

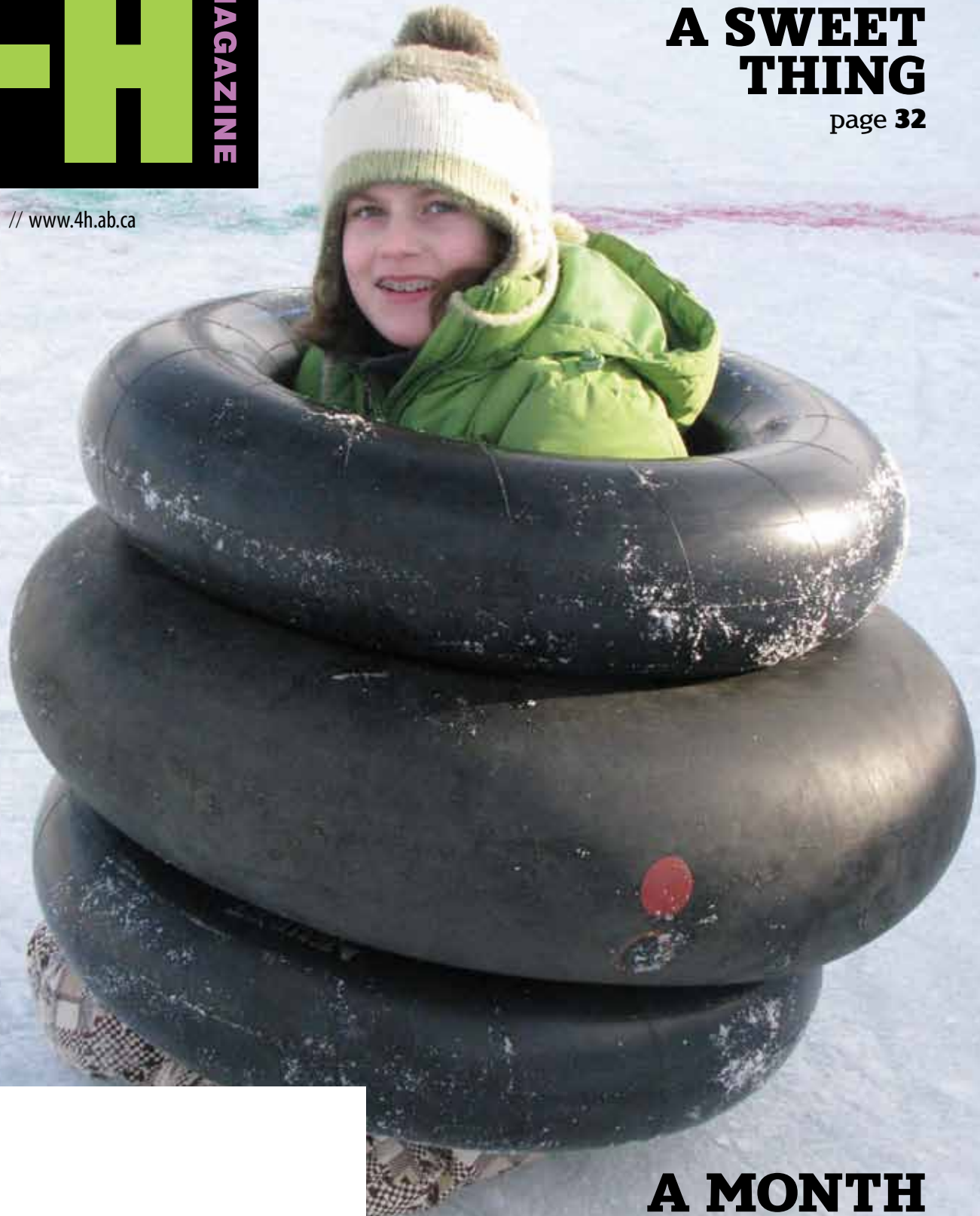
Alberta



WINTER 2011 // www.4h.ab.ca
VOLUME 7 • ISSUE 3

SUCCESS IS A SWEET THING

page **32**



A MONTH WITH AZUSA

page **41**

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Photo by Cathryn Thompson, Lakemere 4-H Beef Club

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Submission Guidelines

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

Here are a few tips to ensure that this happens:

1. Articles should be 100-150 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 or an innovative project or activity.
3. Articles should NOT contain long lists of results.
4. 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: Jack and Jill at the Alberta 4-H Provincial Beef Heifer Show.

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

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

Alberta 4-H Magazine

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4-H Specialist – Leadership and Resource Development

Wing Man:

Cameron Horner
4-H Specialist – Communications and Marketing

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

4-H and Agriculture Education Branch

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

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

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of Alberta



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on the cover

Stephanie Lawson from Blindman 4-H Light Horse Club took this photo at the 4-H Fun Day in Leslieville. It won her first prize in the "Fun in 4-H" Photo Contest!

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.

CORRECTIONS

In the fall issue of the magazine Lindsay Skelton's speech title was incorrectly written as "A Flawless Figure" when it should have read "A Flawless Future" in the Speaking of Success... article. Also in the fall issue, the Western Regional Leaders Forum article should have stated that WRLF 2012 will take place in Cheyenne, Wyoming and WRLF 2013 in Hawaii.



Editorial

As the new Alberta 4-H Magazine editor I would like to take this opportunity to officially say “hello” to all of you 4-Hers out there! No words can express how excited I am to be working for Alberta 4-H, the same fantastic youth organization that I was a member of for eight years myself. In the past few months it has been amazing to discover all of the new resources, programs and opportunities that Alberta 4-H offers to its members and leaders. While at the same time, it has been comforting to see that 4-H has held fast to its vision and that the families who are a part of this organization have remained as generous, passionate and engaged as I remember them!

I started working with 4-H a couple of summers ago when I was the Travel & Exchange Coordinator summer staff (check out summer staff listings on page 12). Ever since then I've deeply regretted not taking advantage of the travel and exchange opportunities that Alberta 4-H offers! So if checking out new places and faces is something you're even remotely interested in, be sure to flip to the Travel & Exchange section of the magazine on page 37. Also remember that Selections is faaasssst approaching, so make sure you get your application in!!

Since coming on board with Alberta 4-H I've learned so much about everything from grooming to judging to entrepreneurship. Some of you may be asking what the heck is entrepreneurship?! To find out, flip to pages 32 and 33, WARNING you may just start itching to discover the entrepreneur in you... and develop a craving for cupcakes.

You 4-Hers are a busy and innovative bunch, and I just can't wait to see what you're going to create or achieve next! Thanks for letting me be a part of your Alberta 4-H and for allowing me to share it across this great province. Keep warm and happy 4-Hing!!

Jalisia Barnett
Editor – 4-H Magazine

CONTACT US

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

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National News



1913 2013

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National News and Updates

BY: MIKE NOWOSAD, *Chief Executive Officer, Canadian 4-H Council*

Send Us Your E-History for the 100th Anniversary

As part of our 100th Anniversary we are appealing to all current and past 4-H members and leaders to submit their photos, stories and/or videos at www.4-h-canada.ca/100. We want to celebrate our rich past as we look forward to our bright future. No story is too small or photo too old - we want them all. Help us tell our story to Canada in 2013 and join in the celebration!

4-H Canada and CIBC launch new Partnership

In honour of National 4-H month CIBC and 4-H Canada are pleased to announce the creation of

a new scholarship exclusively available to 4-H members across Canada attending post secondary institutions. The scholarship is available to all 4-H members in any field of study currently attending a Canadian post secondary institution who can demonstrate membership in 4-H and community involvement. This scholarship is the first of its kind for 4-H and members are encouraged to visit www.4-h-canada.ca for more information.

Shop 4-H for all of your gifting needs!

Was someone on your Christmas list looking for some more 4-H items under the tree? Make their day by visiting www.4-h-canada.ca/store and get something 4-H for that special person. ♣

GREEN WITH ENVY!

For the tens of thousands of 4-H members, parents, volunteers, alumni and supporters November means one thing – National 4-H Month. It is a time to recognize 4-H as one of Canada's longest-running youth organizations and the important role it has played in the development of life-skills in Canada's youth for almost 100 years.

To help celebrate National 4-H Month, November 2nd saw 4-Hers and 4-H supporters from across this fair land brighten the landscape by wearing green on Show Your 4-H Colours Day. So prominent were the 4-H colours that those who didn't wear green, were in fact, green with envy.

Thanks to everyone who brought 4-H to the forefront in November. Hold onto that spirit and continue to show your 4-H pride!

If you captured people getting their green on, please send your photographs to magazine@4h.ab.ca or jalisa.barnett@gov.ab.ca ♣



Norma (l), Alberta 4-H leader and Stacy (r), Alberta 4-H Council President, show their 4-H colours!



Breanne gives new meaning to 'wearing' green



Members of Airdrie Helping Hands 4-H Club get into the spirit.

Provincial News & Events

ACTIVE AMBASSADORS

BY: JENNIFER WRUBLESKI

Alberta 4-H Ambassador, West Central Region

The Provincial Ambassadors have been continuing their journey through being busy and hard at work since Provincial Selections at the end of April. They have been helping out at regional and provincial events, getting current 4-H members more involved in 4-H activities, and getting non-members to join 4-H and understand all of the advantages and life skills that 4-H has to offer.

The Ambassadors have enjoyed emceeing events, handing out ribbons, leading livestock, and judging in addition to helping out at different summer provincial activities such as Provincial Horse, Beef, Dairy, and Sheep shows. You may have even seen some of us at the International FarmFair 4-H Family Fun day!

The Ambassadors' role is to promote 4-H to members and non-members and to pass down our leadership, communication and personal development skills. We achieve this through giving back to the 4-H program by hosting workshops, giving presentations, volunteering at 4-H events and acting as 4-H role models. You will continue to see Ambassadors at regional and provincial events such as Leaders' Conference and Senior Members' Conference, as well as at other fun and competitive 4-H events throughout the province.

You can always get an Ambassador to help organize an event, give a workshop or presentation, or assist with any other 4-H related event or activity you need by contacting your Regional Specialist who will help find an ambassador to help you! Happy 4-Hing everyone! 🍀



Rosie perched at Alberta 4-H's booth at FarmFair International in Edmonton

Centennial Celebrations - Volunteers Needed!

As you may already know, 4-H Canada will be celebrating its 100th anniversary in 2013 while Alberta 4-H will be celebrating its centennial in 2017! And because we want to ring both milestones in with style, the Celebrations Committee is putting the call out for volunteers for the following committees and subcommittees.

Committee Volunteers for:

- Events
- Fund Development
- History
- Marketing

Subcommittee Volunteers for:

EVENTS

- National and International Events
- Provincial Events
- Community and Local Events

MARKETING

- Branding
- Communications and Public Relations
- Saleable Items

If you are interested in volunteering for any of these positions, please visit www.4h.ab.ca and fill out the form that can be found under the 4-H Calendar - Call for Volunteers for 100th Anniversaries. Once you have filled out the form, please submit to marguerite.stark@gov.ab.ca by January 20, 2012.



Group Shot

Decisions, Decisions

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

Lakeland College in Vermillion was host to 45 of 4-H's top judges from across the province on August 6th, as members participated in the 25th Annual Provincial Judging Competition. Delegates spent the day following a meticulously planned schedule, which saw each competitor visit nine different judging stations. The event saw delegates judge all of the classes in the morning and then give their oral reasons in the afternoon.

For the first time ever Consumer Decision Making was on the agenda for members to partake in. Delegates were mailed a study guide with their acceptance packages; this provided a background for them, then when they judged the class they were provided a scenario that helped to determine the best choice of product to use. Along with the challenge of a new category members also

judged light horse, sheep, swine, dairy, goats, crop ID, and two beef classes.

Once all the competitors had critiqued and analyzed every class it was time that they, themselves, be scored and judged. After all the placings and oral reasons were tabulated the following 4-Hers were rewarded for their hard work.

Two teams of four delegates were selected to participate in the National 4-H and Youth Judging Competition, in Regina. The junior team consisted of Dallas Schram, Valentina Gabert, Jesse Emery and Jerri Schweighardt. The senior team was composed of Gail Verleysen, Luke Marshall, Katelyn Dietrich, and Aydon Alberg.

Jessica Sperber, Devann Crick, Sawyer Daley, and Lauren Crick will represent Alberta 4-H at the Northern International Livestock Exhibition (NILE). They will travel to Montana to take part in the competition along with other 4-H members and contestants from Future Farmers of America.

Members Alex Shuttleworth, Travis Hunter, Tyler Dietrich, and Keltey Whelan are off to the Denver Western

4-H Round Up in January where they will compete in a high-caliber competition against other young judges from Canada and the United States.

Remington Shandro was the recipient of the Denver National Western Stock Show trip. He will travel to Denver and stay with a host family from Future Farmers of America for a few days before and after the competition to take in the event as well as some local attractions.

This year's top overall judge at the competition was Gail Verleysen from the Vermilion 4-H Beef Club. 🍀



Top Overall Judge Gail Verleysen accepts her award from Lakeland College representative



ANNUAL REPORT

Interested in learning more about the nitty-gritties of the Alberta 4-H program? Visit www.4h.ab.ca and under the "About 4-H" section, click on Annual Report and select the 2010-2011 edition. We bet you'll discover something you didn't know about Alberta 4-H! 🍀





MYSTERIOUS WEEKEND OF LEARNING FOR KEY MEMBERS

BY: CAMERON HORNER

4-H Specialist – Communications and Marketing

August 19th – 21st saw 32 enthusiastic and energetic 4-H members descend upon the Alberta 4-H Centre to take part in Key Member Training; a weekend designed to encourage leadership, independence and networking.

