

## Livin' the Big Life at SMC

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What do you call a winter weekend full of learning, laughing and the making of life-long friendships? Those in the 4-H community would call it the 2012 Alberta 4-H Senior Members' Conference!

This year's conference, held January 27 – 29 at the Alberta 4-H Centre, saw 85 energetic, senior-aged 4-Hers come from all corners of the province to focus on building necessary skills as they prepare to enter the workforce or go on to college/university.

Deemed one of the top programs in 4-H, this year's event did not disappoint those in attendance. Sessions ranging from social media, to nutrition, to overcoming adversity engaged delegates and encouraged interaction. "It really is important that our delegates leave the program feeling enlightened and enthusiastic about what lies ahead them as they enter a new stage in life," stated Cameron Horner, 4-H Specialist.

Saturday's banquet keynote speaker, Mark Essay, provided humour and insight with his session, Live the Big Life. During his presentation Mark had delegates explore their personal style of leadership and how to effectively motivate and inspire those around them. Brandon Eisenreich, 4-H member with the Ardmore 4-H Beef club and conference participant, applauded Mark's message, "It was an exciting presentation and I will definitely take a lot of what was said and apply it in my life".

Of course, any good winter conference wouldn't be complete without some team-building and group engagement outside. With just enough snow to get a crazy carpet to hit light speed, members made the most of the opportunity to take in the sun and fresh air.



Lookin' sharp for the dance

Presenting Partner for this year's event is ATB Financial, in conjunction with Partner Supporters, Federated Co-operative Limited, Government of Alberta, Livestock Identification Services, Northlands, Olds College and Rocky Mountain Dealerships. Partner Host is the Alberta 4-H Centre. ❁



Keynote speaker, Mark Essay, had everyone's attention.



Catching up and watching the sledding shenanigans