, head to the 4-H website: [www.4h.ab.ca/Left\\_menu\\_pages/Summer\\_Staff.html](http://www.4h.ab.ca/Left_menu_pages/Summer_Staff.html) or see page 18 of this magazine.

### ALBERTA GIRLS PARLIAMENT

March 23 to 27 - Every year up to four Alberta 4-H members are invited to join Girl Guides at the Alberta Girls Parliament in Edmonton. This is a great way to learn about parliamentary procedure, while having the opportunity to participate in social and recreational activities. This year will be extra special as it is the 40<sup>th</sup> anniversary of the program. Participants must be female 4-H members who are at least 15 years of age, prior to January 1, 2011. Application deadline is January 15, 2011. For more information and the application form check out the 4-H website: [www.4h.ab.ca/EventDetails.aspx?a=43](http://www.4h.ab.ca/EventDetails.aspx?a=43)

## Girls, Get to Parliament!

BY KRISTINA HUISMAN, Alberta Girls Parliament Delegate

In 2008 I took part in the Alberta Girls Parliament program, which is put on by the Alberta Girl Guides organization. Girls Parliament is an annual opportunity that is held in Edmonton, and I was the only 4-H participant to attend that year.

Because of this I was looked up to and had lots of interesting stories to tell the other girls. Besides that, I also looked the best in my green suit jacket! We had a tour of the Alberta Legislature Building and got to sit in the Assembly. I was lucky enough to sit in the chair of former MLA Guy Boutilier.

We sang songs in the lobby area, had a great time learning about the history of Alberta and got let in on all of the tricks of the trade in the Legislature. I even went into Ed Stelmach's office! We learned procedures of the Assembly and got to practice these skills in our "mo-caucus". Being on the side of the opposition, my group wasn't ever able to win because we didn't have the numbers. But on the last vote - a vote on whether the hand-jive should be mandatory for Albertans - we did win!

The talent show was amazing. I learned how to walk over a

### INTERNATIONAL EXCHANGE PROGRAMS

This year, Alberta 4-H will continue to host 4-H members from around the world. In addition to looking for 4-H families who are interested in having a cultural experience by hosting one of these delegates, we would also like to send 4-H members and alumni to Japan, Korea, Taiwan and Finland. We are also willing to assist you if you have another location that you are interested in exchanging with. For more information on exchanges, go to [www.4h.ab.ca/About/travel\\_exchanges.html](http://www.4h.ab.ca/About/travel_exchanges.html).

### PROVINCIAL 4-H SCHOLARSHIPS

Scholarship applications are now available at [www.4h.ab.ca/About/scholarships.html](http://www.4h.ab.ca/About/scholarships.html). The deadlines for scholarships can vary, so be sure to be double check when you need to have everything in by.

### ON-LINE BEEF OR HORSE BOWL

March 4 to 13 - Looking to test your beef and horse project-related knowledge? Look no further than an on-line Beef or Horse Bowl! Registration deadline is January 21. More details can be found at [www.4h.ab.ca/events.aspx](http://www.4h.ab.ca/events.aspx).

### SELECTIONS

April 29 to May 2 - All of the hard work, dedication and time that you've put into your 4-H career is realized at Selections, where your skills as an effective leader, team member and peer have the potential to earn you an award trip, be selected as an Ambassador, or be named the Alberta 4-H's Premier's Award recipient. Application deadline is January 15. For more information on this great program go to [www.4h.ab.ca/EventDetails.aspx?a=462](http://www.4h.ab.ca/EventDetails.aspx?a=462)

broom, which it is actually way harder to do than it sounds, and after three jam-packed days, it was time to say goodbye. I had an excellent time at Alberta Girls Parliament, and have many memories from this experience. I remember thinking before the program started, "Oh man, what am I getting myself into?" but I learned a really important lesson from it all: Don't be afraid to try something new. After all, the 4-H motto is "Learn to do by doing." ❀

Article author Kristina Huisman gives Alberta Girls Parliament a firm endorsement.





# Travel & Exchange



Swimming at Fort McCloud Falls.

## 4-HERS VISIT THE SUNSHINE STATE

BY ERIN SHAW, Award Trip Delegate

This past summer, I, along with Severen Litwin, were lucky enough to attend California's State Leadership Conference from July 29 to August 1, at the University of California in Davis, California.

Prior to the conference I stayed with a host family in Mount Shasta, in the Northern part of the state. During my stay we went kayaking, hiking, and swimming in waterfalls. We drove down to Davis on Thursday to start the conference. This year's theme was "Operation 4-H" focusing on "training" delegates to be the best 4-Her's they could be. Over the course of the weekend we heard guest speakers, attended workshops and seminars, and of course, met a ton of people! We learned everything from how to build a laptop to proper food handling

processes. We also learned a lot about 4-H in California and how different it is from our own program. I think we even managed to teach them a few things about Canada, including what poutine is.

Every night we would have a recreation activity; one night was a pool party, the next a scavenger hunt. The winner's prize was a concert put on by a band from the Air Force, and the last night was a dance (of course!). While we were the best two-steppers, they taught us how to do a dance called "The Reject". Sounds cool, doesn't it?

After attending the State Leadership Conference I feel I have acquired new skills that I can apply to my club and Ambassador team, plus I have some new moves for the next 4-H dance! ❀



The top of Mount Shasta (wooh, it's a volcano!)



(l to r) Ryan, Erin, Severen, Austyn (Austyn and Ryan were American delegates who came to Alberta for Club Week).



Group shot on the Columbia Icefield

## Hastings County Comes to Barrhead

BY BRIAN HUISMAN, *Exchange Reporter*

On July 31, eight tired 4-H members and one leader from Hastings County, Ontario, arrived at the Edmonton Airport to start their unforgettable exchange experience. They were met by nine members and two leaders from the Barrhead 4-H District who had been communicating with them by phone and Facebook for the past several months. After collecting everyone's luggage, we left the mosquito-infested airport by bus for the trip back to Barrhead.

Monday morning saw the start of a jam-packed week, taking in the sights and sounds of the region. We began by visiting Fort Edmonton Park where we toured the Fort and made homemade ice cream and truffles. Then it was off to West Edmonton Mall for a wild time at Galaxy Land, the waterpark and of course, shopping. Tuesday morning we were off to Jasper. We stopped at Miette Hot Springs, walked down Maligne Canyon and visited Athabasca Falls before going into the Jasper town site. After supper members enjoyed strolling the streets of downtown Jasper. The next day we left Jasper for the Columbia Ice Fields, en route we stopped at Sunwapita Falls. We took the tour out onto the glacier and were able to sample fresh glacier water, which is not like the bottled glacier water that you find in stores. Our return to Barrhead found us travelling along the David Thompson Highway and past the Genesee power plant.

Thursday was another early morning as we went to Whitecourt for a tour of the Alberta Newsprint Company, where we saw massive rolls of paper being produced, cut and packaged. Rotary Park was our next stop for lunch and relaxation on the waterslides. On the way back we stopped at Mayerthorpe to visit the Fallen Four Memorial and then onto Rochfort Bridge and the 50's style soda shop in Sangudo. The evening was topped off with a barbeque and a dip in the river at Bablitz's cabin.

Friday and Saturday were spent participating in activities at the Blue Heron Fair. Members attended the beef and horse shows, rode in the parade and watched the demolition derby and the rodeo. Sunday afternoon we met for a farewell barbeque at Zdrodowski's and enjoyed friendly fire on the paintball course followed by supper. Early Monday it was back on the bus and back to the airport. We said our goodbyes knowing we would meet again in a week as we are flying to Ottawa on August 16 (look to your right to read up on what that experience entailed). ❁



Group at the Fallen Four Memorial: (front row, l to r): Olivia Wilson, Natalie Zdrodowski, Chantal Lauzon, Brooke Bablitz; 2<sup>nd</sup> Row: Hillary Winstanley, Shaelyn Prins, Nicole Lauzon, Shaleigh Lovich; 3<sup>rd</sup> Row: Clara Philibert, Johnathon Slack, Kayla Sinclair, Cassidy Ladan, Samuel Zdrodowski; 4<sup>th</sup> Row: John Prins, Danielle Philibert, Jennifer Veltman, Brian Huisman

# Barrhead District 4-H Members visit Eastern Ontario

BY BRIAN HUISMAN, *Exchange Reporter*

On Monday, August 16, nine 4-H members and two leaders from Barrhead landed at the Ottawa International Airport and were immediately escorted to the Ottawa jail by their host families. After being assigned to our holding cell, we were later released and toured the streets of Ottawa on foot. That evening we enjoyed the light show on Parliament Hill and then returned to our cells for the night. The following day we toured the Parliament Buildings and had opportunity to reflect at the National War Memorial. After our tour we headed out to Upper Canada Village. After a long second day we finally arrived at the home of our host families in Hastings County.