The Key Member Program aims to give those members that are looking for an additional challenge in their 4-H year the opportunity to grow and develop crucial skills within their club and district. The training weekend provides members with an opportunity to gain the skills they need to be supportive role models; and by attending the training workshop, they get to establish a really unique working relationship and social network with other members across the province.

With this year's theme for the weekend being *Hollywood*, members got to partake in a murder mystery game on a large scale. This interactive and self-directed game allowed members a chance to network without any social barriers as members were encouraged to speak with every character, which offered them chance to build strong interpersonal skills while role playing and having fun.

"We really focused on sharing some tips and techniques that members could take back to the club and district levels for a lot of different purposes; whether it be at meetings or for presenting materials," commented Leila Hickman, Northeast Regional Specialist and Key Member Program Coordinator.

Alberta 4-H will see approximately 44 Key Members from across the province taking on a youth leadership role in their clubs, districts, and communities.

Contact your district's Key Member for new ideas for your club, or to ask them to come out to club events and see them put their skills in action.

For more information on the Key Member program contact your Regional Specialist, or visit the Alberta 4-H website, www.4h.ab.ca . 🍀



Key Members having a blast posing for the Alberta 4-H Key Member 'Step & Repeat'



Building trust at Key Member training weekend



Key Leaders Carve Up Great Training Weekend

BY: JOCELYN MCKINNON, *Regional 4-H Specialist – Northwest; Key Leader Program Coordinator*

On the Halloween weekend, 31 Alberta 4-H Key Leaders attended their annual training weekend at the Alberta 4-H Centre. Following an orientation theme, 4-H staff guided the group through new resources and updates in the 4-H program and highlighted workshop opportunities.

The evening of Friday, October 28th Key Leaders from each region were introduced to one another with a special welcome to the eight new Key Leaders present. Cameron Horner then introduced changes to the communication competition guidelines, marketing initiatives, and reviewed the club registration process for 2011.

Saturday, October 29th, UFA member experience representative, Lisa Dunn addressed the group as the presenting sponsor of the Key Leader program. She shared details about a new *UFA Loyalty Discount Program* and joined the Key Leaders for the group pictures. Janet Kerr and Ginny Smith led the group through a number of resources developed for Executive Workshops. In the afternoon Leila Hickman orientated leaders to the “Seven Habits of Highly Effective Clubs” and ways of engaging families. Jalisa Barnett showed many of the new 4-H project and general club resources developed in the past year, while Jocelyn McKinnon discussed the development of a new 4-H Family Guide. Key Leader creativity shone as the leaders carved pumpkins Saturday evening. The decorated jack-o-lanterns lit up the deck railing of the lodge against the dark sky over the lake.

Sunday, October 30th Jocelyn guided the Key Leaders through Level One Leader Training for new leaders, and a series of workshops for club and district training. The Key Leaders provided lots of suggestions for future resources and workshop opportunities. They went home with much enthusiasm and ideas for orientating their leaders, clubs and councils. 🍀



Key Leaders eagerly participating in Regional Specialist -Northeast, Leila Hickman's presentation



Having fun carving pumpkins



A Key Leader MASTERPIECE!

ALBERTA 4-H COUNCIL CORNER

BY: SUSANNE STONE, Administration
Manager, Alberta 4-H Council

Welcome all new and returning leaders

Your time dedicated to the Alberta 4-H program is very valuable and greatly appreciated. For those of you who completed your Leader Screening online, we thank you. We are grateful for your patience with the Leader Screening process this year. Our movement to an online process was delayed as we were working out some glitches with the Online Registration System. We hope you found the online system straight forward and easy to use.

Here is some great NEWS from MAC

The photo winners of the 2011-2012 Fun in 4-H Photo contest are:

- 1st "4-H Fun day in Leslieville" submitted by Stephanie Lawson
- 2nd "Derrick Plante and Kaitlyn Barlow" submitted by Derrick Plante and Kaitlyn Barlow
- 3rd "Highway Cleanup" submitted by Erin Shaw, Bryan Lentz, Stacy Woywitka and Ryan Gauthier

TIDBITS FROM ALBERTA 4-H COUNCIL

*Welcome to all new and returning leaders
and members for another great 4-H year!*

Cleaver Kids Pilot Project

Cleaver Kids Pilot Project is underway for another year! Thank you to all clubs that are participating for registering and providing their feedback to the committee. The Cleaver Kids Pilot Project committee will be seeking feedback from non-participating clubs, members, leaders and advisory groups in the New Year. Your feedback is valuable so please forward your comments to Alberta 4-H Council.

Serving the Grassroots

The Alberta 4-H Council strives to serve the grassroots. The council is currently moving forward with a restructure to better meet the needs of the grassroots. The Alberta 4-H Council met with regional representatives on October 22, 2011 at the Alberta 4-H Centre for a very positive workshop. Each region brought forth valuable suggestions and ideas for the Alberta 4-H Council to work with. Please rest assured that this restructuring of the Provincial council will not change club, district councils, regional councils or the support you receive in your region. Information on the new look of the Alberta 4-H Council can be found on www.4h.ab.ca in 2012.

The Marketing Action Committee has a big announcement planned for the 2012 Alberta 4-H Leaders Conference!!! MAC will be..... OH we can't tell, you will have to wait for the announcement!! BUT we can tell you it will be a great opportunity for your club!!!!

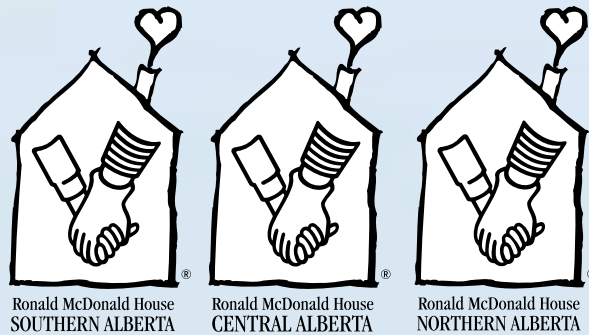
Alberta 4-H is on FACEBOOK

"Like" our page and check out the details for the next photo contest!

Contact Us

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E: council@4hab.com
Toll Free: 1-877-682-2244





Helping give sick children what they need most... their families.TM

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- Donate all or a portion of your 4-H event proceeds to a Ronald McDonald House
- Participate in a Ronald McDonald House signature event
- Plan a fundraising event in your local community, such as a bake sale, car wash or auction
- Collect pull tabs from beverage, food or pet food cans to help provide supplies for the Houses

Your 4-H club can be a Champion of the House

To find out how your 4-H club can help make an impact on sick children and their families, please visit www.rmhsouthernalberta.org or call Kristen Staldeker at 403-240-3000 ext. 130.





SUMMER STAFF opportunities

For the summer of 2012, the 4-H Foundation of Alberta and the 4-H and Agriculture Education Branch requires many summer staff to assist with a wide variety of programs and services. Employment period is approximately May 1 to August 31, 2012 (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** and click on "Job Board" to view all the mandatory qualifications and an in-depth description of each position. All positions are subject to funding.

Deadline for applications is January 27, 2012.

Alberta 4-H Summer Program Coordinator

Airdrie – 1 or 2 positions

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

Alberta 4-H Summer Program Assistant

Airdrie – 4 to 6 positions

Assist a team of summer staff with program development, delivery and evaluation of various week-long provincial and regional 4-H member programs. Requires individuals to work at various program sites throughout Alberta. Some positions require NLS certification.

Alberta 4-H Outdoor Adventure/Summer Program Assistant

Alberta 4-H Centre – 1 or 2 positions

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

Alberta 4-H Summer Travel Coordinator

Airdrie – 1 position

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

Alberta 4-H Summer Communications and Marketing Assistant

Edmonton – 1 position

Assist various 4-H Specialists and staff to publicize provincial 4-H summer programs and events. Assist with the management and development of social media and the 4-H website. This position requires travel to various events throughout Alberta.

Alberta 4-H Regional Program Assistant

Various locations – 1 to 3 positions

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

4-H and Agriculture Education Summer Administrative Assistant

Edmonton – 1 position

Assist various 4-H Specialists and staff with the administration of the Edmonton office, including cover-off. Provide administrative support to various projects, programs and events.

Farm Safety Assistant

Leduc or Airdrie – 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 and all positions are subject to change. Check the 4-H website for updates.



4-H HALL OF FAME INDUCTS INSPIRATIONAL COUPLE

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

Two Albertans, known for their dedication to the province's youth and outstanding leadership in their communities, are being inducted into the Alberta 4-H Hall of Fame.

George and Judy Andrews, from Barrhead, have dedicated more than 50 years to the 4-H program in addition to numerous other community projects. They have inspired parents to become leaders and 4-H members to look beyond their projects and embrace all that 4-H has to offer at the district, regional and provincial levels.

"The success of the Alberta 4-H program can be credited to the hard work of its many volunteers who give their time, energy and talents to clubs across Alberta," said Evan Berger, Minister of Agriculture and Rural Development. "The level of commitment these inductees have to 4-H inspires and influences the lives of youth and many have gone on to be successful and accomplished leaders in their communities and in our agriculture industry."

The 2011 inductees demonstrate the ideal qualities of past hall of famers. They show outstanding leadership in promoting



George and Judy Andrews

the 4-H motto of "Learn to Do by Doing" and live out the 4-H pledge of service and commitment to club, community and country through all levels of the organization.

George and Judy will join an elite group of 75 Alberta men and women inducted into the Alberta 4-H Hall of Fame since it was established in 1971. They will both be officially honoured during an induction ceremony at the annual 4-H Leaders' Conference in Edmonton January 14, 2012.

For more information about Alberta's 4-H Hall of Fame or Alberta 4-H, visit www.4h.ab.ca. 🍀

Grow wheat, change herbicide rotation, sell grain in February...
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Agricultural Sciences



Learn more at www.lakelandcollege.ca/newholland

PDP Plus delegates take aim!



PDP Times Three

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

People Developing People (PDP) 1 and 2, along with PDP Plus, provide Alberta 4-H members with programs dedicated to helping them hone their leadership and teamwork skills. These programs also foster the concept of community involvement with members. With the theme of this year's program aptly named *Taking The Stage*, delegates found themselves in an encouraging environment, that allowed their confidence and self-esteem to thrive.

Though all three of the PDP programs are similar in nature, they do have different areas of learning in their programming and content. This year PDP 1 focused on environmental sustainability with hands-on sessions that enable delegates to discuss, share and challenge ideas with each other. PDP 2 was all about entrepreneurship and innovation. It challenged members to identify opportunities, start up, manage and market micro businesses. To cap off the summer PDP Plus saw attending 4-Hers participate in hands-on sessions exploring youth's essential role in the development of their club, community, country and the world.

One unique aspect of the PDP program is the forum. Delegates spent the week working in small groups to discuss, eval-

uate and prepare a plan for a given scenario. Each group presented their solution to a panel of judges on the final night at the banquet, with the overall idea and hope that delegates will become more aware and interested in issues within their community as well as on a global level. Building awareness of the importance of both community involvements as well as encouraging the delegates to make choices that have a positive impact for others, were some of the key components of the program. Additionally, throughout the week the members worked in teams to create presentations which were showcased on the final evening much like a movie premiere.

"PDP provides an amazing opportunity for intermediate 4-H members to interact, learn from each other and have a lot of laughs and fun. It brings together many of the best aspects from our summer camps and intense development programs like Club Week," stated Mark Shand, 4-H Specialist – Programs.

As with every 4-H program, there was plenty of time for the delegates to let loose and enjoy the summer weather. Time at the lake front, theme meals and the famous Slip-n-Slide were just a few of the activities that gave delegates the chance to make great memories. 🍀

Colorful creations are proudly displayed by PDP delegates



Coming Fall 2012 – Orientation for New 4-H Families

FYI

Alberta 4-H is currently working on developing a “New Family Orientation” which clubs will be able to give to families that are new to the Alberta 4-H program or your club. This resource will be based around a typical 4-H club year and will help to answer some of the questions that more seasoned 4-H families assume others will automatically know. This “New Family Orientation” will also encourage clubs to match an experienced mentor (member, leader or family) with each new family to help ease the learning curve!

But for now, ensure that new families are not overwhelmed at meetings. And, remember to share all important information to prevent questions like, “What do you mean we need a club uniform for achievement day next week?” ❀

Congratulations to Leah Murphy!

**Congratulations to Leah Murphy of the
John Ware 4-H Light Horse Club,
winner of the Navigate the 4-H
Website with Cleaver 2011 Contest!**

Thanks to all those who entered the
contest.



FUN FACT

Antarctica is the only continent without reptiles or snakes.

Navigating the 4-H Website with Cleaver Contest

Now that there are three Cleaver mascots 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, Award Nights, Achievement Days, and really, any other event you invite him to. BUT, he is also going to be making his way through the 4-H website over the next few months.

For the next 6 months Cleaver will be surfing around on www.4h.ab.ca and we want you to find him! Between the 5th and 15th of each month (beginning on January 5 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 have to answer a question; the answer is located on the page where Cleaver is located. 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. Cleaver 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!

Make sure that you visit the 4-H website between the 5th and 15th of every month (and any other time you just want to see what’s new with 4-H), fill out the application 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.