The next day we all went to the Hastings County Farm Show and Plowing Match. This is a great big two-day farm show. We all took turns working in the 4-H milkshake booth - quality control was our major focus. The farm show had everything from antique tractors to the latest in farm machinery and of course, an actual plowing competition.

Friday morning was spent working at the Belleville food bank, with members stocking shelves, serving coffee, assisting patrons and working in the community garden. After lunch in the park we headed out to the Trenton Air Force Base where we visited the National Air Force Museum. We thought we had big rocks here (in Alberta) but none compared to the Bleasdale Boulder, a monster rock left by the receding glaciers.

Our free days saw members visit the show room at the World's Finest Chocolate Factory, the Empire Cheese Factory, Reid's Dairy (they have the best milkshakes around, and for only a dollar!), and of course, some shopping also needed to be done.

On Monday we left Hastings County for Toronto. First stop: CN Tower. Unfortunately it was bit cloudy so the view was not as great as it could have been, but standing on the glass floor and looking down was awesome. After supper we headed out to the Rogers Centre to watch the Blue Jays battle the New York Yankees. The game had everything: a players' brawl, a spectator being arrested on the field, two home runs, a Blue Jays win and best of all, us on the big screen.

Our last day in Ontario was spent at Niagara Falls. We took a tour on the Maid of the Mist and discovered that those plastic rain slickers were just a waste of time - good thing we had all of our clothes with us! After walking around Niagara Falls we returned to Toronto for our flight home.

This exchange trip was a fabulous experience for everyone. Friendships were forged that will last a lifetime and whenever we return to Ontario we will always have a home to go to. Every 4-H member should experience an exchange trip at least once in their 4-H career. It's guaranteed to be one of your 4-H highlights.

We would like to thank the Department of Canadian Heritage, for the airfare of all the participants, and the Canadian 4-H Council, who match groups together and organize all the travel times and paperwork. Thank you to all in the community who donated electronics, batteries and tires in our fundraising drives, and especially to our parents who do all the work behind the scenes to ensure everything is taken care of and everyone has a good time. ❁

## Thinking Ag? Think of us.

Lethbridge College offers agricultural training for those just starting to explore the industry, and those who are already invested in it.

**Agricultural Technology is a two-year diploma program.** Choose from Plant and Soil Science or Animal Science majors. Visit [lethbridgecollege.ca/agsciences](http://lethbridgecollege.ca/agsciences) for information.

**Agriculture courses for the community** include non-credit, short-term training in AI and pregnancy testing, AgExpert Analyst accounting software, Field Manager PRO software, and pesticide application. Course details are available at [lethbridgecollege.ca/conted](http://lethbridgecollege.ca/conted)

The **Tiffin Conference Series** is your chance to join southern Alberta producers and agri-business professionals for world-class learning opportunities presented by international industry experts. Visit [tiffinconference.ca](http://tiffinconference.ca) later this year for dates and topics.

[lethbridgecollege.ca](http://lethbridgecollege.ca)

  
**Lethbridge College**  
Agriculture and Natural Sciences

All of us at Waterton Lakes National Park, Alberta.



## Prairie Roses Welcomes Quebec

BY LORI SEREDA, *Exchange Trip Chaperone*

This past summer, the Prairie Roses 4-H Multi Club was fortunate enough to take part in an Interprovincial Exchange with a 4-H club from Howick, Quebec. Members, leaders, parents and siblings enjoyed eight days of travelling throughout southern Alberta, visiting many attractions. The members and chaperones from Quebec arrived July 5 in Medicine Hat. The group spent the first evening getting to know each other before travelling to Writing on Stone Park for a relaxing day of climbing the hoodoos and floating down the Milk River.

The following day was spent touring the County of 40 Mile, visiting Viterra Bean Plant in Bow Island, Thacker's farm to learn about their mint distillery, Shamrock Colony, Etzikom Museum, and Red Rock Coulee. The evening ended with a scavenger hunt involving local points of interest. The third day, the group travelled to Medicine Hat, taking in the Art Gallery and Museum at the Esplanade, walking across Findlay Bridge and visiting Medalta Potteries.

Friday found the group rising early to travel to

Cardston and visit Remington Carriage Centre, which was followed by a hike up Bear's Hump in Waterton Lakes National Park. The evening concluded with dinner and a dance at the Great Canadian Barndance in Hillspring. After spending the night at the Barndance, the group visited historic Fort Macleod, taking in the RCMP Musical Ride. Lunch and shopping at Park Place Mall followed along with a stop at the Birds of Prey Centre in Coaldale. Sunday was the final full day of the exchange and each host family and their Quebec guest had the day to do what they wanted until we gathered at Centennial Park for a BBQ and games then swimming at Bow Island Pool. The final tour the group participated in was a visit to Viterra Grain Elevator at Grassy Lake.

We all learned many new things this week and saw many sites some had never seen before. Monday, July 12, arrived all too quickly, when our new friends from Quebec boarded the plane home. The Alberta members and chaperones could hardly wait for their turn to travel to Quebec, August 2 to 9. 🍀

# Prairie Roses Head East

BY LORI SEREDA, *Exchange Trip Chaperone*

Bonjour mes amis!

Monday, August 2, members of the Prairie Roses 4-H Multi Club arrived at Medicine Hat Airport bright and early at 4:30 am for their flight bound for Montréal, Quebec! Everyone was very excited for the opportunity to reconnect with their new friends.

The group arrived in Montréal without anyone losing their luggage. Our Quebec friends were eagerly waiting our arrival and greeted us at the airport. After a short bus ride southwest of Montréal, we arrived at our first destination! Parents were there to greet and welcome us into their homes for a week we would not soon forget. Following the introductions and lunch, everyone went to their host families for an evening of reconnecting with their “twins”.

Tuesday we were on our way after morning chores, as most of our families live on dairy farms where milking twice a day is must! We were on our way to Beauharnois Generating Station, which is one of the largest hydroelectric power plants in the world. We learned that this plant was built in three stages beginning in 1929 with completion occurring in 1963. There are 38 generators covering almost one kilometre in length! A very impressive site!

Following our tour, we had a picnic lunch then some free time at St. Timothee Beach. Our hosts had planned a square dance for us in the evening. Square Dancing is the second most popular project in Quebec and we were treated to an enthusiastic display as well as lessons to get us started.

Wednesday was spent touring local farms, getting a taste for what types of agriculture are important to their area. We first went to an apple orchard followed by blueberries and vegetable farms. Of course we had an opportunity to sample the local flavours! A quick trip home for chores was made and then off to a sugar shack for a delicious meal of maple syrup dishes.

The next day saw us travelling to Coteau-du-Lac National Historic Site. Here, our guide shared, is the site where the first

canal was built in North America, which transformed into the Saint Lawrence River. The highlight of the day was a trip to Arbraska, an outdoor adventure park, which had everyone in our group zip lining! What an exhilarating experience!

Friday was the day we travelled to Montréal. We had a magnificent tour of the Notre Dame Basilica, the first Catholic church in Canada. Along with some souvenir shopping, we had a tour of Old Montréal, the site of the 1976 Olympic Games, and a fun excursion in a labyrinth.

Saturday, we were treated to a visit at a local sugar still and enjoyed some maple toffee, along with a demonstration on how a maple still works. Our group also travelled into Ontario to take in the Williamstown Fair. After a great afternoon taking in all the sites, we returned home for an evening with our host families.

Our last full day in La Belle Province was Sunday. We spent most of the day with our host families, doing a variety of activities. Our group gathered later in the afternoon for games, the Que-Ta Challenge, supper, and fun.

Monday was our final morning in Quebec and we toured Explorail, the Canadian Railway Museum. Our hosts treated us all to our final meal of poutine, a local favourite. The bus ride to the airport was somewhat bittersweet as we knew time was fast approaching when we would have to say “*au revoir*” to our hosts and now friends. We saw many sites, experienced the flavours of the province and most of all, made many new friends. I know we will be talking about our experiences in Quebec as well as Alberta for a long time.

We would like to extend our thanks to all our donors and sponsors that supported our fundraising efforts in Alberta making this whole experience possible with a special thank you to the Canadian 4-H Council, and the Department of Canadian Heritage for providing all air transportation for not only our group, but for all Canadian 4-H clubs participating in the exchange program this summer! 🍀

Exchange delegates at Arbraska Outdoor Adventure Park in Quebec.



## DOIN' TIME 4-H STYLE!

BY ARLEEN HENDERSON, 4-H Leader and Trip Delegate

On September 23, 2010, six 4-H club leaders from the around the province left Alberta to experience Montana. 4-H that is, leadership style!

Arriving in Deer Lodge, Montana, via Great Falls on Friday evening, leaders from across Montana and Alberta were set for "Doin' Time 4-H Style". First on the schedule were the tales of ghostly encounters told by local Montana historian and author, Ellen Baumler, followed by a tour of the historic Old Montana Territorial Prison - in the dark no less! After the shivers of the Deer Lodge Prison, leaders shared 4-H experiences at a dessert social.

Saturday dawned bright and early with milk gravy for breakfast – wait a minute: gravy for breakfast?

It was an unusual one for all six Alberta delegates, but breakfast did include biscuits and gravy, along with all of the other familiar fare. The day continued with workshops on a broad range of subjects from recruiting 4-H volunteers, time and stress management, new projects, enhancing leadership skills, laughter, and crafts.

The day concluded with a banquet and Volunteer Awards honouring volunteers from the eight 4-H districts within Montana state. The dedication of the volunteers was impressive – combined, two honorees alone had volunteered for almost 100 years of service! The final entertainment for the evening was the Dillon Junior Fiddlers who played and sang many familiar songs (and trust the Albertans, whose feet couldn't stay still, we soon had many up dancing to the toe-tapping jigs!).

With the Leadership Forum now complete, the Alberta delegates wound their way home through Shelby, Montana, to Airdrie. This tale is not complete though, as the "Traveling Six" had time to experience the shops and restaurants along their trail, and share with each other their knowledge and invaluable 4-H experiences.

Della Joseph (Chipman), Margo Comstock (Strathmore), Jay (Janette) Weisenburger (Delburne), Melody Swaren (Stettler), Anna Meakin (Morinville) and myself, Arleen Henderson (Bashaw) would like to thank the Alberta 4-H Council for their sponsorship of this trip, and the learning opportunities that were experienced. ❀



During a refueling pit stop in Milk River, this gentleman donated the commemorative license plate for our travels. (l to r): Arleen, Melody, Margo, UFA personnel, Della, Janette and Anna.



(l to r) Arleen, Melody, Anna, Janette, Della, and Margo.

## Nice Work at NILE

BY ADRIANE GOOD, Award Trip Delegate

Sunday, October 10, marked the start of our long drive to Billings.

For Rosie and Adriane, the drive to Great Falls was only a few hours, whereas for Janet, Lindsey, and Aydon, this trip was quite a bit longer. We stopped in Great Falls Sunday night, and then headed out to Billings on Monday morning. When we arrived in Billings, we learned that nothing in Billings is open on Mondays, and it was raining so we couldn't go to Little Bighorn like we were planning.

So we went to the Northern International Livestock Exposition (NILE) for the first of many times that week, where we discovered miniature Herefords and cheesecake on a stick. Then after we watched four classes of the club calf show, we decided it was time to visit the mall in Billings. This mall was full of great adventures: Aydon was tricked into buying \$100 lotion, and Rosie was tricked into getting her hair curled.

Tuesday morning we headed out to the NILE to begin the livestock judging competition hosted by Northwest College. Along with 19 other senior 4-H teams of four, 15 junior 4-H teams, and 57 FFA teams, we judged 5 classes of beef, 3 of sheep, and 2 of hogs. Our team did very well; Aydon got 8th place in beef, and Rosie got 3rd in sheep, 8th in reasons, and 8th overall. Not only did Aydon and Rosie place individually, but our team also got 5th place overall, as well as placing in the top ten in each of the different sections. While there, we met - and beat! - the only other Canadian team, Team Saskatchewan.

After we ate lunch and got the official placings for the classes, we looked around the trade show at the NILE. At the trade show, three of us got our boots shined up and looking pretty for the ranch rodeo that night.

Wednesday morning we drove about an hour and went to Little Bighorn, the site of Custer's Last Stand. Little Bighorn was very scenic and had a lot of horses within the property. After Little Bighorn, we made one last stop at the NILE's trade show, and then headed back to Great Falls, where we stopped at the Charlie Russell Museum. After the museum we made stops at Trader Joe's tack store and the Big R store in Great Falls.

Thursday morning we started the long drive home and made our first stop at Tim Horton's by 11:30. Overall, a great trip was had by all, and we would strongly recommend the trip to anyone who gets the chance to take it! ❀

# Features

## Is Foreign for You?

BY MARK SHAND, 4-H Specialist, Programs



For the past few years, Alberta 4-H has hosted international delegates from Korea, Taiwan and Finland, but did you know that you could be traveling overseas on an exchange to one of these countries?

As part of our relationship with these countries, we have the opportunity to send Alberta 4-H delegates overseas. These cultural exchanges are open to current and past 4-H members under the age of 29 years old (as many of our partner organization include members to this age). It is important that participants are mature, as you will not be chaperoned during your travels and may experience some level of culture shock. The usual stay in one of these countries is one or two months. Remember that you are not required to know the local language, although it is always beneficial to make an attempt when interacting with locals.

Here are the few of the opportunities that you might have while participating in an international exchange:

- Experience the food, history and culture of another country.
- Attend 4-H club activities and meet 4-H members.
- The opportunity to live with local families. During a two-month exchange you will get

to stay with 4 to 5 families. All host families will consist of 4-H members or leaders, and most will have kids at home.

- Learn about the agriculture industry and practices in another country.
- Meeting other exchangees from around the world who are also visiting the same country.

The major expenses of participating in an international exchange are dealing with any required vaccinations, health insurance, travel visa and the cost of your flight to the country. If booked at the right time, you could fly for as little as \$1000. During your stay in the other country, you will experience limited expenses as the majority of meals, accommodations and transport are covered by the hosting country and families. This is a very cost-effective way to experience another country.

Of course, for anyone here in Alberta who is interested in having an out-of-country experience, without having to leave the country, we are always in need of host families.

If you have any questions or are interested in receiving more information about exchanges to Finland, Korea, Taiwan or any other countries, please call (403-948-8508) or email me at [mark.shand@gov.ab.ca](mailto:mark.shand@gov.ab.ca). ❁

## Two Months of Amazing Experiences

BY LING YU SHEN (KITTY), Taiwanese Exchange Participant

While in Canada, these two months were amazing! The broad skies, lovely farms, friendly Canadians and amazing scenery made it feel actually sometimes like I was living in the movies.

During these two months I was very happy that I went to many places. I first stayed in Stavelly, where I saw the 4-H horse show; it was a new experience. I also stayed in Athabasca, New Brigden, Ponoka, and went to Banff, Calgary and Edmonton.

I am really thankful for all my host families. You made just like I was in Canada's family, this will be unforgettable for the rest of my life.

And I was very honoured that I could participate in LTCS and Club Week. These two weeks were very labourious, but it was also most important, and I have many new friends and I experienced different camp from Taiwan's camp. I think I will never forget the summer of 2010 while I was in Canada. I love 4-H and Canada.

Thanks to all!

Kitty proudly displays the Taiwanese flag at Club Week 2010



Kitty with Club Week delegates.



# TAKE A LEAD: An African 4-H Experience

BY MARK SHAND, 4-H Specialist - Programs



4-H member with his goat project.

This summer I had the pleasure of attending the 2<sup>nd</sup> annual international “Take a Lead” Peer Leadership Seminar held at the Kange 4-H Centre in Tanga, Tanzania. The seminar brought together over 22 4-H and rural youth organizations from 16 countries. In total there were 55 participants from 10 African countries (Ethiopia, the Gambia, Ghana, Kenya, Liberia, Namibia, Nigeria, Tanzania, Uganda and Zambia) in addition to Austria, Canada, Finland, Norway and USA. Taking place over 14 days, the seminar aimed to create an environment for the sharing of best practices in peer leadership between organizations, with this year’s focus being on gender issues. The conference was funded by the Ministry of Foreign Affairs in Finland and the Finnish 4-H Federation, with support from the USA National 4-H Council.