For more information contact info@4h.ab.ca

Navigate the 4-H Website with Cleaver Application

Only one submission per person is allowed. Please mail this application (postmarked by July 15, 2012) to the:

4-H and Agriculture Education Branch
 Alberta 4-H Magazine Contest
 7000 113 ST NW RM 200
 EDMONTON AB T6H 5T6
 Fax: 780.422.7755 Email: info@4h.ab.ca

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

Notice of Collection: The personal information you provide on this form will be used for administration of the 4-H program and promotion of Alberta 4-H. It is collected under the authority of and is subject to the Freedom of Information and Protection of Privacy Act. If you have any questions about how your information will be used, please contact 4-H Specialist – Marketing and Communications, 4-H and Agriculture Branch, 7000 113 ST NW RM 200 EDMONTON AB T6H 5T6 780-427-0753.



4-H and Agriculture Education Branch – Embracing Technology

BY: JALISA BARNETT, 4-H Specialist – Leadership and Resource Development

Technology is here to stay regardless of how much you know about it, how frequently you use it or the ease with which you can utilize it. Alberta 4-H recognizes that while technology does present its challenges and limitations, it is ultimately an invaluable tool that Alberta 4-H should embrace for the benefit of its members, leaders and volunteers. And embrace we have! With a new technology strategy, Alberta 4-H has been working hard to implement technology in a way that heightens communication, learning and the efficient use of everyone's valuable time.

In the 2010-2011 club year Alberta 4-H gathered input from 4-Hers on how an online system for registering clubs, completing leader screening, ordering supplies and registering for programs could be designed to best suit their needs. The first phase of this system was successfully launched in September, enabling leaders to complete the screening process, register their clubs and order supplies online. The second phase of the online system will be launched in February, allowing delegates to register for programs online. Launching the Online Registration System is a major milestone in Alberta 4-H's strategy for embracing technology.

In addition to the Online Registration System, Alberta 4-H continues to build upon its online presence by updating and hosting the Alberta 4-H page on Facebook as well as the Alberta 4-H website. The Alberta 4-H website will be undergoing a redesign in 2012, so keep your eyes peeled for a new look and feel for the home of the most up to date electronic resources, contests and information on 4-H in Alberta. With social media being an essential communication and online community creation tool, Alberta 4-H posts regularly and has grown to have over 500 "likes" on Facebook.

Alberta 4-H is also making CD and online based resources such as the Horse CD available, and is currently developing Entrepreneurial and Beef resources that will have online components and links. Alberta 4-H is embracing technology to better serve our members, leaders and volunteers. So as we continue to implement our new technology strategy we hope you too embrace the opportunities for elevated communication, learning and efficiency! 🌱



Check out Alberta 4-H on Facebook!



www.4h.ab.ca – A great place to find up to date information, online resources and to register for programs



Great Meetings, Great Clubs – And the tools to get you there! is an interactive and fun way to learn about having more effective club meetings

Mark Your Calendar!

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

By now you're well into your 4-H year, and everything is going great! You're keeping your eye on the Alberta 4-H Family Calendar, as well as the Alberta 4-H website and Facebook page for upcoming deadlines, events and programs. Right...?

Well, even if you have been diligently checking your calendar and staying in the loop, here's a friendly reminder of what's up and coming with Alberta 4-H in the next few months. And don't forget that starting in February - you can register for programs with our new Online Registration System! Remember, programs can fill up quickly and sometimes deadlines occur months in advance of the event. Check out www.4h.ab.ca or refer to you Family Calendar for more details!

Up and coming...

SELECTIONS

April 27 – 30, 2012 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 winner. Application deadline to submit form, found at www.4h.ab.ca/EventDetails.aspx?a=958 is **January 15, 2012**.

ALBERTA GIRLS PARLIAMENT

March 28 – April 1, 2012 Each year up to four Alberta 4-H members are invited to join Girl Guides at the Alberta Girls Parlia-

ment in Edmonton. This is a fantastic opportunity to learn about parliamentary procedure while at the same time engaging in social and recreational activities. All applicants must be female and at least 15 years of age prior to January 1, 2012. Application deadline to submit form, found at www.4h.ab.ca/EventDetails.aspx?a=974 is **January 15, 2012**.

ON-LINE BEEF/HORSE BOWL

Want a great way to test your beef and horse project-related knowhow? Sign up for this on-line program by visiting the Alberta 4-H website! Application deadline is **January 16, 2012**.

ALBERTA 4-H SUMMER STAFF

The best summer job you've ever had could be just a resume submission away. Applications for the Alberta 4-H Summer Staff positions are due on **January 27, 2012**! For more information, check out page 12 of this magazine.

PROVINCIAL 4-H SCHOLARSHIPS

Scholarship applications are now available at www.4h.ab.ca/About/scholarships.html. Deadlines for scholarships may vary, so make sure to double check when you must have everything submitted by.

INTERNATIONAL EXCHANGE PROGRAMS

This year, Alberta 4-H will continue to host international 4-H members. We're looking for Alberta 4-H families who are interested in having a cultural experience (check out *A Month with Azusa* on page 41) by hosting one of these delegates. We would also like to send members and alumni to Japan and Finland or assist you in exchanging with another location you are interested in. For more information on exchanges, visit www.4h.ab.ca/About/travel_exchanges.html. ☘

Alberta 4-H

announces the 2nd phase of the

NEW ONLINE REGISTRATION SYSTEM

Launching in February!

You love Alberta 4-H programs, now you'll love registering for them too!

- Access interactive, personalized program calendar
- Register for programs
- Monitor waitlist position
- Make online payments
- Get the latest program information and updates

For more information and to access the Alberta 4-H Online Registration System visit **www.4h.ab.ca** and click on the "Online Registrations" tab.

CONTEST

Register online for an Alberta 4-H program for a chance to **WIN** a \$100 gift certificate to Future Shop!

Club Registration for the 2011-2012 Club Year has now come to a close. Thank-you to all of the clubs who registered and ordered their club supplies online!

CONGRATULATIONS Cowboy Trail Blazers 4-H Club in Nanton, Alberta. Your club has won the draw for \$200 for a fun club activity by registering and ordering your supplies online!

Regional News & Events



Regional 4-H Specialist, Andrea Church, engaged in conversation with Alumni, Lanna Wesley at the 2011 Regional Celebration.

South Region

BY: GINNY SMITH, 4-H Regional Coordinator – South

Southern Scene!

Hat's Off – A Southern Salute! was the 2011 Southern 4-H Regional Celebration and Learning Day theme as we honored fantastic leaders, members and Friends of 4-H at a dinner, following some strong afternoon learning opportunities.

Afternoon sessions sponsored by Kubota offered food for thought to youth and adults about internet safety, and members decorated a variety of hats to use as table centers during the evening festivities, before heading to the pool to wash up before dinner.

A special thank you is extended to Robyn Anderson and Karla Saunders from Taber, and their families, for preparing a delicious meal for about 200 hungry attendees - a new record attendance for this event.

Various district Friends of 4-H were recognized, along with a very special Regional Friend, longtime volunteer Tracy Hall, from the Newell district. Leaders whose combined leadership experience totals almost 450 years were awarded pins and certificates, and Southern 4-H members were recognized for various achievements throughout the 2010-2011 year. Congratulations to all!

The Southern Regional Council was also proud to present 33 scholarships totaling \$16,500 to regional members, chosen from 54 applications. A reminder to all Southern members - filling out the annual Provincial 4-H scholarship application also serves as your application for the many Regional scholarships, so watch for the 2012 information on www.4h.ab.ca !

Please note that the first **Southern Regional Judging competition** for this club year will take place in **Brooks on February 4th, 2012**, about one month later than previously held. Perhaps the weather might be a bit more cooperative this time! Welcome to our new judging sponsor, **Farming Smarter**, an exciting and progressive agronomy research organization.

Our new **partnership** will include featuring speeches and presentations from various 2011 Southern Region Communica-



Members make decorations for Regional Celebration table centerpieces.

tions competition winners at their December Farming Smarter agricultural conference in Lethbridge, to be followed by an exciting 4-H auction – we'll let you know how it works out as this is a new opportunity to showcase our talented 4-H speakers within our diverse agricultural community!

The 2011-2012 club year promises new opportunities, challenges and excitement for all. **Communication** is key to learning **all about 4-H**, so remember to talk to your leaders, fellow members, friends and parents, check out the 4-H website www.4h.ab.ca, visit the 4-H page on Facebook, and keep reading the 4-H magazine to discover what we are, and what we can be! 4-H Fortunate! 🍀

Calgary Region

BY: ANDREA CHURCH,

Regional 4-H Specialist – Calgary and South

Another 4-H year is in full gear with all our 4-H leaders having gone through the online registration process. Thanks to every-



Sponsor representatives with members from Irricana Beef & Multi Club and Big Hill West Light Horse Club

one for your patience and understanding as we move forward in this technological era.

Constitution

The beginning of the year is the time to address changes to your club's constitution. There is a sample constitution on the 4-H website that is a great start to the process. Drafting your club's constitution or changing it can be a bit of a daunting task if tackled by the whole membership. To speed the process up, the executive or a selected group of 4-H members, with the guidance of at least one adult, should be empowered with the task of making the changes and bringing the constitution back to the club for approval.



Leaders and members from Foothills Performing Arts Club at Sponsor Appreciation night

Expectations

A 4-H member is expected to do a 4-H project, attend 70% of the club's activities, do a communications activity, participate in achievement day and participate in at least one club volunteer or charitable activity benefitting the community.

Often leaders find themselves having to have a difficult conversation with a member about his or her attendance at activities too late in the year for a member to be able to make the 70% expectation. By having the program plan (meeting dates, project dates, other expected activities) presented to the members at the beginning of the year, the 4-H members can work to managing the expectations themselves. If the need arises to have a talk about attendance, be sure to have it before it's too late for the member to make the required attendance.

Have a great 4-H year!! 🍀

Calgary Upcoming Events

Dec 4	Regional Awards Recognition – Millarville Race Track, 12 noon
Jan 7	Mountainview District Multi Judging – Olds, Alberta
Jan 27-29	Winter Bonanza
Jan 30	4-H on Parade meeting – Balzac Hall, 7 pm
Feb 8	Regional Council meeting – Airdrie Ag Bldg, 7 pm
Mar 24	Regional Communications Competition – Strathmore Civic Centre



For a snowy-good time, sign up for Winter Camp!

West Central Region

BY: JANET KERR, *Regional 4-H Specialist – East Central*

Winter Camp

The West Central Winter Camp will be held March 3 - 5, 2012 at the Alberta 4-H Centre. Camp activities will likely include crazy-carpentering, dance, crafts and lot of other fun activities. Camp applications have been sent to club leaders and are also available on the website (www.4h.ab.ca - Regional News - West Central)

4-H Night at the Red Deer Rebels

Saturday, February 11th is 4-H Night at the Red Deer Rebels. The Rebels are playing the Moose Jaw Warriors. Tickets are \$11 per person and clubs should order tickets together. Order forms have been sent to club leaders and are available on the website. 🍀

West Central Upcoming Events

Jan 9	Camp Staff and Counsellor Conference Call
Jan 24	Light Horse Committee Meeting
Jan 30	Regional Council Meeting
Feb 21	Light Horse Committee Meeting
Mar 2-4	Winter Camp
Mar 24	Regional Senior Public Speaking
Mar 25	Regional Intermediate Public Speaking
Mar 28	Regional Council Meeting
Mar 31	Regional Presentations

FUN FACT

Recycling one aluminum can saves enough energy to watch TV for 3 hours

East Central Region

BY: JANET KERR, Regional 4-H Specialist – West Central



East Central Winter Camp delegates take a break from their fun in the snow

Fun Day 2011

The Regional Fun Day will be held on Saturday, January 7, 2011 from 10:00 a.m. to just after 3:00 p.m. in Stettler. Sessions will include games, make and take sessions, lunch and the ever popular ice cream social will finish off the day. Thanks to the generous support of Agricultural Societies in the East Central Region we are able to offer this day at no charge to members, leaders and parents. Watch the website and e-mail blasts for more information.

Winter Camp

Don't forget that East Central Winter Camp is coming up in late February. The camp is open to 4-H members ages 9 - 12. Activities include both inside and outside activities such as games, crafts, rock climbing, horseback riding and lots of fun. The program runs from Friday after supper until Sunday after lunch. Staff at the program includes 4-H alumni and senior 4-H members.

The camp will be held February 24 - 29 at Circle Square Ranch Camp near Halkirk. Applications are available from club leaders or on the website. (www.4h.ab.ca - Regional News - East Central).

4-H Night at the Red Deer Rebels

Saturday, February 11th is 4-H Night at the Red Deer Rebels. The Rebels are playing the Moose Jaw Warriors. Tickets are \$11 per person and clubs should order tickets together. Order forms have been sent to club leaders and are available on the website. 🍀



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East Central Upcoming Events

Jan 9	Winter Camp Staff and Counsellor Conference Call
Jan 21	Canadian Bull Congress 4-H Program
Jan 28	Light Horse and Rodeo Committee Meeting
Feb 11	4-H Night at the Red Deer Rebels
Feb 24-26	Winter Camp
Mar 17	Regional Public Speaking
Mar 18	Regional Presentations

Northeast Region

BY: LEILA HICKMAN, *Regional 4-H Specialist – Northwest*

The NE region is geared up for another great year. There is a lot of optimism around the region and I am so excited about the club year ahead of us!

The Moose Lake Regional summer camps were once again a highlight of the year for many of our members. A huge thank-you goes to the summer staff team from Airdrie, our counselors and our camp volunteers.



Award of Distinction winner, Barbara Granigan (l) with daughter Erin, son Sean and his wife Kelly

Key Member and Key Leader Training

Reminder to all NE clubs that we have very skilled Key Members and Key Leaders spread throughout the region that are trained and ready to help your club or district with programming.

NE Forum

The day began with Mr. Ken Weins, principal of the school where the Ardmore Wolverines 4-H Club is based, speaking about how the innovative idea has been working successfully for the past four years! We then moved into a series of sessions to educate participants on a wide variety of subjects. The award ceremony recognized the contributions that leaders and members make to our 4-H program. Special congratulations to this year's Award of Distinction winner, Barbara Granigan.

NE Fall Fling

We had a great group of junior members come for an action

packed 24 hours! These members from all across the region were treated to a wide variety of creative sessions, large group games, interaction and personal development activities. They got to experience the overnight camp environment, just in a shorter stay.

Something to Say

Our 2nd Something to Say was attended by a small, but enthusiastic and eager group! The program is for older intermediates and young seniors, and focuses on developing communication skills for 4-H competition and everyday use. Thanks to those who attended, and happy communicating! 🍀

Northwest Region

BY: JOCELYN MCKINNON, *Regional 4-H Specialist – Northwest*

Northwest Beef Learning Day

Saturday, October 22nd, 2011 beef project 4-H members and leaders participated in a Beef Learning Day at Genesee Hall. Stacey Woywitka and Erin Shaw led the group through the new Beef Market Project record book and Rosie Templeton shared her expertise on the importance of Social Media in the beef industry. Dr. Clover Bench addressed animal welfare and behavior issues. Jacob Onyschuk, the NW region beef chair and a workshop organizer, provided tips on 4-H calf selection, introduced beef project options, and showed a presentation aimed at 4-H members on traceability. It was a great day with lots of ideas for future workshop topics.

4-H Fair

The Life Skills Projects held the annual 4-H Fair November 26, 2011. The Yellowhead district hosted the fair for the second year in Edson. The project workshops in the morning and afternoon saw lots of crafting from painting snowman jars and Christmas ornaments, constructing a table, rockets, cards and ropes and enjoying outdoor adventures, Native crafts and photography. The day started with get acquainted games for the members from all over the Northwest region and ended with ice cream and lots of toppings for the trip home. In 2012 the Barrhead district will host the program.

Northwest Learning Day

The third annual Regional Learning Day on December 3rd, 2011 featured sessions for both leaders and members. The program



Delegates test out their homemade toboggan at Frosty Fun

included sessions for 4-H executive members, speakers, club program planners, and judges. Building a Future Through 4-H informed the participants of the many programs and opportunities for members and leaders. Leaders attended a leader training workshops. The Lac Ste Anne district hosted the Learning Day at the Meadowview Community Centre, located southwest of Barrhead.

Frosty Fun – Carnaval de Frosty

Camp counsellors are planning a winter weekend carnival for northwest members for February 3 - 5, 2012. There will be lots of winter sports and games outside with swimming, gym, and group activities indoors. The camp will be limited to 60 intermediate and senior members and costs \$80 per camper.

Northwest Region Scholarships

The Northwest Region offers 5 scholarships to former members from the region: The Northwest 4-H Scholarship, Northwest Safety Scholarships (3) and the AP (Tony) Lefebvre Northwest Memorial Scholarship. Students in the second year of study and beyond may apply for these scholarships through the provincial scholarship application form. In addition an essay is required of each of these scholarships. A number of the Northwest 4-H District Councils offer scholarships and bursaries for their members taking advanced education programs. The Melvin Clark Scholarship is an award for members of the Sturgeon District who are attending Lakeland College. Lac Ste Anne Members can apply for the Carl Jennings Memorial Award. Both Leduc and Yellowhead district councils offer educational monetary awards and scholarships for their members. Parkland and Evansburg are also developing awards. Students are encouraged to contact their district councils to apply for these awards. ♣

Peace Region

BY: LEXI HOY, Regional 4-H Specialist – Peace

Fall Leaders Forum

Held annually, Peace leaders gather for a workshop based around items in the Fall Mail Out. This event was held a week later than usual on September 17th. Club leaders collected and reviewed item that came in the Fall Mail Out and changes were discussed. Leaders also participated in certain *Something to Say* activities and were privy to a presentation on various provincial programs and the opportunities available to 4-H members.

SWAT – Senior Weekend at Training

This was our first attempt at having a “Seniors Only” workshop in conjunction with the Fall Leaders’ Forum. Led by Ambassador Bryan Lentz, senior members were put through their communication paces by participating in various *Something to Say* activities. The senior members were also given a presentation by Key Member Katie Oatway. Thank-you to Bryan and Katie for all of your help!

Train the Trainer

Moving from Valleyview to Evergreen Park in Grande Prairie, we held our annual “Train the Horse Trainer” event. This year we had Leslie Oszli of Bowden give a two day clinic to leaders and members on the various levels of horsemanship. Diverse topics were covered both on and off the horse, ranging from basic positioning to turning on the haunches and squaring to a left hand safety turn. This was sponsored by Alberta Motor



Regional Specialists Ginny Smith (l), Alexia Hoy (m), and Andrea Church (r) discuss their pumpkin carving tactics at Key Leader training weekend

Association, Lammle's Western Wear and Tack, Servus Credit Union and the Peace Regional 4-H Council. ♣

Peace Upcoming Events

Dec 10	Something to Say, Grande Prairie
Jan 7 & 8	Peace Country Beef Congress, Grande Prairie
Feb 3-4	Jr. Winter Camp, Fairview
Mar 7 & 8	Casino, Grande Prairie
Mar 8-10	Peace Country Classic, Grande Prairie
Mar 17	Regional Public Speaking, Hosted by Fort Vermilion, Location TBA
Mar 31	Spring Rally and Regional Bench Show, Fairview
April 21	Regional Meeting, Fairview

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CALGARY STAMPEDE 4-H RODEO ALL ABOUT FUNDAMENTALS AND F-U-N

CALGARY – To finish first, first you must finish. It's a time-worn adage in the world of auto racing, but it's also just as relevant in rodeo's roughstock events.

The Calgary Stampede's 14th annual Invitational 4-H Rodeo wrapped up its two-day run under the Big Top on Sunday afternoon, after more than 100 youngsters aged nine through 20, hailing from 30 4-H clubs across the province, descended on the Stampede City.

One of the cornerstones of the Stampede's 4-H Rodeo, sponsored by Westcan Bulk Transport and Lammle's Western Wear and Tack, is top-notch education — courtesy of undisputed rodeo experts. And the advice doesn't get much more big-league than former Canadian rodeo star Dave Shields of Okotoks, Alta., who recently earned the Canadian Pro Rodeo Hall of Fame's Legendary Achievement Award, and qualified for 10 Canadian Finals Rodeos from 1979 to 1990.

On Sunday morning, Shields presented a roughstock clinic to young 4-H Rodeo cowboys and cowgirls, using the same livestock simulator that he designed himself a quarter-century ago, propelled his son Davey Jr. to bareback fame, and was used at Shields' Ridin' High Rodeo School by every Canadian professional bareback rider who competed at the 2011 Stampede.

As Shields explained to young rodeo minds on Sunday, the dismount determines everything.

"It's about properly setting your rope, setting your hands in the rope, what to do with your feet . . . and how to get off. And that's probably one of the most important elements in roughstock," says Shields, who chairs the Stampede's 4-H Rodeo committee.

"A lot of people don't think of that. They concentrate so much on how to get on, but they don't give any thought on how to get off," adds Shields. "It's so important, especially if they're riding steers or bulls. If they're taught right off the bat how to turn their head and look backward, they'll roll over and land on their hands and knees, rather than their backs or hips or head."

For many who entered the ring this weekend, the Stampede's youth invitational affair was their first taste of rodeo. Some will go on to participate in Wrangler (junior high), high school, college, amateur, or even the pro rodeo circuit, while others are merely seeking some weekend enjoyment.

That's why Stampede 4-H Rodeo organizers not only stressed the didactic component . . . they also emphasized fun.

"Hey, I've also coached minor hockey for 20 years — and the first part of the word 'fundamentals' is spelled F-U-N," notes Lorne Lausen, owner of Lausen Indoor Arena south of Strathmore, who conducted a calf roping clinic on Sunday morning. "We teach the kids how to swing a rope, but it's fairly easygoing, and it's all about fun."

Adds Shields: "If they're going to do it, they've got to have fun. The only reason to be doing this is because you enjoy it, not because someone else wants you to."

Under the Big Top arena, timed events were held Saturday afternoon. Desirae Jackson of Sundre, Alta., had a big day Saturday, winning the barrel racing event in the senior (15 to 20) age category with a time of 14.85 seconds and following up with victory in the senior pole-bending event — which involves head-to-head runs, combining slalom racing and straight-out speed — in a time of 19.88 seconds.

Jackson had competed Saturday aboard her 14-year-old quarter-horse gelding Frosty, and on Sunday she earned yet another red ribbon — this time in senior goat tying, a roughstock event — on her cousin's 12-year-old quarter-horse gelding Bush, laying down a nifty time of 11.67 seconds.

"I've been barrel racing and pole-bending most of my life. This year, I've been working hard at it for high school rodeo, which I just started this month," said Jackson, 15, who's been competing at the Stampede's 4-H Rodeo since 2006. "It's really tough competition, but I've been placing Top-10 against fields of 70 girls. This weekend, I think, gave me a lot of confidence to take back to high-school rodeo."

Also Saturday, Breanna Macklin of Sundre won the senior thread-the-needle event — which sees competitors negotiate a tight corridor, circumscribe a pole at the end of the course, and return down the same corridor — in 11.73 seconds. Dayna Powell of Onaway, Alta., was the thread-the-needle champion in the intermediate (12 to 14) age category in 11.63 seconds, while Megan Rawn of Millarville, Alta., was the junior (nine to 11) thread-the-needle champ in 12.63 seconds. Miranda Hartung of High River, Alta., won intermediate barrels in 15.16 seconds, while Madelyn Schauer of Halkirk, Alta., prevailed in junior barrels by stopping the clock in 15.05 seconds. Karlyn Janssen of Lacombe, Alta., earned the intermediate pole-bending title with a 20.553-second run, and Deshann Valentine of Sundre emerged atop the junior pole-bending category in 22.05 seconds.

Sunday afternoon, the roughstock events took over the Big Top infield, with M.J. Wowk of Myrnam, Alta., earning a pair of championships — senior cow riding, with a score of 69, and senior breakaway roping, with a formidable time of 6.42 seconds.

“I ranch rodeo, so I do stock saddle-bronc riding and ranch roping. This is my first year riding broncs, and I really like it. I’d like to do more bronc riding, and see where it takes me,” said Wowk, 16.

Nicole Lausen of Carseland, Alta., and Powell won the Stampede 4-H Rodeo’s inaugural steer daubing contest, Lausen claiming the senior category in 1.31 seconds and Powell winning intermediate in 1.49 seconds. Wace Pallesen of Strathmore, Alta., was intermediate cow riding champ with a 71-point ride; Ashton Ewasiuk of Elk Point, Alta., won intermediate goat tying in 12.99 seconds, and followed it up by emerging atop the pack in intermediate breakaway roping in 6.29 seconds.

After it was all over Sunday, Wowk talked about skills accrued, lessons learned, and new friendships gained. “You leave here today and you have to say goodbye,” he noted, “but you also know it’s not the last time. That, to me, is the biggest thing — the people you meet, and the places that’ll take you later on in life.”



Adds 4-H Rodeo committee member John Finn: “Every year, after it’s all done, we have kids and parents come up to us and thank us for what we’re doing. And that’s when the point is really driven home to us that we’re doing something special. That’s what really makes it all worth while.”

And for the young cowboys and cowgirls who felt this weekend was the start of something special, Shields notes there’s also a large, tangible reward potentially waiting down the trail. Like their counterparts in the world of hockey, lacrosse, and soccer, high-school-aged rodeo athletes can reach out and pluck American college scholarships, he says.

“There’s a full four-year college education available through rodeo, if these kids do it right,” says Shields. “I never finished school. To this day, I wish I would have known about high school rodeo (and its springboard potential to U.S. college). I always try to push that, whenever I can, through my rodeo schools.

“College coaches in the States are looking for Canadians all the time, because the Canadians are the tougher cowboys in the roughstock events. Kids here are used to getting on bucking horses. And our kids who do end up on the U.S. college rodeo circuit, they go down there and shine.”

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YOUTH LIVESTOCK SHOW BOOSTS SCHOLARSHIP TOTAL TO \$50,000

In 2011, the Stampede nearly doubled the number of annual International Youth Livestock scholarship recipients, to 48, and boosted the total scholarship value to \$50,000, from \$35,000, with help from sponsors CCS Corporation, ConocoPhillips, WA Ranches, Ted and Enid Jansen, Enbridge Inc., the Elmer and Ona Hansen Memorial Scholarship Fund, and the Calgary Stampede Foundation. The scholarship recipients were introduced and recognized on Saturday night during the TransAlta Grandstand Show at Stampede Park.

For the second straight year, the International Youth Livestock Show is part of a collaboration between the Stampede and the Olds Agricultural Society entitled Summer Synergy. The integrated, week-long show, which concluded on Friday, July 15 at Olds, drew an estimated 350 competitors and about 600 head of livestock from all over Western Canada.