The seminar was an amazing experience. Through a combination of experiential activities, presentations, guest speakers and round-table discussions, we were able to increase our knowledge of peer leadership and gender issues in Africa, and learn how these concepts can be applied to rural youth organizations. A lot of laughs and friendships were built while learning local dances in the evenings, swimming in the Indian Ocean, crawling through the Amboni Caves and

interacting with local 4-H club members. I loved talking to a young 4-H member in Amboni who had started raising chickens as his project, and went on to buy goats using the money he made from his chickens. He also used this money to pay his school fees.

The definite highlight of the trip was a four-day host family stay in the Moshi 4-H District. It was an eye-opening experience

to live with a local family and to tour the rural communities at the base of Mount Kilimanjaro, the highest mountain in Africa. During our host family stay we had the pleasure of interacting with 4-H members involved in school and community-based 4-H clubs, who are learning about organic agriculture, environmental sustainability and eco-tourism. We also had the opportunity to visit

Mark following a soccer match: conference delegates versus 4-H members.





the district 4-H office, the mountain village of Mweka (the experience of a local market was overwhelming), the Marangu falls, and experienced dining at a sketchy cantina (twice... without disastrous effects). I graciously thank the Lyamuya family and our hosts in the Himo area for their hospitality. Touring through the local communities, I was in awe of the constant smiles on the kids' faces, in spite of them having so little. They were always excited to see the display on my digital camera after taking their photo.

In my opinion, the most important part of the conference was not the programmed activities during the seminar, but the discussions that took place between the participants during breaks and in the evening. There were many late evenings spent learning about the successes and challenges being experienced by 4-H and non-4-H organizations in rural communities throughout Africa and Europe. One of the most profound and uplifting experiences was to talk to two individuals who were refugees from the Democratic Republic of Congo. To hear about their struggle for survival, fleeing from a country engulfed in civil war, followed by their building of a community, which was accomplished by engaging their former enemies at a refugee camp in Uganda, was truly inspiring. There were other numerous stories of success that illustrated the strong leadership in rural communities across Africa, along with the strength of the 4-H program, and similar programs, to build marketable skills in youth. I also know that these discussions allowed for partnerships and success stories to be shared between the African programs, so they could take home new ideas, while creating partnerships to strengthen their programs without relying on outside funds and support.

I would like to thank the S.M. Blair Family Foundation and Alberta 4-H for their support to attend this conference. 🍀



4-H members explain organic agriculture.



Proud Co-Sponsor of the  
Youth Leadership Congress

## You've never seen tractors like these before!

*Our M40 Series tractors will make your tough day seem a whole lot easier. Combine that with our legendary Kubota diesel engine and our synchronized transmission and you've got one powerful performer.*



### M5040/M6040/M7040 M8540/M9540

- 46 to 84 PTO Hp
- Ultra Grand Cab or ROPS models available
- Hydraulic or synchronized shuttle transmission
- LCD display of PTO and travel speed

# Kubota Dealers of Alberta

To find a dealer near you, visit [www.kubota.ca](http://www.kubota.ca)



CS

MAY 27-29, 2011

Stampede Park, Calgary, AB

*Calgary Stampede*

Join Us for the  
Largest 4-H  
Event in Canada

4-H

ON PARADE

The Calgary Stampede is proud to partner with Alberta 4-H in building future leaders through agriculture education & youth programs.



Reminder: 2011 Calgary Stampede 4-H Rodeo - September 10-11

For more Information visit [calgarystampede.com/ag](http://calgarystampede.com/ag)



# CALGARY STAMPEDE STEER CLASSIC 2010

DRAW #1 (White Tickets)	DRAW #2 (Blue Tickets)
<p><b>1<sup>st</sup> Prize</b> Side of Alberta Beef purchased at the Calgary Stampede 2010 Steer Sale Sponsored by: <b>CAPL</b> Plus \$400 gift certificate Sponsored by: <b>Cenovus</b> <b>Winner: Brian Meisner</b></p>	<p><b>1<sup>st</sup> Prize</b> Side of Alberta Beef purchased at the Calgary Stampede 2010 Steer Sale Sponsored by: <b>CAPL</b> Plus \$400 gift certificate Sponsored by: <b>Rover Land Co. Ltd.</b> <b>Winner: Travis Whitlock</b></p>
<p><b>2<sup>nd</sup> Prize</b> \$250 West Jet Travel Voucher Sponsored by: <b>Iron Horse Oil &amp; Gas Inc.</b> Plus GPS Unit Sponsored by: <b>Stewart Weir</b> <b>Winner: Jill Tremblay</b></p>	<p><b>2<sup>nd</sup> Prize</b> \$250 West Jet Travel Voucher Sponsored by: <b>Iron Horse Oil &amp; Gas Inc.</b> Plus GPS Unit Sponsored by: <b>Stewart Weir</b> <b>Winner: Arno Keller</b></p>
<p><b>3<sup>rd</sup> Prize</b> Wine Basket Sponsored by: <b>Amani Vineyards (PTY) Ltd.</b> Plus Print entitled "Silent Waters" Sponsored by: <b>McAra Printing</b> <b>Winner: Scott Bertolozzi</b></p>	<p><b>3<sup>rd</sup> Prize</b> Wine Basket Sponsored by: <b>Amani Vineyards (PTY) Ltd.</b> Plus Print entitled "Silent Waters" Sponsored by: <b>McAra Printing</b> <b>Winner: Andy Fulford</b></p>
<p><b>4<sup>th</sup> Prize</b> 2 Calgary Flames Hockey Tickets (2010 Pre-Season) Sponsored by: <b>Focus Surveys</b> Plus Calgary Flames Hockey Jersey Sponsored by: <b>Canada West Land Services Ltd.</b> Plus 2 Calgary Stampeders Football Tickets Sponsored by: <b>McNally Land Services Ltd.</b> <b>Winner: Tara McDonald</b></p>	<p><b>4<sup>th</sup> Prize</b> 2 Calgary Flames Hockey Tickets (2010 Pre-Season) Sponsored by: <b>Altus Geomatics</b> Plus Calgary Flames Hockey Jersey Sponsored by: <b>Cenovus</b> Plus 2 Calgary Stampeders Football Tickets Sponsored by: <b>McNally Land Services Ltd.</b> <b>Winner: Greg McNally</b></p>
<p><b>5<sup>th</sup> Prize</b> 2 Edmonton Oilers Hockey Tickets (2010-2011 Season) Sponsored by: <b>Blends Inc</b> Plus Print entitled "Explosion" Sponsored by: <b>Midwest Surveys</b> <b>Winner: Chris Colyer</b></p>	<p><b>5<sup>th</sup> Prize</b> 2 Calgary Flames Hockey Tickets (2010-2011 Season) Sponsored by: <b>Evolve Surface Strategies</b> Plus Calgary Flames Hockey Jersey Sponsored by: <b>Millennium Geomatics Ltd.</b> <b>Winner: Sue Cook</b></p>
<p><b>6<sup>th</sup> Prize</b> Round of Golf for 4 (2011 Season) Sponsored by: <b>The Lakes of Muirfield</b> Plus a Golf Equipment Pkg. Sponsored by: <b>McMillan LLP.</b> <b>Winner: Rob Pearson</b></p>	<p><b>6<sup>th</sup> Prize</b> Round of Golf for 4 (2011 Season) Sponsored by: <b>The Lakes of Muirfield</b> Plus a Golf Equipment Pkg. Sponsored by: <b>Allied Land Services (1987) Ltd</b> <b>Winner: Dave Hiley</b></p>

Thank you to all of our sponsors





## 4-H Asks Riders to “Buckle Up” For Safety

BY KENDA LUBECK  
Farm Safety Coordinator

In the 4-H equine program, safety is an integral part of all aspects of horsemanship from catching, haltering, bridling and saddling to grooming and riding. The main goal of the 4-H equine program is to ensure that the interaction between horse and rider is safe and enjoyable. With that in mind, Alberta 4-H has issued a strong recommendation that all horseback riders at 4-H events wear a properly fitted ASTM/SEI or BSI approved equestrian helmet.

“Alberta 4-H Council is currently reviewing their equine policy,” says Stacy Price, Alberta 4-H Council President. “At the present time, the policy recommends the use of helmets for riders and the Council is considering changing this section of the policy. Before we make a decision we are looking for feedback from 4-H leaders, parents and members involved with the 4-H equine project.”