The International Youth Livestock scholarships were presented Saturday, July 16 at Stampede Park. Ten senior-aged IYLS participants from across Alberta – Dakota Wilson of Bashaw (beef), Kolby Heaven of Mayerthorpe (beef), Keltey Whelan of Irricana (beef), Tyler Dietrech of Forestburg (beef), Cameron Olson of Rocky View (beef), Jaclyn Hunter of Lacombe (dairy), Tessa Nybo of Sundre (beef), Samantha Sperber of Ponoka (beef), Sawyer Dayley of Carstairs (beef), and Arisjan Appel of Spruce View (dairy) – were awarded \$2,000 scholarships, while 17 scholarships in the amount of \$1,000 were awarded to Becky Domolewski of Taber (beef), Michael Haeni of Didsbury (dairy), Rosie Templeton of Coaldale (beef), Jessica Sperber of Ponoka (beef), Samuel Haeni of Didsbury (dairy), Katelyn Crest of Barrhead (dairy), Margriet Appel of Spruce View (dairy), Adriane Good of Brooks (sheep), Sarah Nixdorff of Irricana (Beef), Ruth Schuepbach of Claresholm (beef), Lars Iversen of Olds (dairy), Marleen Palsson of Rockyford (sheep), Jenalee Blackhurst of Rimbey (beef), Katelyn Dietrich of Forestburg (beef), Hal Nixdorff of Airdrie (beef), Carling Matejka of Ponoka (beef), and Wyatt Hanson of Airdrie (beef).

In the intermediate category, five young Albertans – Andie Hadway (beef), Brandon Hertz of Duchess (beef), Coleman Nixdorff of Airdrie (beef), Cayley Peltzer of Rosemary (beef/sheep), and Dakota Townsend of Sylvan Lake (beef) – earned \$1,000 IYLS scholarships, while 10 scholarships in the amount of \$500 were awarded to Jared Couch of Balzac (beef), Shallaine Daley of Carstairs (beef), Kathryn Dolliver of Stettler (beef), Candace Fankhanel of Stettler (beef), Cassidy Vanden Berg of Lethbridge (sheep), Haylea Jones of Carstairs (beef), Cassidy Matthews of Cochrane (beef), Megan McLeod of Cochrane (beef), Colton McMahon of Forestburg (beef), and Nick Rutley of Didsbury (dairy).

For the first time, juniors (aged nine to 11) were also part of the mix, with six participants – Colin Fankhanel of Stettler (beef), Brandon Fraser of Cochrane (beef), Josie Hadway of Didsbury (beef), Wacey Townsend of Sylvan Lake (beef), Heidi Tymko of Roydale (beef), and Shaelyne Williamson of Coaldale (sheep) – earning scholarships in the amount of \$500.



Another important element of the Summer Synergy effort was the second annual International Youth Livestock Supreme Championship, folded into the Stampede's UFA Steer Classic on Saturday, July 16.

Four young competitors who displayed exceptional conformation and presentation of their respective species projects were crowned under the Stampede's Big Top in various classes – Supreme Purebred Beef Champion (Laurie Morash of Bassano), Supreme Commercial Beef Champion (Kyle Dodgson of Sangudo), Supreme Dairy Champion (Jaclyn Hunter of Lacombe), and Supreme Sheep Champion (Cayley Peltzer of Rosemary).

The four were selected from about two dozen champions who earned a winner's ribbon leading up to the Stampede – either at 4-H on Parade, from May 27 to 29 at the Stampede; the Provincial 4-H Beef Heifer Show, in Olds, from July 10 to 12; the Provincial 4-H Dairy Show, in Olds, from July 13 to 15; or the Summer Synergy show.

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Features



NW Regional Specialist, Jocelyn McKinnon (l) and Alberta 4-H Council President, Stacy Price (r) proudly hold the Alberta 4-H Clubs' nomination for the Association of Fundraising Professionals' Youth Category.

FOR THE LOVE OF HUMANITY

BY: STACY PRICE, *President, Alberta 4-H Council*

When I was contacted to attend the National Philanthropy Day - Nominations Award Ceremony, hosted by the Association of Fundraising Professionals I was honored. I was also confused when I was told that we were nominated by STARS Air Ambulance. Here is what I believe to be one of the largest philanthropist organizations, honoring us? I guess I had never really thought of 4-H as a philanthropist organization, until I did a little research.

Philanthropy etymologically means "the love of humanity".

The love of humanity, well I guess that works. There is no doubt in anyone's mind the need for STARS Air Ambulance. The fact that the majority of our members are located in rural Alberta leads us 4-Hers to recognize the organization as a worthy recipient of our fundraising efforts. It is because of the large amount of funds raised over the years that STARS Air Ambulance has nominated us for this award.

On October 20th, Jocelyn McKinnon and I were thrilled to attend a reception at the Expo Center at Northlands in Edmonton. 72 nominees were recognized in 8 categories, with Alberta 4-H Clubs being recognized with 5 other nominees in the Youth Category. It was wonderful to meet and chat with members of the STARS family as well as other nominees.

The actual awards will be handed out November 17th, so watch www.4h.ab.ca for the results! 🍀



Stacy(l) and Jocelyn(r) at the Nomination Evening in Edmonton.



Take a Lead participant group photo

TAKE A LEAD SEMINAR: TAKE TWO!

BY: MARK SHAND, 4-H Specialist – Programs

Who would have thought that one year after heading overseas to Africa for the first time I would have the opportunity to return the following summer?! In the fall of 2010, I received an email from the Finnish 4-H Federation asking me if I would like to come back to Kange, Tanzania to help plan and facilitate the 2011 Take a Lead International Seminar. The Take a Lead Seminar is a 14-day seminar for 4-H and other rural youth organizations with the intention to train leaders from the African continent in order to contribute to the sustainable development of 4-H organizations. The 2011 seminar brought together 47 people from 16 countries and 20 organizations.

The seminar was a completely different experience from my previous year, as this year I was part of the planning team. The focus of the seminar was on volunteerism and I was responsible for preparing sessions on team building, motivation, empowerment, time management as well as conflict and challenges in volunteerism. It was quite the learning experience, as most activities took much longer than usual due to the cultural and language differences. In addition to experiential learning sessions, the seminar also included participant planned social and

recreational activities, along with tours of some local attractions.

Once again the highlight of the trip was participating in a four-day “host family” stay. Seven of us travelled to Muheza, a mountain town a short drive from the coast. Our transportation for this portion of the trip was a pick-up truck which left me quite battered and bruised. During our stay, we had the opportunity to connect with a couple of school-based 4-H clubs who are learning about agriculture; have tea with a group of ladies doing community outreach on health education to young girls; visit the agriculture venture of older 4-H members and



Participants do silent value activity

tour a local sisel fibre plant and the oldest Anglican church in Tanzania.

For our final afternoon in Muheza we met with a group of 4-H teens and local dignitaries for a cultural presentation. It was a wonderful afternoon of songs and skits, a video of the event was even played over the local cable network that evening! The family that ran the hostel we stayed at became our host family and most evenings were spent playing with their two year old daughter, Shadiah.

While the majority of participants at the conference were new, I was able to connect with a few of my friends from the previous year. It was amazing to hear about the growth of their organizations, specifically Benson from the Democratic Republic of the Congo. Since I last saw him, he has started to build



4-H member describes 4-H project to conference participant



Group photo of Muheza host family stay

relationships back home and is trying to gain the support of the government to bring people back from the refugee camp in Uganda. This brought a smile to my face, because to me this is what the Take a Lead Seminar is all about, giving Africans the skills they need to build their own communities.

There are immense opportunities for Alberta 4-H clubs to become involved in Africa. Whether it be participating in cultural exchanges, supporting local projects or just setting up penpals, there is so much that we can share and learn from each other. If you would like more information on how your club can be involved with other 4-H groups around the world, give Mark a call at 403-948-8508 (toll free dial 310-0000) or an email at mark.shand@gov.ab.ca 🍀

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What Are You Fundraising For?

BY: ANDREA CHURCH

Regional 4-H Specialist – Calgary and South

The club is up and going for another year. Now that elections and other start up items are crossed off the agenda, fund raising is the topic that the club turns to next. How much does the club need to fundraise this year? What do the members want to do? How much time do families have to devote to fundraising? And there is another critical question that a club needs to ask... **What is the club going to do with the funds raised?**

It is vitally important that this question is answered and that there is a plan in place for how funds will be spent. Don't get fund raising and a community activity confused. Each 4-H member, and therefore club, is required to participate in at least one club volunteer or charitable activity that is of benefit to their community. However, fund raising is not a requirement of each 4-H member or club. It is also important to note that if the club does something for the community and then gets paid for it, that activity doesn't count towards the volunteer or charitable activity. But, if the club membership then turns around and donates the funds or a portion of them back, or to another charity in the community, that activity would count.

If the club has determined that funds need to be raised during the 4-H year, they must then ask "for what"? Examples may include a club photocopier, member jackets, savings towards a 4-H exchange, donation to a local charity, updated club stall decorations... the possibilities are endless. But most importantly, there needs to be a purpose. If the club is fortunate enough to raise a sizable amount of money, use it for the goals that were determined



Rimby 4-H Club President, Amy Trenson presenting the Central Alberta Ronald McDonald House with money raised through a fundraising drive

ahead of time. If there is money left over, quickly determine what the remaining money will be used for.

A bank account that has some "wiggle room", should an unforeseen expense arise, is a comforting feeling for leaders and members alike. But, 4-H clubs are not for profit organizations and therefore should not be realizing a sizable profit at the end of a 4-H year. Major disputes around money can be avoided by ensuring that the club has a strong constitution. If a club does not have a member-approved constitution, all clubs default to the sample constitution. In the case of a club dissolving, remaining funds need to be donated back to the 4-H program (district, regional or provincial level) or the community by way of charities.

This time of the 4-H season is exciting. New ideas are being proposed and members are looking forward to their 4-H year ahead. By having a strong financial plan in place to operate the 4-H club through the year, any concerns that arise can be quickly and efficiently handled to ensure a stress reduced year. ♻️



You're Being Challenged! Become an Environmental Leader in your Community

BY: CARMEN STONE

Manager, Corporate Partnerships, 4-H Foundation of Alberta

Alberta 4-H (with the support of Cenovus Energy) is helping steward the environment in local communities by developing a new resource – greenlooksgoodonyou.ca. Here 4-H clubs can go online to learn about the environment by taking the **Green Looks Good on You Challenge**.

If the environment is something you or your 4-H club is interested in, follow these steps to start the Challenge or visit the Alberta 4-H website for more information!

1. Visit www.greenlooksgoodonyou.ca to learn about the environment and how you, your club and community can practice the 4 R's – Rethink, Reduce, Reuse and Recycle.
2. As an entire 4-H club or individual member, take the **Green Looks Good on You Challenge** and work through the series of online modules. The challenge may work as a community service activity for the club, or as a Creative Options project for an individual member. Complete one workshop challenge per module, or get creative and design a workshop challenge that fits your community's needs.
3. To complete the challenge, each 4-H club, or member, will have to submit an **Environmental Journey**. You can showcase each module individually or summarize the entire challenge. Each journey will be uploaded online at the new www.greenlooksgoodonyou.ca website and can include a blog, electronic photos, Facebook pages, videos, etc.

The **Environmental Journey** is your way of telling us the simple changes you and/or your club have made at home, school or in your community, what you learned and what was accomplished. It's your story!

4. Inspire others! Be sure to tell other clubs, districts, regions and communities what you learned about environmental stewardship, how you implemented small behavioural changes that had positive impacts on the environment, and/or became an environmental leader within your community.
5. Complete the **Green Looks Good on You Challenge** by Earth Day 2012 (April 22, 2012) and be entered into a prize draw!

For more information on the **Green Looks Good on You Challenge** contact:

Jalisa Barnett

p: 403.948.1521

e. jalisa.barnett@gov.ab.ca ♻️

FOOD FOR THOUGHT

BY: BRENT ANDRESSEN, *Agriculture Education Specialist*

It can be challenging for youth to find a way to connect to food and the impact that its growth, harvest, preparation and consumption have on our well being. For an engaging way to connect today's youth with horticulture, all one needs is a full spectrum grow lamp, seeds and EarthBoxes!

What are EarthBoxes one may ask? Well, they are patented gardening containers that make growing herbs and vegetables indoors clean and simple. They are self-watering and have a castor system that elevates them and makes them easy to move around. EarthBoxes are already being used in dozens of schools across Alberta with great success, with great potential to exist alongside of or to become an Alberta 4-H project.

Earthboxes seem to have a way of engaging the whole community – involving parents, neighbors and seniors in the processes associated with growing herbs and vegetables. Thoughts

of strenuous work associated with gardening, such as weeding, turn to excitement over the simple joys and lessons of gardening – such as harvest! Those with EarthBoxes get to explore the powerful scents and tastes of harvest as they prepare their celebratory salads, soups and salsas.

With the fruits of their labor in hand, youth are able to rethink the ways in which they are attached to plants. They may become increasingly aware of the importance of water, wind and sunlight, pests and pollinators, along with the patience needed for letting plants mature at their own speed. EarthBox gardening is ripe with potential as a fit with your Alberta 4-H club or project. For more information about EarthBoxes or educational horticulture, please contact:

Brent Andressen

Agriculture Education Specialist

Alberta Agriculture and Rural Development

780.427.4225 or brent.andressen@gob.ab.ca

A garden manual for indoor horticulture can be downloaded at www.agric.gov.ab.ca/agawareness 🌱



Check out the Earthbox bounty!



Earthbox ready to get growin'



Plants growing like weeds in their Earthboxes



What is Biosecurity?

Biosecurity refers to practices designed to eliminate, prevent or reduce the introduction and incidental spread of disease among livestock.

For example, diseases can easily be carried on boots or clothing contaminated by manure, saliva, and discharges. Sometimes diseases are carried by farm visitors without them even knowing. There are some diseases which are only transmitted by animals.

Biosecurity practices minimize the risk of disease spread by identifying risks and developing intervention measures to minimize disease-causing agents from entering or leaving a property.

For more information, visit www.agriculture.alberta.ca/biosecurity 🌱



ALBERTA 4-H ENTREPRENEURIAL RESOURCE – COMING SOON!

BY: MARK SHAND, 4-H Specialist – Programs

What do you think of when you hear the word “Entrepreneur”?

Entrepreneurs are individuals with a business venture, who are able to make money and develop their community with initiative, risk and innovation - we want to foster this spirit in you!

With Growing Forward funding, the 4-H and Agriculture Education Branch is currently developing an entrepre-

neurial kit that will assist 4-H leaders with fostering an entrepreneurial mindset and related skills in members, while also providing 4-H members the opportunity to apply entrepreneurial concepts towards their current 4-H project. This resource will be based mainly online and will include club activity downloads for leaders, along with interactive components to boost members' understanding of entrepreneurship and supplemental materials to apply entrepreneurial concepts towards a project. No matter what project members are involved with, these materials will help them to follow their passion and set them in the right direction for building a small business based around it.

If you would like to hear more about this resource, staff will be presenting at the 2012 Alberta 4-H Leaders' Conference on Saturday, January 14th in Edmonton and at 2012 AgChoices conference on Thursday, February 7th in Red Deer. You can also contact Mark Shand (403-948-8508) or Cameron Horner (780-427-0753)

The Alberta 4-H Entrepreneurial Resource will be available in Fall 2012. ♣



Anne Van Loon working hard while baking her 'Sweet Things'



Just a 'taste' of Anne's creations

Success is a Sweet Thing

BY: ANNE VAN LOON, *Entrepreneur and T&M 4-H Club Member*

My name is Anne Van Loon, I am 15 years old and a member of the T&M 4-H club. I have been in the Beef project for seven years, Foods for two and this year I joined the Horse project. I started decorating cupcakes last year as a Lifeskills Achievement Day project. I decided to enter with cupcakes after my mom bought a cupcake cookbook. I also enjoy watching television shows such as “Cupcake Girls” and “Cupcake Wars”. I really loved seeing all the different ways you can decorate a cupcake.

At our Lifeskills Achievement Day, I made an entire display on cupcakes. Among the many visitors was a representative from Farm Credit Canada. She remembered that a friend of hers had a daughter who wanted cupcakes for her wedding and asked if I would be interested in making cupcakes for this wedding - I said I would love to! I knew that I was going to need all the practice I could get, so I started making cupcakes for friends'

baby showers, cupcakes for my siblings' birthday parties, and even cupcakes for myself.

The MTM-Ag Society in Tiger Lily let me use their kitchen to prep for the big event. The bride really loved her cupcakes and asked if I had any business cards. I have to admit that I hadn't even thought about it as being a small business opportunity, it was just something I loved to do. I have learnt many things from this experience. I became the boss of the whole venture and I was in charge every step of the way; deciding how to decorate the cupcakes based on what the customers wanted, making the grocery list, figuring out the cost of the project, managing baking and decorating time and making sure every cupcake looked perfect. It was a thrill!

What I really loved about this experience was that it was something new and exciting. Something that I might have never thought of if it hadn't participated in our District's Lifeskills Achievement Day. As for the future of the “Sweet Things” business, I eventually want to become a pastry chef and have my own bakery. ♣



Tyla Peach with group of participants from Alberta Youth Entrepreneur Camp at Eagle's Nest Ranch

A Taste of Entrepreneurism

BY: TYLA PEACH

Delegate, Alberta Youth Entrepreneurship Camp

This summer, I was lucky enough to attend the Alberta Youth Entrepreneurship Camp at the Eagles Nest ranch near Medicine Hat. It was a 7 day camp where we were grouped into 10 teams to form a business and make products to be sold at the end of the week.

Throughout the camp, we were given sessions on how to run a business, and the basic essentials on how to make our business a success. We learned about creating a budget, keeping track of income and expenses and making a business plan. We worked in our groups to decide on a business, what our name would be, and how we would conduct our business. My group's business involved making hand-painted mugs and wacky holiday camp calendars, named Monthly Mugs. To be able to produce our mugs and calendars, we needed money to buy our supplies, so several employees from banks in Medicine Hat came to meet with each team. After a 15 minute discussion, we were able to persuade our banker to loan us \$400, providing we gave her enough collateral to pay her back. I reluctantly decided to give up my cell phone, but thankfully we made enough money to get my phone back.

On Wednesday, armed with our cash, one person from each team headed to town with a list of items to purchase. After the supply buyers (that was me!) returned to the camp we started working on our products, which for us included painting and printing. During the week we also took breaks from our businesses and participated in tons of fun activities such as high ropes, zip lining, archery, paintball, mountain bike riding, games and a dance on the last night.

Finally, it was Business Day! In the morning we set up our booths and waited for our parents and relatives to arrive. For 2 hours, every team advertised and sold their products. Among some of the extremely unique and interesting items were bath products, penny bracelets, wall hangings, camp t-shirts and bandannas with paintball appliques, and water bottles with cookie dough. After the Business Day was over we counted the money and deducted the amount we would have to repay the bank. When it was all said and done, each of my team members received \$30 to take home. All in all, this camp was an amazing experience and so much fun, and I will definitely apply to go next year. 🍀

FUN FACT

Thomas Edison, light bulb inventor, was afraid of the dark.

Where Are They Now?

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

Names: Mark and Deanna Muchka

What are you doing now?

We own and operate the Calgary Corn Maze & Fun Farm.

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

How to work with people, how to work with animals, and how to serve the community around us. Running a business requires the ability to be open minded and to adapt quickly. It is a real learning process, so the 4-H motto of "learn to do by doing" still rings very true.

What advice would you give an Alberta 4-H member who wants to become an entrepreneur?

Do your research to make sure your business idea is viable. If it is, don't procrastinate. Act on your idea before someone else does.

Are you still involved in 4-H?

We still know what's happening in the program through friends, 4-H members and leaders who visit the maze, and our staff who are 4-H members.

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

Stay in the program as long as possible and make sure to take part in all the camps and programs that 4-H offers. You will see the value as you progress through life...both in terms of the skills you have and the friends you've made. 🍀



The Muchka family in the corn maze

Conflict Management Series: A Lesson in Self-Awareness

BY: ANDREA CHURCH, *Regional 4-H Specialist – Calgary and South*

Club start up can be very stressful, and on the heels of stress may come conflict. How that conflict is handled can either settle the concerns or escalate them further. This is the beginning of a series on conflict management for the Alberta 4-H Magazine.

Conflict is the opposition between two or more beliefs, perspectives or values. If there was no conflict in our lives, we would never be challenged to consider new ideas or allow ourselves to be creative. Diversity and conflict are part of being human. Conflict is an expected element in relationships because we have different perspectives; yet it is often considered “bad” and therefore to be avoided. This avoidance can come in the form of ignoring the problem altogether (for as long as possible) or prematurely solving the problem to make it go away. Conflict itself is not unhealthy but how we deal with it can be.

One of the first steps to dealing with conflict is to do a self assessment. According to the Kraybill Conflict Style Inventory, we all fall into certain conflict management styles. How do you respond to conflict?

- **Director** – High focus on their own agenda and a low focus on the relationship. When something has to be done quickly, this person can get “git er’ done”. We all want this person around in an emergency.
- **Cooperator** – High focus on both their own agenda and on the relationship. Here is a chance for win-win. This person is able to assert their own interests into the solution as well as be genuinely concerned that the other person feels heard and understood.
- **Compromiser** – Medium focus on one’s own agenda and a medium focus on the relationship. “I’ll meet you half way...” may be a common phrase of this person. A solution can be

determined using this style, but often there is a lack of creativity and no one is really happy.

- **Avoider** – Low focus on one’s own agenda and a low focus on the relationship. “Conflict? What conflict?...just forget it, it isn’t worth worrying about”. Oh... but it is, and sooner or later the conflict will arise again; this time punctuated with a flood of emotions and potentially bad feelings left behind.
- **Harmonizer** – this person has a low focus on their own agenda and a high focus on the relationship. They are flexible and easy to work with, often creating a pleasant atmosphere. What often happens though is a “you win and I lose” scenario which can later backfire.

A person may very well have more than one preferred style as conflict heats up. One may shift from a harmonizing role in calm situations to a directing role when tensions are high. Sometimes these shifts can be quite sudden, surprising or hurtful towards others. Knowing how one handles conflict in all types of situations will control the situation more effectively. Controlling our emotions in a high stress conflict allows one to think clearly. When tempers flare, the ability to think rationally decreases and often things are said that shouldn’t be. Once said, it is very hard to take back words that hurt.

As you proceed through this 4-H year, consider how your words and actions affect others when having a discussion. Ask yourself whether you demeanor helps to settle concerns or does everyone get more worked up as the discussion continues? Are you genuinely interested in the club, the members and families and how are you showing that?

Self awareness is a crucial aspect of effective conflict management, so make sure to practice it next time you encounter a situation where conflicting beliefs, perspectives or values are at work. 🍀



Western Canadian Miniature Horse Club – Youth Incentive Program

The Western Canadian Miniature Horse Club has created a Youth Incentive Program that offers youth the opportunity to join a well-established club, learn from the members and the breeders, learn about the breed and build relationships with other youths with similar interests throughout the Western provinces. Prizes are given to everyone who participates in the Youth Incentive Program. Those who are interested in the YIP may have a miniature horse of their own, but are not required to.

For more information on this program, visit www.wcmhcyip.com 🍀



FUN FACT

A hummingbird weighs less than a penny.

FUN FACT

A hippo can open its mouth wide enough to fit a 4 foot tall child inside.

PUTTING SAFETY ON THE AGENDA

BY: KENDA LUBECK, Farm Safety Coordinator

"Safety, safety, safety!"

You may hear this all the time but what exactly does it mean? How can a club environment become more safe? Particularly, what can a club do to increase safety in their functions and events?

First, we have to understand why safety is important. Of course, being safe means different things to different people, but when people and animals are in a safe environment, they feel at ease and can concentrate. Unsafe situations create, among other things, uncertainty, anxiety and misunderstanding and therefore the probability for an injury or illness increases.

It's one thing to constantly talk about safety, but it's another thing to put safety into action. The best way for your 4-H club to implement a safety program is to place someone in charge of health and safety. Depending on the size of your club, this could be a "Safety Officer" or a "Safety Committee" led by a chairperson. That person ensures safety is a priority.

A club can implement discussion and activities about health and safety at every 4-H meeting. Discussion doesn't always have to be project-based, as safety affects every aspect of life. Topics can include health concerns, eliminating hazards, how to do a job safely, good food and exercise programs, etc.

Some ideas for health and safety activities are:

1. Have members answer the roll call by sharing a good health practice.
2. Arrange for two or three oral reports or demonstrations related to health to be presented at a club meeting.
3. Plan healthy refreshments for your club's 4-H meetings.
4. Encourage each member to plan and complete a family health activity.
5. Have your club plan and conduct a health-related community service project. This also makes a good article for your local newspaper or radio station.
6. Plan a health and safety program for one of your club meetings.

Another way to make safety a priority is to create and adopt a club safety statement. This can be done at any time during the year. The statement is best created by a group of members, the leader and at least one parent. Each club should have their own unique safety statement. Your club can begin to create a culture of safety by being aware of hazards and risks and promoting a safe and health lifestyle for all members. By discussing different ways of being safe and healthy, members will begin to instinctively recognize hazards. Pretty good, huh? This culture is strengthened by talking about safety, discussing options and working together. It is a great opportunity for club members to work with leaders and parents by sharing ideas and suggestions for improvement.

For more information and ideas on how to implement a health and safety program in your club, look on the internet. There are many resources available! Alberta Farm Safety has many great resources and references available at www.gov.ab.ca/farmsafety 🌱

FYI



Alberta 4-H Online Resources

We know your time is valuable and that 4-H happens for the most part in the evenings or weekends. Almost everything you need to run your club is available for you to download from the Alberta 4-H website.

www.4h.ab.ca/resources/

Username: alberta4h **Password:** cleaver

We have a great deal of resources that are electronically available on this website. Do you need Thank You Cards or Certificates - then look under **Promotion**. Want to print out a page from a record book or resources - explore what is available under **Project Supplies**. Communication activities needed - check out the **Communication** section.

We hope that the Alberta 4-H Resources website is helpful for you. A monthly e-mail is sent out highlighting the latest changes to the 4-H website, if you are interested in receiving this please request it from Corinne Skulmoski at corinne.skulmoski@gov.ab.ca. 🌱



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Travel&Exchange



NILE trip delegates in picturesque Montana

NILE

BY: JESSICA
SPERBER, DEVANN
CRICK, SAWYER
DALEY, AND
LAUREN CRICK,
*Northern International
Livestock Exhibition
(NILE) Competitors*

Together we came up with one word to describe our trip to the Northern International Livestock Exhibition: Awesometastic!

Looking flashy in our team jackets, we jumped into the van and hit the highway - we were Montana bound. We approached the border with jitters and butterflies, but we made it though without any glitches. With a full tank of gas and a road map, we took the scenic but painfully slow route through the Rocky Mountains.