Statistics for head trauma due to horseback riding incidents are alarming. According to the American Academy of Pediatrics approximately 20 per cent of injuries in young riders are to the central nervous system. The majority of these injuries are cerebral contusions, concussions, or skull fractures. Use of approved helmets has been associated with a

decline in the occurrence of severe head injuries.

“We are seeing more and more 4-H members take a proactive role to protect their health by wearing a helmet while riding,” says Price. “This is really encouraging because 4-H is all about safety and helmets are safe.”

Price adds that individual clubs can institute their own bylaws at any time, making helmets mandatory at their club functions.

Typically the western riding disciplines don’t enforce wearing head protection while riding. However, this past summer the board and insurance carrier of the Alberta Cattlemen Penning and Sorting Association implemented a ruling that states “all persons under the age of 18 must wear a helmet or they cannot ride.” This was prompted by a tragic incident occurring at the Calgary Stampede where a horse fell, landing on the rider and causing severe head trauma.

The Canadian Institute for Health Information states that while all degrees of head trauma can have important and long-term implications, moderate to

severe traumatic head injuries can significantly impair physical, cognitive, emotional and social functioning.

Equestrian helmets are designed to protect a rider’s head in two ways. First they reduce penetration by sharp objects and second they absorb some of the force, giving the head a “cushion” thus increasing stopping distance. The helmet does this by breaking or crushing while it absorbs energy. All models of ASTM (American Society for Testing and Materials) /SEI (Safety Equipment Institute) and BSI (British Standards Institute) approved equestrian helmets are lab tested to ensure that they meet regulated safety standards. The SEI or BSI certification symbol can be found on each approved helmet.

Helmets intended for equestrian activities come in many styles and, although they generally use the same protective foam, are built differently than other sporting helmets. They cover more area of a rider’s head and are designed for specifications of riding a horse, taking into account possible terrain, speeds and objects to which a rider could be subjected. They are built to skid rather than stick over rough terrain and to absorb impacts created by sharp objects such as a horse hoof or sharp rock. They are also designed to be secured properly to a rider’s head and be light enough to not interfere with a rider’s balance.

Other sporting helmets such as a bicycle helmet or motorcycle helmet either don’t provide adequate head coverage, or they are too heavy and bulky to be used for riding. They also don’t break or crush at the force required in equestrian circumstances. A bicycle helmet will break too easily while a motorcycle helmet takes a much larger force to break – both leaving the equestrian’s head vulnerable to concussion.

“Any injury can be considered a tragedy,” says Price. “There are no words for a head injury that could have been prevented. A mandatory helmet policy is a proactive way to reduce the risk of head trauma associated with horseback riding.” 🍀

- Horseback riding carries a higher injury rate per hour of exposure than downhill ski racing, football, hang gliding and motorcycle racing.
- Medical Examiner reports show that 60% or more of horse-related deaths are caused by head injuries. Helmets have been shown to reduce this possibility by 70-80%.
- Non-ASTM/SEI or BSI certified helmets offer no protection whatsoever and are strictly for cosmetic purposes.
- Repeated trauma to the head, even when minimal, can cause cumulative damage to the brain. Each new incident expands the original damage and the brain cannot recover 100% from injury.
- Head injuries are the most common reason for horse-related hospital admissions.

Source: Alberta Farm Safety Program website Safety Up! On Equestrian Helmets factsheet. [www.agriculture.alberta.ca/farmsafety](http://www.agriculture.alberta.ca/farmsafety)

# Where Are They Now?

BY SUSANN STONE

Manager, Marketing and Special Projects



**Name:** Dan Skeels

**4-H Club:** Bluffton West 4-H Beef Club

**Number of years in 4-H as a member:** Nine (1981-1988)

**What are you doing now?**

Together with my family, we own and operate Anchor D Ranch. We run about 300 head of Simmentals near Rimbey, Alberta. I am also an auctioneer and in 2004, held the title of World Livestock Auctioneer Champion.

**Are you still involved in 4-H?**

This will be my second year as Assistant Leader for the same club in which I was a member.

**What was the highlight of your 4-H career?**

During the nine years as a member, the last year is what stands out the most. In the last year, I had four beef projects and three of them were awarded Grand Champion at the interclub show.

Currently, being a 4-H leader is a rewarding experience. Seeing the members develop their skills, grow and become more knowledgeable about the beef industry is definitely a highlight.

**Of the skills that you acquired through the 4-H program, which one(s) do you use every day?**

There are many skills that were gained through 4-H; however, the ones I utilize every day are public speaking skills, livestock judging, record keeping and communication in general. All are a great asset to being an auctioneer, cattle rancher, father and husband.

**If you had 30 seconds to sell someone on Alberta 4-H, what would you say?**

4-H is a very worthwhile organization for youth to be involved with. The projects that 4-H offers are of interest to youth, which makes project work a great way to develop skills through hands-on learning. Members and leaders gain more skill than what they realize; this skill assists them in realizing success in any path they choose. 4-H involvement encourages personal growth for members and leaders.

## Navigate the 4-H Website with Cleaver

**Contest Deadline:** July 15, 2011

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

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

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

Please mail the application (postmarked by July 15, 2011) to:

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

# Navigate the 4-H Website with Cleaver Application

Only one submission per person will be eligible to win. Please mail this application (postmarked by July 15, 2011) to the:

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

January 5 – 15	
February 5 – 15	
March 5 – 15	
April 5 – 15	
May 5 – 15	
June 5 – 15	
Name:	Age:
Mailing Address:	
Club Name:	
Phone:	
E-Mail:	
Signature of parent or guardian (or 4-H member if aged 18 and older)	

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



## Magnetic Key Members

It's that time again...Key Members across the province have been provided with locker magnets to pass out. With only 2000 of these magnets in circulation they truly are collector items. Start collecting now as there will be a new magnet each November and in 2017 there will be rewards passed out to those that can collect for the full set.

Contact your local Key Member to see about obtaining this year's magnet.

## Power Your Fundraiser

- High profit
- Brochure orders packed by seller
- No minimum order required
- Free shipping
- Quick turnaround



**PLUS:** we still pay top dollar for your used lead acid batteries.

**Call today!**

EDMONTON  
 1.800.361.2854



CALGARY  
 1.800.661.5914

interstatebatteries.com

# WPCA 4-H Mentorship Opportunity

BY JESSICA PATTEN, *Executive Assistant*

The WPCA 4-H Mentorship Opportunity, which is sponsored by Encana, was first inception in 2006 with only five participating drivers. This mentorship program creates an opportunity for 4-H members to be mentored by a World Professional Chuckwagon Association (WPCA) driver. These 4-H members get to see behind the scenes of the world of chuckwagon racing. They are included in every day chores such as feeding, grooming, bathing, and tacking up horses. These activi-

ties teach the 4-H member to “learn to do by doing” and they also get equine experience they wouldn’t get anywhere else. This program runs between May and September, at all 11 stops of the WPCA Tour.

In 2010, 11 drivers mentored 4-H members across the province at 11 Dodge Pro Tour Stops. Also this past summer a unique opportunity for 4-H members to discover the behind-the-scenes of the Calgary Stampede was offered to past

participants of the mentorship opportunity.

We would like to thank the following drivers for their participation in 2010; they are great ambassadors of the professional sport of chuckwagon racing.

Contact the 4-H Foundation of Alberta for more information about the WPCA 4-H Mentorship Opportunity. Phone: 780-682-2153/Toll Free: 1-877-682-2153 Email: [foundation@4hab.com](mailto:foundation@4hab.com) Website: [www.4hab.com](http://www.4hab.com) 🍀



## Buddy Bensmiller

**Started Driving:** 1972

**Hometown:** Dewberry, AB

**Participated in Mentorship**

**Opportunity Since:** 2007

Buddy is a 2<sup>nd</sup> generation driver who competes against his 3 sons. He is a two time World Champion Chuckwagon Driver.



## Troy Dorchester

**Started Driving:** 1993

**Hometown:** Westeros, AB

**Participated in Mentorship**

**Opportunity Since:** 2006

Troy is a 3<sup>rd</sup> generation Chuckwagon driver, who has earned 3 career show championships.



## Barry Hodgson

**Started Driving:** 1961

**Hometown:** Wetaskiwin, AB

**Participated in Mentorship**

**Opportunity Since:** 2007

Barry had his career best of 18<sup>th</sup> overall in the World Standings in 2009, posted 10 top ten runs, with 5 runs that cracked the top five.