Our shopping started early the next morning, allowing us to stretch our legs out from the prior day's travelling. Remembering to grab lunch before we hit the road, we stopped at an old-fashioned drive in, for a truly all American meal. Looking at the speed limit, we thought it would take forever at 65km/hour until we realized that it was 65m/hour! It was neat to see Montana's farmers' fields filled with Black Angus and Belted Galloway cattle, sheep and loads to giant wind turbines. The long drive also allowed us to do some last minute studying. We arrived in the picturesque Billings, Montana in good enough time to do some sightseeing in the daylight before settling in to prepare ourselves for the next day's competition.

With a 5:30 am wake-up call we were soon headed down to the arena. We judged only eight classes because it was COLD outside! We competed with over 200 contestants from Wyoming and all across Montana judging market and breeding sheep, swine and beef cattle; we then gave our reasons for three classes. After the competition was over, we shopped like crazy and dined on a heavenly dinner of steak and lobster.

We found that Montana had many wonders, including a miniature drive-through coffee house which was delicious. We got to explore Montana's culture in a trade expo, which was also very interesting. The beautiful brick walls that surrounded Billings made for an awesome team photo. We were Alberta bound all too soon, with the Paul Brandt song playing in our heads as we waved goodbye to Montana but definitely not to our memories.

We would like to give a huge thank-you to Mark Shand and Irene Finch. Mark did a fantastic job of organizing our trip and preparing us for our expedition. Irene was our amazing chaperone, who chauffeured us around to all of our destinations, and put up with us four girls. ❀



CALIFORNIA DREAMIN'

BY: NICOLE BRIGGS, *California Exchange Delegate*

Nicole and Remington stick their toes in the Californian sand with their host delegates

This past July, Remington Shandro and I had the opportunity to attend the 2011 California 4-H State Leadership Conference in Davis, California. We arrived in California on July 25th and spent 3 days with our host families before attending the conference.

During our time with our host families we saw some of the highlights of the area. Remington, Andrew, Becky (our host delegates) and I walked the Boardwalk and ate seafood on the wharf in Santa Cruz, we took in the sights of the beautiful Redwood Forest at the Henry Cowell Redwoods State Park. In San Francisco, we drove down Lombard Street, toured the city while riding the Cable Car, ate lunch in Chinatown and finished the day off by walking the Golden Gate Bridge.

The next day we spent 3 hours driving to Davis, California for the Leadership Conference. During this time we had a chance to meet some of the other 4-H members from the Santa Clara County who had decided to adopt Remington and I as honorary Santa Clara County 4-H'ers.

The theme of the Conference was "Oh, the Places You'll Go!" - adopted from the Dr. Seuss book. The conference included nine hours of sessions and workshops ranging from leadership skills, healthy living, science and agriculture. Each day began with the words of wisdom from key speakers which included Judson Laipply, Joshua Fredenburg, and Chay Hymasall and each day finished with all delegates participating in recreational activities. These activities included swimming, capture the flag, and blow up obstacle courses, Velcro walls with a dance to wrap up the weekend. Throughout this time there were multiple competitions between counties and sections in the attempts to win the Spirit Competition.

We met many members from all over the State during our time at the Conference. We answered multiple questions about our 4-H program, Alberta and Canada and had the chance to have many of our questions answered.

The final morning was filled with sessions and ended with the closing ceremonies, where Remington and I had the opportunity to share a little bit about our program here in Alberta and what we had done during our time in California. We spent the last hour saying goodbye to all those we had met during the Conference and headed to the Sacramento Airport. The trip to the airport included a quick stop at the IN-N-OUT Burger as we were told that we couldn't leave without trying one.

Attending the California State Leadership Conference was an incredible opportunity. We were able to see first-hand how other 4-H organizations operate. Seeing the 4-H program from a different perspective showed us how well rounded our 4-H program is here in Alberta and also what we could do to help make it even better. 🍀



Nicole and Remington with some of their fellow California 4-H State Leadership Conference delegates



Alberta and Ontario delegates pose in front of picturesque Lake Louise

Club Exchange = Jam Packed Adventures

BY: AMY AND ERICA TRENSON,
Rimbey 4-H Club Members

On July 9-17, 2011 the East Ponoka Beef, Central Ponoka Beef and Rimbey 4-H Clubs hosted fifteen 4-H members and two adult chaperones from Lanark County, Ontario. To welcome our Ontario counterparts we had a BBQ lunch and social at Gartner's. While the delegates were in Alberta we showed them around West Edmonton Mall, Drumheller and

spent a full day at the Calgary Stampede and Grandstand show. We then went camping at the David Thompson Resort and toured around Banff observing the breathtaking scenery at Peyto Lake, hiking Lake Louise, riding the gondola and soaking in the hot springs. The week went very fast and before we knew it we were having our send-off breakfast and saying our "can't wait to see you in August" goodbyes.

Alberta delegates flew to Ontario from August 18-26, 2011. While in Lanark County delegates witnessed a ploughing club's achievement day, which was very unique. The group traveled by bus to Montreal to see the Olympic Tower, Biodome, Insectarium and to take in a very remarkable boat/bus tour, as well as the streets of Old Montreal. The Albertans took a train tour of Upper Canada Village and visited Fulton's Pancake House to see how maple sap is transposed into maple products. We of course had to try the maple syrup out on pancakes! Here, the Ontario 4-H members also showed their counterparts how to square dance.

While a trip was planned to tour the Parliament buildings it was cancelled due to the unforeseen circumstance of Jack Layton's passing, so instead members got

to pay their respects to Mr. Layton by laying flowers and viewing his casket. After paying respects at Parliament Hill they toured the Ottawa Market and honed their co-operation and team building skills while Dragon Boating. With the weather being so hot, a swimming and pizza party was held for our farewell.

Even though the week went so fast, many memories and friendships will last for a lifetime. 🍀



Delegates pay their respects to the late Jack Layton on Parliament Hill

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Alberta and PEI delegates visit Anne of Green Gables Historical site



Trip to the Land of Potatoes and Anne of Green Gables

BY: LISA AND SHELLEY REICH,
Drayton Valley 4-H Club

The whole idea of a 4-H exchange is to allow members to meet and gain a sense of how those in other provinces experience things. I truly believe that this exchange accomplished just that.

July 10th rolled around and the Alberta members were anxiously waiting at the airport with welcome presents for the delegates. Despite the PEI delegates being up since five, we had a full day planned at Leduc where members could take a look at the rich history of the oil and the gas industry in Alberta. There was no rest for them as we hustled the next morning to get on a bus that was taking us to Jasper for two days. Excitement mounted as we headed into the Foothills and the members from Prince Edward Island could see really how large the Rocky Mountains are. We spent the night in a church before heading up the tramway to a chalet about halfway up Mt. Whistler. The Miette Hot Springs were a pop-

ular destination that we hit on our way back.

The 4-H style rodeo that was hosted by the Linberry Buck Club was a huge success. Putting a 4-H spin on a ranch rodeo made it possible everyone to enjoy. The day ended with a farewell cake and games. The next day we delivered the members to the Edmonton airport and with some good by waves and hugs the PEI made their way back to the island.

August 11th arrived and the Alberta members boarded the plane to Toronto where we would catch a plane to Charlottetown. As we landed at the Charlottetown airport everything had gone smoothly - besides the lost luggage. We were warmly greeted by the PEI families and then took a group picture in front of one of the many plastic cows on the island.



Posing with one of the many plastic cows on Prince Edward Island

The next day we headed across the Confederation Bridge which is approximately 13 kilometers long. The Island's potato heritage was interesting, as we got to see at the potato museum in O'Leary. The day ended with a beach bonfire where we Albertans got our first tastes of fresh oysters and mussels. The rest of the week flew by with many great memories such as Avonlea Village and the Anne of Green Gables Musical. The trip to the Cow's Creamery and the walk through downtown Charlottetown were memorable.

The day spent at Basin Head was the favorite among many of the members. Basin Head is a channel in a national park where the beach is so white and the sand squeaks when you walk on it. The last day ended with a group dinner and an evening with our host families. In the airport the next morning there were hugs and handshakes as everyone said their final goodbyes and we Albertans headed home.

This particular 4-H exchange turned out to be a huge success because those participating got to truly experience how other 4-H members live. We discovered that something that is commonplace for one, may be totally new and exciting for another. This trip really showed the 4-H spirit! 🍀

A Month with Azusa

BY: DORTHEA MILLS, *Exchange Coordinator – South*

Imagine learning about another culture, another country, another part of the world right in your own living room. That's what our family did this summer and it was amazing!!

As the Exchange Coordinator for the LABO program in the South I understood my role to be promotion and planning for the arrival and departure of the Japanese Students. My daughter Kaitlyn had been asking since joining 4-H to host an exchange student, and this year I thought "Why not? Really, what's one more kid?"

And so began our month with Azusa...

First, I think it is important to clarify a few things. To host an LABO exchange student you don't need to have a spare room because having your child and the exchange student share a space really encourages a high level of interaction with the family thus helping them to get the most out of their experience. Second, you do not need to do anything differently than you would ordinarily do while the exchange student is staying with you. The student is here to learn about living in Alberta and our day to day lives. They are to be part of your family and whatever you do, they do!

Kaitlyn and I had the opportunity to meet the students when they arrived in Calgary and we spent the weekend getting to know all 10 exchange students. I imagine it is kind of like going to 4-H camp where you might know one or two other people, but you get to know everyone else when you arrive. Throughout the weekend we took the students swimming, ice skating and to Heritage Park. It was fun to watch Kaitlyn interact with them as they needed to know how our money worked, how to order in English and what is acceptable in Canada.

On the ride back to the South we thought everyone would conk out... **WRONG!** They stayed awake the entire time, laughing, speaking Japanese and devouring Tim Hortons Timbits. I would have to say that on the drive home it gave me insight into how they must feel having everyone talking around you and having absolutely NO idea what they are saying. It was so amaz-

ing to see their eyes light up when they saw things they have never seen before. They were amazed at our straight, flat roads, the Rockies in the distance, the canola fields in full bloom and the enormous blue sky! It reminded me of how beautiful southern Alberta really is!

After dropping off all the other students we went home and got Azusa all settled in. Soon we were headed to Manitoba for a family reunion. Azusa lucked out because she got to travel across three provinces. We stopped at each provincial border for a picture and at all the giant landmarks such as the Giant Potatoes in Vauxhall, the Enormous Pinto Bean in Bow Island, the World's Largest Teepee in Medicine Hat and the very large Moose at Moose Jaw.

Azusa had a blast at the family reunion and she fit in just like she was a Mills. She joined in all the games, the cook outs and was right there in the middle of the family picture. Our family loved having her there, she played piano for us and taught the little ones how to count in Japanese. She enjoyed camping in the backyard and going swimming every day.

Since Azusa was here, we also visited some of the tourist spots in Southern Alberta. We went to the Royal Tyrell Museum, Calaway Park, a baseball game, Echo Dale Park in Medicine Hat and of course we took Azusa to the Rockies at Waterton Lakes National Park.

We have a midterm LABO get together, and this year we held it at DeGroot's farm by Hays. We had a wiener roast and went swimming in DeGroot's dugout. I would probably say that was the best night of the whole summer!

I wish I could tell you every detail of our month with Azusa and how much our family gained from the experience - it really was so amazing! Azusa loved it here and was so sad to have to go home. With today's technology it is so easy to keep in touch and Kaitlyn and Azusa will be exchange sisters forever!!

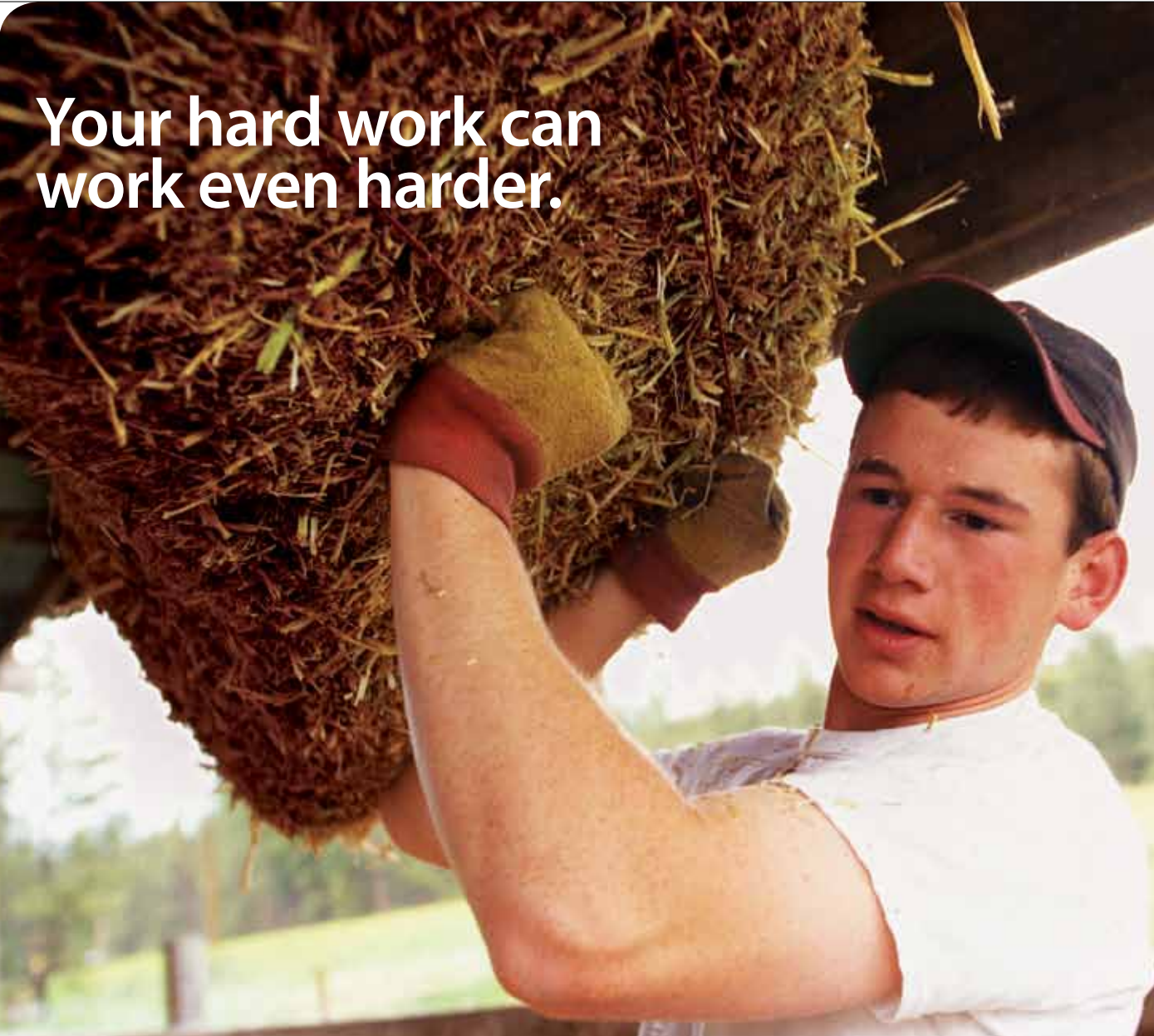
Through 4-H Kaitlyn may go on an exchange to Japan and stay with Azusa there. Anyone can participate in the LABO exchange. For more information contact the Provincial Coordinator Ellen Bonde at 403.845.6894 or visit www.4h.ab.ca/About/travel_exchanges.html 🍀