## Kelly Sutherland

**Started Driving:** 1968

**Hometown:** Grande Prairie, AB

**Participated in Mentorship**

**Opportunity Since:** 2010

Kelly is a 10-time WPCA World Champion and a 10 time Calgary Stampede Rangeland Derby Champion.



## Chance Bensmiller

**Started Driving:** 2002

**Hometown:** Dewberry, AB

**Participated in Mentorship**

**Opportunity Since:** 2007

Chance is a 3<sup>rd</sup> generation driver, and the youngest driver to have a win on his resume.



## Rick Fraser

**Started Driving:** 1982

**Hometown:** Grande Prairie, AB

**Participated in Mentorship**

**Opportunity Since:** 2005

Rick in 2009 had 20 top ten runs. He also won the 2005 Calgary Stampede Guy Weadick Award.



## Layne MacGillivray

**Started Driving:** 2000

**Hometown:** Melfort, SK

**Participated in Mentorship**

**Opportunity Since:** 2007

Layne is a 3<sup>rd</sup> generation driver, who was awarded the WPCA most prestigious award in the year 2009 Chuckwagon Person of the Year.



## Mark Sutherland

**Started Driving:** 1993

**Hometown:** Grande Prairie, AB

**Participated in Mentorship**

**Opportunity Since:** 2007

Mark is only the 2<sup>nd</sup> driver to ever win the Calgary Stampede Safe Drive Award and the WPCA Clean Drive Award in the same year, this happened in 2009.



## Shane Cartier

**Started Driving:** 2003

**Hometown:** Vegreville, AB

**Participated in Mentorship**

**Opportunity Since:** 2006

Shane drove pony chuckwagons for 18 years, winning 15 show championships. In 2007 he received the Calgary Stampede's Orville Strandquist Award for Top Rookie Driver.



## Chad Harden

**Started Driving:** 1999

**Hometown:** Mulhurst Bay, AB

**Participated in Mentorship**

**Opportunity Since:** 2005

Chad was the 2009 Calgary Stampede Rangeland Derby Champion. He also introduced chuckwagon racing's first mascot, “Skippy the Squirrel”.



## Codey McCurrach

**Started Driving:** 2006

**Hometown:** Eckville, AB

**Participated in Mentorship**

**Opportunity Since:** 2008

Codey started his career driving pony chuckwagons at the age of 16. He was the WPCA's Top Rookie Driver in 2007.

# Club+District Articles

## Oh, The Summer We Had!

BY ALISHA KARIM & KENNEDY EDWARDS, *Club Members*

Strathcona District kicked off a busy summer with the Ardrossan Old-Fashioned Picnic and Parade. Members walked in the parade with Cleaver the Beaver, throwing candies and promoting 4-H in the June heat. Later we accepted donations for the food bank and handed out popcorn at the 4-H booth.

After the dust had settled at Focus on 4-H, nine members and one chaperone from the Strathcona 4-H district took part in an exchange trip with another 4-H group from Lachute, Quebec. We had a blast in Quebec, taking part in many activities including going to Old Montréal for a scavenger hunt and visiting 'the labyrinth' (a warehouse with a giant maze in it). We traveled to Ontario to tour the Parliament Building and the Peace Tower. Near the end of the week we took part in a car wash to raise money for a well in Haiti. We all had fun with the sandwich signs attracting cars to the *lave auto*!

Then it was our turn. We took our Quebec-exchangees to Jasper to check out Alberta's beautiful mountains - they were amazed when we climbed 'Whistler's Mountain' for a snowball fight at the top! Farm tours (they were shocked at our wide open fields and big equipment!); West Edmonton Mall, and the Edmonton SPCA were also on the agenda. The fun, hectic week was also filled with volunteer work including selling 50/50 tickets at the Vegreville Country Fair for the Northern Alberta Children's Ability Fund and a community cleanup.

All in all, it was a great trip but it was a sad goodbye at the end. Many tears were shed as the newfound friends had to part.

Who knew that kids from across the country could be so alike and grow such a strong bond in of a couple weeks? Of course, none of this would be possible without our sponsors, a big thank you to

County Clothesline for your support!

Near the end of the summer, 15 members and 3 chaperones boarded the bus and headed out for a five-day tour of Central Alberta. We spent our time learning about dinosaurs, RCMP dogs, bears in movies, and riding the roller coasters at Calaway Park. Swimming in the shadow of a T-Rex, enjoying a marshmallow roast with a local 4-H family, watching a team roping competition, BBQing pizza and pancakes, and having a mud fight at Gleniffer Lake were some other highlights of the week. Thank you to Mel Clark, the Parkinson family and the Golden Rod Community Hall, as well as the Bowden Ag Society for your generosity!

It was a busy summer but we had so much fun! We are excited to get this year on the way to see what next summer brings us! 🍀

Bus trip adventures.



Alberta Exchange delegates and chaperones.



The road sign along Highway 36.



## A Sign with a Story

SUBMITTED BY HAYS 4-H CLUB



Current day 4-H members maintain the work of 4-H members from some 45 years prior.  
Photos Credit: Joan Wallace, Hays 4-H Club

It is hard to miss the large rock sign that has greeted commuters along Highway 36 for the past 50 years. The town name of Vauxhall, with the 4-H Clover below, marks the commitment of area 4-H clubs, past and present.

The original sign was built around 1962 by the Vauxhall 4-H Textile Club, led by John and Flora Kbasek. It was a big undertaking, taking this all-girl sewing club 8 to 10 months to complete. The sign was surveyed by the PFRA and measured out in string. Ralph Ringdal is credited with the final design, after making many trips down the coulee to survey the layout from the Old Man River Bridge. The rocks were gathered from the surrounding hills and brought by hand to the design. Sally Ringdal, a member at the time, recalls hundreds of hours spent on the coulee, hauling the rocks; at times members had to sidestep rattlesnakes. Upon completion, the rocks were painted white.

In succeeding decades, the sign has been kept up by area clubs including the former Vauxhall 4-H Club, Hays 4-H Club, Retlaw Prairie Beef 4-H Club and the Circle V 4-H Multi Club. This involves whipper-snipping the grass around the rocks and applying a fresh coat of white paint every few years. Hopefully this tradition will live on for generations of 4-Hers to come.

Information gathered by Fran Geremia, *Retlaw Prairie 4-H Beef Club*; Original Article by Trevor Busch, *Vauxhall Advance*; September 23, 2010 🍀



## Starlite Shines Bright

BY STEPHANIE MILLER, *Club Member*

Well, it seems like the Starlite 4-H Multi Club is at it again.

Last year that club didn't get enough tree planting in, so they decided to exercise their green thumbs again. This year, the club was thrilled to contribute to the well-known crisis nursery, Kids Kottage. This organization is a non-profit organization dedicated to helping kids. They provide a place for kids to go when they can't go home.

This year the club used out UFA grant to buy some brightly-coloured feed buckets. Wallish Greenhouse then contributed some plants to our project. On our Achievement Day, we got to work. Each member picked one bucket and a few flowers to plant in their buckets; soon we were finished and took our flowers to Kids Kottage. Glo, the volunteer coordinator, was delighted. The buckets were to be placed around the house to make it seem brighter and friendlier.

This is the second project that the Starlite members have done for a non-profit organization this year. At our Communications night, close to Christmas, the members made "Mugs of Joy" for the Mustard Seed. The members were so enthusiastic that we had difficulty placing all of the items in the mugs. The Mustard Seed was thrilled to see them, and the club members had a great time putting them together.

The Starlite 4-H Multi Club may be small, but the members' hearts are huge. Some of the times that members have enjoyed the most are the ones that they have spent helping others. The members have learned that a lot of joy comes from helping others, modeling the 4-H Pledge, which encourages lending a helpful hand with a joyful heart. 🌱

## East Lacombe Club "Beefs" Up Their Member Enrolment

BY ALEX WOODROW, *Club Reporter*

A new year has once again begun for the East Lacombe 4-H Beef Club, and we are bigger than ever this year with 30 members!

Joining our club this year is Molly, Adam and Corben Rainforth, Kayla Sharp, Andrew Church, Wyatt Glover, Mikaela Akermann and Julie Sharp. On September 20, we held our first meeting at the Lakeside Hall; we would like to thank the Lakeside community for the use of the hall over the past years.

At our meeting, we elected our executive for the 2010-2011 year: our new president is Michelle Fodor, Vice President is Jeffrey Zuidhof, Secretary is Emilee Oro, Treasurer is Christine Suominen, Parliamentarian is Chase Bennett and our Club Reporter is Alex Woodrow. We have also had our steer weigh-in, where we weighted in 28 show steers and 8 carcass steers.