Azusa and Fumiko with their Canadian friends, Lexie Driedger, Kaitlyn Mills, Andrea DeGroot and Chelsey Mills



Kaitlyn and Azusa in the 3 legged race at the Mills Family Reunion



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Why 4-H is Great – Concert with Gord Bamford

ATB Financial proudly presented Gord Bamford at the Killam Community Hall, in Killam, Alberta on Thursday November 3, 2011.

After successfully winning the “Why 4-H is Great Contest”, based on their video presentation showcasing “Why 4-H is Great” to the community, province and the agriculture industry, Tyrion Rosiechuck, the ATB Killam Branch and the Flagstaff 4-H District received the opportunity to host a community concert with Gord Bamford.

The highly anticipated concert played in front of a sold out crowd of approximately 490 people. There was even a waitlist for tickets!

4-H members Alyssa Barbero of Pincher Creek and Christina Folsom of Hill Spring set the stage as opening acts for an outstanding night of performance by Gord Bamford, including his hit songs “Rowdy Boys”, “Hank Williams Lonesome” and “My Daughter’s Father” from his Day Job Album.

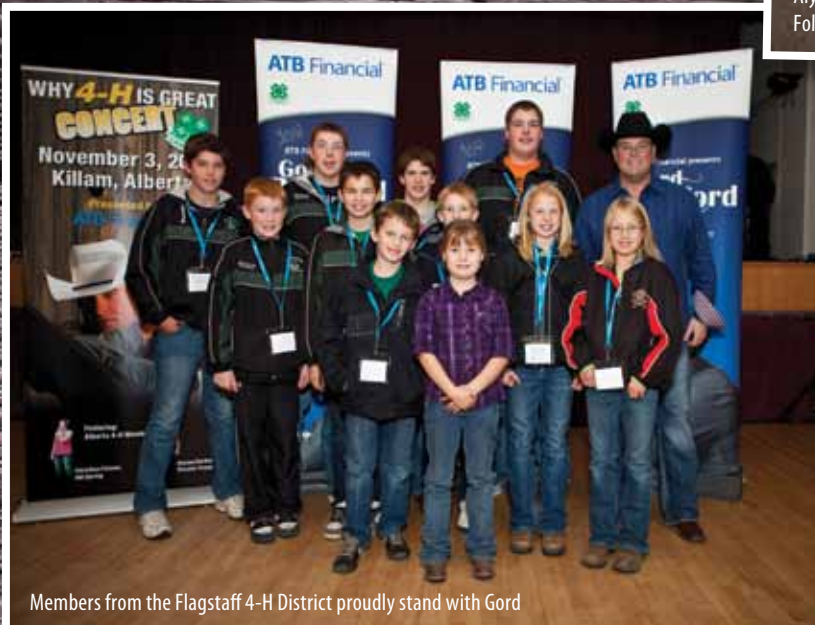
The concert tickets were sold as a fundraiser in support the Flagstaff 4-H District raising \$13,000 that will directly support the 4-H clubs in the district. 🍀



Gord Bamford performing at the Why 4-H is Great Concert



Alyssa Barbero of Pincher Creek (r) and Christina Folsom of Hill Spring (l) opened for Gord at the concert



Members from the Flagstaff 4-H District proudly stand with Gord



One lucky, and excited, audience member is presented with an autographed guitar from Gord

Club+District Articles

FULL SPEED AHEAD

BY: BROOKLYN COLLARD

Club Reporter, Millarville Saddle Sores

In July and August, Canterra Energy sponsored four Deb Renger barrel racing clinics for 4-H kids on the beautiful Bar N Ranch, west of Turner Valley. Megan Rawn, Morgan Mills, Nevada Rowe, Nicole Oliver, Willow McDonald and Brooklyn Collard, from the Millarville Saddle Sores, along with ten other 4-H kids, attended Deb Renger's clinic on August 4th.

At the beginning of the day, Deb assessed our horses and when she got to me, she could tell immediately that it wasn't my project horse – it was my old 4-H horse. We spent the whole day learning how to become better barrel racers; most of the time was spent doing patterns to improve our turns. We only ran 2 barrel races – the first barrel race was for Deb Renger to assess our skills and the second race was for fun (and speed). One of the exercises involved six barrels set up in rows of three, all parallel to each other. We had to run all six barrels, alternating sides. Deb said we should practice lots of different barrel patterns so that the horses get better at barrel turns but don't get hot with the standard barrel pattern. Deb gave me many tips on how to go faster which is something I need to work on with my current project horse.

One of the tips that helped me was to start slow and perfect the pattern at a trot, then move up to perfecting the pattern at a lope, and then go even faster. Canterra Energy also sponsored a barbecue lunch for all the kids and their parents. At lunchtime, Deb taught us about caring for our horses and keeping them fit in between rodeos. Also, she told us that if you don't have a good attitude or believe you are going to win, you won't win. I learned to stay positive and try my hardest and can't wait to practice my new skills in the next rodeo. Thanks, Deb and Canterra Energy – it was a great day! 🌟



(L to R): Megan Rawn on Hal, Morgan Mills on Jo, Deb Renger, Brooklyn Collard on Giver.



Lacombe Outsiders visit the Yukon

Discovering Canada's Big Backyard

BY: KASSIDEE CAMPBELL

Member, Lacombe Outsiders 4-H Club

When you live in Canada, especially Alberta, the thing we try hardest to do all year is stay warm. So when the Lacombe Outsiders 4-H club decided to go to the Yukon as a summer camping trip I was a little sceptical. Tenting in the Yukon? Where winters can get as cold as -60 C? Not most people's idea of a nice summer!

Finally, after a very early morning, we were on our way. During our ten day excursion, six of the days were spent on the bus trying to get there and many of the nights spent tenting. We were able to see the Fallen Four memorial in Merthorpe, and count the miles on the Alaska Highway. We met up with the Beacon 4-H Club and went caving before enjoying some July 1st fireworks. Who would have guessed you could walk in a desert in the Yukon? A hike in the Carcross desert was a first for many. We got to spend a few hours in the Liard hot springs which provided a night of relaxation. The activity that received the most positive feedback was our day of white water rafting, where boats were flipped and everyone, at some point, found themselves in the water. A great experience was going into Skagway, Alaska, where we rode on the White Pass Railway and had a chance to do some souvenir shopping for everyone back home. We had other adventures as well, including going to see the Frantic Follies vaudeville revue, canoeing, museum touring, and a trip to the Yukon Wildlife Preserve.

When it was actually time to leave we were all sad to go, but we were also unbelievably tired, especially considering over 20 hours of the day the sun was shining. If we have learned anything from this trip it is how many misconceptions we have about the world around us, and I hope to continue this learning experience in the future and see more of Canada's great big back yard. 🌟



Oyen 4-H Multi Club, Back Row (l-r) - Kay Dingman (General Leader), Erica Wright, Marilyn Yanez (Leader), Tara Dingman, Cathy Shields (President), Alana Holland (Activities Coordinator), Daniel Yanez, Whitney Flanagan, Ashlyn McCormick, Kendra Flanagan, Liliana Yanez and Sean McCormick (Project Leader)

OYEN MULTI CLUB SHOOT FOR THE STARS

BY: KAY DINGMAN, General Leader, Oyen 4-H Multi Club

A small group of enthusiastic girls, interested in crafts and sewing, came together to re-organize Needles & Pins 4-H Club in 2010. At the Christmas Fair, members helped sell the wreaths they made, and also helped children select inexpensive gifts for their friends and family. Members helped raise over \$600.00 towards new chairs for the Oyen Community Center. Three of our members attended "Something to Say", and recommended all of our members attend as soon as they're eligible!

Our members voted to become a Multi-Club in the fall of 2011, and were pleased to welcome 12 members and their families. With new and returning members, leaders, volunteers and many parents, this 4-H year was shaping up to be a good one!

We began our year right after Thanksgiving with one of our most popular projects, photography, which has eight members. The first session with Sean McCormick at his studio was amaz-



Dalton Dingman thrilled to get a little messy for his first 4-H project

ing, project members couldn't wait to get to their homework assignment!

Andrea and Jack Shields hosted concrete working and astronomy at their farm. Andrea kept our members busy with concrete casts then astronomy games and presentations. Later, Jack manned the telescope to help us see Jupiter and its four moons.

Next up was woodworking. This project was so popular we had to split the group in two! Darrow and Carol Tye, along with Debbie Kovitch, had our first group sanding and painting way ahead of schedule. We added another metalworking session to keep the waiting woodworkers busy. This delightful group of metalworkers focused on safety, planning and design. They also managed to get some frame work done on their model size sheet metal projects. Come January 2012, woodworkers and metalworkers will switch, photography will begin its second session and crafters will continue crafting.

We hope to have another astrophotographical excursion in July 2012 followed by some small batch canning in August. Don't forget to "like" Oyen 4-H Multi Club on Facebook! 🍀



Kelsey Simpson presents \$2000 to the Make a Wish program, Mark Kropinski accepts



Tyrell presents Wyatt with buckle for Jr. Breakaway roping.

WRANGLERS HELP MAKE WISHES COME TRUE

BY: SHARON KELTS, General Leader, Neutral Hills 4-H Rodeo Wranglers

In addition to members busily working on their projects, the Neutral Hills 4-H Rodeo Wranglers have been working hard for points towards their Award of Excellence medallions and raising money for excellent causes!

For the last few years, the Neutral Hills 4-H Rodeo Wranglers have collected cans from the local rodeo, in addition to helping out at the event wherever they were needed. With the money collected from depositing the cans, and the funds graciously donated by the Gooseberry Lake Association, the club decided to make a donation to a foundation of some kind. As an entire club it was decided that this year we would donate the \$2000.00 raised to the Make A Wish Program. A few young people in our community have been able to take part in this program before, so we thought it would be a great choice. 🍀



My Alberta 4-H...

**MEMBER OF THE BON ACCORD
4-H CLUB AND THE VIMY DUN
ROBIN 4-H MULTI CLUB.**

**ENROLLED IN BEEF STEER, BEEF
HEIFER, COW/CALF AND GOAT
NANNY BREEDING PROJECTS.**

**SEE WHAT JACOB ONYSCHUK'S
4-H LOOKS LIKE.**

People often ask "What is 4-H?" and I'm always happy to tell them that 4-H is a youth organization for both urban and rural youth to learn about a project they are passionate about, while also learning important life skills such as public speaking, judging, and how to run a meeting.

But to sum up My Alberta 4-H, I'd say for me 4-H started just over three years ago as I prepared to graduate from high school. Since I started a little later than most, I have always considered myself a sort of exception, yet, for some reason, I always have felt that I fit right in. What a diverse organization Alberta 4-H is! In these short three years, I have grown as a person, had many life changing experiences and been launched into a world of opportunities. 4-H has opened my eyes to the world of agriculture, cattle, showing and farming. This year, apart from being involved with my two clubs, I am the Vice President of our Sturgeon District and Chairman of the Northwest Regional Beef Committee.

I am currently in my third year of a BSc in Agriculture at the University of Alberta and hope to someday work in the agriculture industry in a communications or promotions department. Without 4-H I would have never found my passion, or learned how rewarding it is to be able to speak in public, and successfully run a meeting. I consider myself to be unbelievably lucky and will be forever grateful to Alberta 4-H and all the people who have helped me along the way. ❁

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Pictured is 4-H Member Tana Millard from Ponoka.

* Valid from September 30, 2011 until September 30, 2012. Discount for 4-H Club Members only. Must be presented with valid 4-H member card. Offer does not apply to feed or animal health products. Cannot be combined with any other offer. Visit your local Farm and Ranch Supply store for full details.