Thank you for supporting the 4-H program. 🌱

# Heartland's Warm 4-H Welcome

BY SHANNA LORENZEN, *Club Reporter*

On October 14, the Cowboy Trail Blazers 4-H Club was lucky enough to be allowed to visit the set of the CBC series *Heartland*, which airs Sunday nights at 7:00 on CBC. And, yes, we even got to meet some of the cast! They were all very gracious, and put up with our picture-taking, auto-graph-seeking, and admittedly, a certain amount of squealing!

Some of the cast we were thrilled to meet were Amber Marshall, who plays Amy, Michelle Morgan, who plays Lou, and Graham Wardle, who plays Ty. We also met the wranglers, Ray Breckenridge and Kathy Southerland, and the horse, Tonto. Tonto actually starred in the movie, "Night at the Museum" as Teddy Roosevelt's (played by Robin Williams) horse.

Everyone was so nice and welcoming, and we learned a lot about how movies are made, too. Even when the sun is really bright, they use big lights and reflectors. They use several different cameras to get different angles for the same scene. It makes the show more realistic and interesting. It also means the actors and actresses sometimes have to do the scene over and over, for a different camera each time, to get the right effect. They have to do it exactly the same each time, too! That's hard enough when all of the actors are people, but when you add in animals, it gets really challenging. We watched a scene where Amy was working with a horse, and in the re-shoot, the horse had to repeat the scene, too. And, we even found out a bit about one of the upcoming shows. If you think it's hard to get a horse to repeat a scene exactly the same, what about ... Oops, sorry, I promised I wouldn't tell that secret!

We would like to extend a special "Thanks" to Pierre Tremblay (*Heartland* Director) for the excellent tour, and to the rest of the *Heartland* crew for letting us visit, and making us feel so welcome. 🌱

### FUN FACT!

Humans blink over 10,000,000 times a year.



## Millarville Saddle Sores Ride Into A New Year

BY NICOLE OLIVER  
*Club Reporter*

The Millarville Saddle Sores 4-H Light Horse Club started our year with a kick off ride on September 26. We went riding through the Black Diamond Land and Cattle Co. The ride really embraced the fall colours. We met many new faces and welcomed many returning members.

Many of our members, along with their parents and siblings, came out to help the Foothills Therapeutic Riding Association by cleaning their tack. It was great to have so much participation for our first community service activity of the year.

We have now followed up with our regular meetings. This year we have over 30 members registered and we are looking forward to some exciting clinics, along with our regular rides and lots of optional riding activities. We welcome our new instructor this year, Cassandra Day. This is going to be a great year; we are looking forward to improving on our riding ability as well as just having a lot of fun with our project horses.

Above: The Millarville Saddle Sores riding through the Black Diamond land and cattle.

## AWARDING MEMBERS' EXCELLENCE

BY TARA VAN ZNADBERGEN, *General Leader*



Dale Sneft of ATB Financial, Caster Branch, presents 4-H Awards of Excellence to members of the Paintearth 4-H Multi Club. Back row: Meagan Hewitt, Amy Van Hienen, Cora van Zandbergen and Mallory Schwenk. Front row: Desirae Hewitt-Anderson, Tyler and Brianna Madge.

Paintearth 4-H Multi Club held their Achievement Day on June 20 at the Halkirk Bullarama Grounds. The horse project participated in showmanship and grooming classes, Gymkhana and fun games, while the Small Engine and Photography projects gave demonstrations, and the Creative Options' Snowboarding project had a display. The 4-H Awards of Excellence, which members receive based on their 4-H and community involvement, were presented to the following members:

Bronze went to Malorie Schwenk, Tyler Madge and Meagan Hewitt; Silver went to Brianna Madge; Gold was presented to Desirae Hewitt-Anderson and Amy Van Hienen, and Platinum went to Kourtney Hronek and Cora van Zandbergen.

Paintearth 4-H Multi Club wrapped up another year of activities that included planting 23 trees, which were supplied by Alberta 4-H Foundation, in the town of Castor. Unfortunately, Paintearth's Highway Cleanup had to be cancelled due to the weather, and the spring tire recycling was postponed until the fall.

In addition to all of this, members of the Paintearth 4-H Multi Club hosted the Gymkhana events at the Alliance Sports Day on July 1, attended 4-H camps, local horse shows and parades. ❀

# Summer Synergy showcase seeks more success for agriculture's youth



CALGARY – Just call it synergistic sizzle.

When the Calgary Stampede, the Olds Agricultural Society, Olds College, Alberta 4-H, and various provincial junior beef breed associations strategically worked together to create a collaborative showcase for the future leaders of agriculture this past summer, few would have predicted the runaway success that was known as Summer Synergy 2010.

The inaugural youth agricultural showcase, which helped to enhance existing programs such as the Stampede's International Youth Livestock Show (IYLS), boosted the profile of rural lifestyle and primary production, while opening up access to post-secondary scholarship money to more of Alberta's rural youth than ever before.

"The partnership and the collaboration was fundamentally what made it a success," says Tracy Lundago, the Summer Synergy project manager and the chair of Stampede's International Youth Livestock committee. "A lot of what we did had never been attempted before, and the Summer Synergy showcase elevated the status of all the programs that were involved.

"Looking forward to 2011 and beyond, we're focused on bringing more opportunities to livestock youth – scholarships, industry relationship-building at the post-secondary level, and other personal skills that will equip them to enter the marketplace. Now, that may or may not be in agriculture . . . but we definitely want to make our agriculture youth a competitive resource."

Youth activities, held in Olds and Calgary from July 11 to 17, provided countless opportunities for the rural youth of Alberta – including nearly \$40,000 in IYLS post-secondary scholarships to nearly three dozen recipients, and the introduction of the International Youth Livestock Supreme Championship. Held in conjunction with the Calgary Stampede's UFA Steer Classic, this best-of-the-best competition crowned four young contestants who displayed exceptional conformation and presentation of their respective species projects (purebred beef, commercial beef, dairy, and heavy horse).

And the sheer number of participants in Summer Synergy 2010 spoke for itself – 341 youth, aged 9 through 20, and more than 600 head of livestock from all across the province.

"By offering Summer Synergy, there were three shows in one that encouraged more youth to take part, and opened the door for meeting new people within the industry, while also increasing the amount of scholarships available," says Tyson Hertz of Duchess, a longtime youth exhibitor with Stampede programming. "All of this drastically increased the number of competitors and the level of competition."

"Working with Olds Ag Society and 4-H provides a lot of strength to our youth program," adds Stampede Agriculture Manager Robert Wise. "We also enhanced our youth scholarship program, and we look forward to growth in the future." Notes Summer Synergy participant Sawyer Daley of Carstairs: "I was confident in myself and in my achievements, so I'm happy I made it this far. I'm appreciative for 4-H to be involved in Synergy, and I'm really looking forward to the opportunity for youth to get out and truly explore the world of agriculture."

With the Stampede attracting 1.2 million visitors a year, the Calgary component of Summer Synergy 2010 took full advantage of the audience factor. IYLS scholarship recipients were introduced and recognized at the evening

Grandstand Show on Stampede Park during the final weekend Stampede, while the Supreme Championship was held under the Big Top before thousands of agriculturally savvy onlookers.

The first annual Youth and Agriculture in Action Showcase, held in the Agriculture Barns during a seven-day stretch of the 2010 Stampede, provided a perfect opportunity for members of various provincial 4-H clubs to display their projects in a non-competitive environment before a diverse audience.

"It was a wonderful opportunity for us to showcase 4-H, and to let people know what we're about. For many years, we've been known as the people with horses and cows, but what this did was allow us to profile many of the other projects that our members pursue," says Bruce Banks, chief executive officer of the 4-H Foundation of Alberta.

4-H members, in fact, engage in projects as diverse as photography, website design, culinary arts, gardening, woodworking, welding, and performing arts.

"We don't like to see rain at the Stampede, but on the rainy days this year, the barns were full," notes Banks. "As a result, we got even more folks through there than we normally would have. We got excellent coverage with the local media, and it was a real win-win for us."

This unique and dynamic program was the first of its kind to elevate and enhance opportunities and experiences for all livestock youth, and will remain steadfast and sustainable within the industry.

## Warm congratulations to all Calgary Stampede International Youth scholarship recipients.

### Senior Scholarship Recipients include:

Sarah Hunder, Spruce View  
Samantha Sperber, Rimbey  
Rosie Templeton, Coaldale  
Katelyn Dietrich, Forestburg  
Jessica Sperber, Rimbey  
Ethan Gosling, Strathmore  
Tyson Hertz, Duchess  
Sawyer Daley, Carstairs  
Cameron Olson, Indus  
Chad Crest, Athabasca  
Carling Matejka, Ponoka  
Luke Marshall, Innisfail  
Adam Nixdorff, Airdrie  
Kelby Tannas, Cremona  
Katelyn Crest, Athabasca  
Margriet Appel, Penhold  
Brittney Matejka, Ponoka  
Emily Puch, Pincher Creek

### Intermediate Scholarship Recipients include:

Andie Hadway, Didsbury  
Ty Dietrich, Forestburg  
Dakota Townsend, Sylvan Lake  
Kathryn Dolliver, Stettler  
Samuel Haeni, Didsbury  
Tyson Matejka, Ponoka  
Jonas Haeni, Didsbury  
Delia Loomis, Caroline  
Coleman Nixdorff, Airdrie  
J.T. Ross, Crossfield

**CS**  
*Calgary Stampede*

For more information contact Janette Bamford 403.261.9174 [jbamford@calgariystampede.com](mailto:jbamford@calgariystampede.com)

## YouTube Debut

BY JESS HAINSTOCK

4-H Specialist, Resources and Communications



Catching a “break” in the world of advertising can involve anything from agents to Hollywood to plastic surgery. But for intermediate-aged Alberta 4-H member, Riki Doolaege of Castor, Alberta, no such hardships were necessary. Her hands-on experience with handling cattle was what won her the top spot in a YouTube video created by Bayer CropScience.

Zoom Productions of Calgary put out a casting call looking for a young female teenager who was from a farm and comfortable with leading cows. When Riki arrived at the studio to audition, she was surprised that the director and casting staff weren't totally sure of what “proper” cattle handling entailed. After Riki gave a quick demonstration of how to lead a 4-H steer with correct showmanship techniques, she instantly won them over.

Bayer CropScience Canada, an extremely proud sponsor of 4-H Canada, created the video to help raise awareness of 4-H Canada's presence. It debuted at the Calgary Stampede and was played during intermissions at the Grand Stand Rodeo events that ran in July 2010.

The complete video “4-H Canada - What's In It For You?” can be viewed on you tube at:

[www.youtube.com/watch?v=sWQOByr-BLY](http://www.youtube.com/watch?v=sWQOByr-BLY)



## PRAIRIE WINDS GETS ACTIVE

BY JORDAN MANOR, Club Reporter

The Prairie Winds 4-H Club is a Calgary-based club that focuses on improving the health and welfare of their members. Our members are part of a Creative Options project called Active Living. The idea of this project is to get kids off the couch, stop playing video games and be active.

The project introduces fun group activities that members might not try on their own. So far this year we have been CPR-certified, have visited Heritage Park in Calgary for a GPS challenge, and went for a mountain hike and photo scavenger hunt in Canmore.

Other project activities planned for this year include a nutritional information session and meal, rock climbing, yoga, snowshoeing, archery, the ropes course at Canada Olympic Park, maybe kayaking, and we will end our year with a camping trip.

Our members are having a lot of fun already and we are looking forward to a great year of Active Living!

The Prairie Winds 4-H Club having fun during their GPS challenge at Heritage Park. Back row: Drewe Salahor, Chloe Blackman, Carlie Tollifson, Josh Manor; Middle row: Holland Kubicek, Meghan Manor (kneeling), Jordan Manor, Cali Champagne; Front row: Kyle Kubicek, Camille Blackman



Ronald McDonald tries his hand at becoming an equestrian.

## Rodeo Ronald

BY SYDNEY PEROZAK, Club Historian

Pony rides were only part of the fun at the Ronald McDonald House Charities 25<sup>th</sup> Anniversary and fun day at Symon's Valley Ranch; there were also many different activities, including games and face painting.

On October 2, the Midnight Express Club volunteered to bring some of our horses to the fun day and provide pony rides to the children of the Southern Alberta's Ronald McDonald House. We had kids from ages 2 to 12, with various levels of experience, who rode the horses. None of them wanted to stop because they were having too much fun! We enjoyed leading the horses, handing out Cleaver the Beaver tattoos and being a part of the excitement.

Two special guests, Captain Jack Sparrow and Ronald McDonald, also contributed to the excitement and fun of this day. Ronald came out to see the horses and wanted to go for a ride. He picked 'Chance', the horse I was leading and it took him at least 10 minutes to get on because he couldn't get his big red shoes in the stirrups. But, eventually he succeeded and as the picture shows, he had a great ride.

RMHC is a fantastic charity and as the foundation says, “We believe when you change a child's life, you change a family's, which can change a community and ultimately the world.” I hope 4-H and my club helped in a small way; we were very proud to be part of this very special day. ❀



Cameron Horner



Rita Marie Leask



Erin Shaw



Leila Hickman

# Ask an Expert

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

## What's so important about attending programs beyond the club?

Wow, I'm really glad you asked that question. If you ask 4-H members what the best thing about 4-H is, the large majority will say 4-H programs.

So what makes these programs so exciting? The answer is simple – they are an awesome opportunity to meet new friends, take part in fun activities and develop new skills and abilities. They really do define what 4-H is all about. And there is a multitude to choose from, ranging from outdoors to livestock to leadership, so no matter what your interest 4-H has something awesome to offer.

In closing, do not delay 4-Hers! Go to the 4-H website or check the provincial program calendar (which is hanging on your wall, right?) to find your next adventure! We hope to see you down the 4-H road in the very near future.

### CAMERON HORNER

*4-H Specialist, Communications and Marketing*

## What is the best part(s) of being Alberta 4-H Summer Staff?

Being a part of the summer program staff team for the last three summers has been an excellent experience. I really like planning the camps and programs and working towards making them as enjoyable for delegates as they were for me. Spending the summer in a fun atmosphere with a great fellow staff team makes it an ideal summer job. And really, who wouldn't love being able to go to camp all summer long?

In university, I am working towards a degree in Education and working as summer staff has provided me with countless opportunities to work with kids of all ages and cement my future goals. So, if you want a great summer job working with youth, I highly recommend applying!"

### RITA MARIE LEASK

*Summer Staff Veteran*

## How do you feel that Ambassadors help to raise the profile of Alberta 4-H to members and non-members alike?

Ambassadors are out in the community showing that 4-H is a fun, positive, and educational youth program. Not only do we strive to teach people about 4-H, we try to lead by example. Alberta's Ambassadors attend a wide variety of events, from trade shows, school activities, provincial programs, regional fairs, and club events. We love talking to people and answering any questions that people may have about what 4-H has to offer (which is a lot!). Members can use us as a great resource to learn about all of the opportunities and experiences they too can have through 4-H. Throughout our 4-H careers we have all made friends and memories, learned life lessons, experienced personal growth, and of course, fell in love with 4-H.

Who better to promote 4-H than the ones who love it?

### ERIN SHAW

*Alberta 4-H Ambassador and 2010 Premier's Award Winner*

## Should our club consider using a Key Member?

Absolutely! Key Members are a fantastic resource for your club and can provide workshops, presentations or organize events for your club or district. Topics these members can present include Beyond the Club, Public Speaking, Presentations, Judging, Executive Skills and Diaries. By allowing our senior members to take a leadership role we create a win-win situation as it helps develop the Key Members presentations skills, and it provides a positive role model that younger members can aspire to. Key Members have also contributed by planning fun events and junior staffed winter camps.

For more information on how you can contact a Key Member near you, call Leila Hickman at 780-853-8115.

### LEILA HICKMAN

*4-H Specialist and Key Member Program Coordinator*

**PROUD SPONSOR of 4-H**



**DON'T GET LEFT  
BEHIND.**

EXPERIENCE THE  
**EVOLUTION**  
OF WESTERN WEAR



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

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

**LAMMLE'S**  
**WESTERN WEAR & TACK**  
[www.lammles.com](http://www.lammles.com)

Calgary • Edmonton • Fort Saskatchewan  
Spruce Grove • Red Deer • Lethbridge • Olds • Lloydminster  
Strathmore • Banff • Camrose • Medicine Hat • West Kelowna • Kamloops

# Dream it. Achieve it.

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

