

Alberta

VOLUME TWO • ISSUE TWO
FALL 2006

4-H MAGAZINE



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Contests

5

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Submission Guidelines

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

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

Please submit:

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

Please avoid submitting:

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

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

Alberta 4-H Magazine

Editor:

Vanessa Goodman
4-H Specialist – Communication and Marketing

Administrative Assistant:

Cathrine Schribar

Design & Layout:

Perpetual Notion Inc. – www.perpetualnotion.ca

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

4-H Branch

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

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

Deadlines for submissions:

March 1, August 1 & November 1

Distribution to public:

April 1, September 1 & December 1

Advertising Inquiries

Please contact the 4-H Foundation of Alberta at 1.877.682.2153 or foundation@4hab.com

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

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

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on the cover

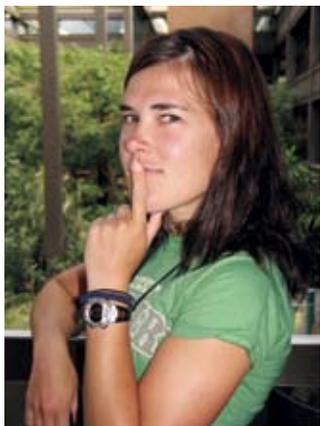
Hayley White (left) and Carly Wilkes (right) taken at Junior Camp at Alberta 4-H Centre.

oops...

On page 25 of the 2006 Spring edition of the 4-H Magazine, Gil Grand's name was incorrectly spelt "Gil Grande."

The editorial staff at the 4-H Magazine apologizes for this oversight.

Editorial



The night before I started this position, I stared at my ceiling, baffled at what it was that I had gotten myself into. May 2, 2006 marked my first day, ever, with 4-H and from May 2 until August 31, I have been baffled by how it was that I missed out on this amazing program (trust me, my parents have been talked to about this oversight).

I have had the privilege of getting to know the Ambassadors and marvel at their conduct, their maturity and their contagious excitement for 4-H. I

have gotten to hang out with the awesome crew that is this year's summer staff, and have been amazed at both the activities and sessions planned by summer staff and the delegates who attended the various camps and programs. I have observed the zeal that each Regional Specialist has for their individual regions, and their dedication to making sure that each of their Regional and Provincial events are exceptional.

The impact that 4-H has on its member's professionalism and performance has been obvious from the first time I walked through the doors of the Alberta 4-H Centre for Ambassador Training and has been reaffirmed for me at every event that I attend. I have spent the past 16 weeks of my summer in awe, in spite of having my first 'shoe meets horse manure' experience, as well as having spent the past 16 weeks in a state of constant fear that I would be punted by the wayward leg of a heifer (note appropriate naming of cow).

And as much as this editorial sounds like it is about me and my experience, I mean it to be a credit to you—all of those involved in 4-H who may or may not know the difference that you are making in the lives of your community. Now, having spent the summer from the 'outside looking in', I wanted to make sure that everyone who has taken me in and has taken the time to show me 4-H, has amazed me with the exceptional members, programs and experiences that 4-H has to offer.

Thank you for an unforgettable summer,

Jess Hainstock

GUEST EDITOR

SUMMER 4-H MEDIA RELEASE COORDINATOR

Contact List

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

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Contest

Cleaver on the Move

Contest Deadline: February 25, 2007

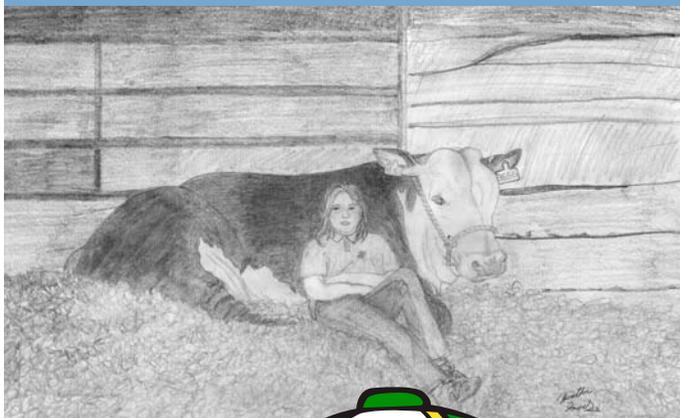
Ever wonder what Cleaver is up to when he is not busy shaking hands and kissing babies? His schedule has been so hectic this summer that he feels like he is not keeping up with what is going on with 4-H, so he has decided that in his down time, he is going to cruise through the information on the pages of the 4-H website.

For the next 6 months Cleaver will be surfing around on www.4h.ab.ca and we want you to find him! Between the 15th and 25th of every month (beginning on September 15 and ending on February 25) he will make an appearance somewhere on the website. He might be on the main page, or perhaps a Regional page or maybe he has gone to read up on the Legacy Fund. It's anyone's guess!

All you have to do is make sure that you visit the 4-H website between the 15th and 25th of every month (and any other time that you just want to see what's new with 4-H), fill out the form below, and state the page address that you spotted Cleaver. If you get all of the answers right, your name will be entered in a draw. The diligent Cleaver-spotter whose name is drawn will have their efforts rewarded with a digital camera!

Please mail this entry form by February 25, 2007 to the 4-H Branch Office. 🌱

Art Contest Winner Heather Goetz!



Official Entry Form

ANSWER EXAMPLE: WWW.4H.AB.CA/LEGACY FUND

SEPTEMBER 15 - 25

OCTOBER 15 - 25

NOVEMBER 15 - 25

DECEMBER 15 - 25

JANUARY 15 - 25

FEBRUARY 15 - 25

NAME

AGE

MAILING ADDRESS

CLUB NAME

PHONE

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

Signature of parent or guardian (or 4-H member if aged 18 years or over).

SIGNATURE OF PARENT OR GUARDIAN

Send submissions by February 25, 2007 to:

4-H Branch
200, 7000 – 113 Street
Edmonton, AB T6H 5T6
Fax: 780.422.7755

Provincial Events



Calgary Calaway Caper



West Central Ski Trip

You know what's great about 4-H?

Yeah, that part is fun....
Uh huh, that's a pretty good time as well....
Oh, you're right—I forgot all about that....
Okay, well you know what else is great?

4-H has recently partnered with our sponsors in order to create another opportunity for 4-H members and alumni. Check out www.4h.ab.ca and click on "Job Board" for seasonal, temporary and career job postings, advertised by the companies that have been supporting your 4-H initiatives for years.

It only makes sense.

Calling all Past and Present 4-H Members, Leaders and Volunteers!!!

Alumni clubs across Alberta have a new focus. **FUN FUN FUN!** Our goal is to keep people connected to the 4-H Family and we are looking for members.

If you 18 or older and would like to get together once a month with other past 4-H'ers please contact the alumni closest to you!

We have 5 Alumni Clubs across Alberta.

Grand Prairie

Contact: alberta4halumni@hotmail.com

Northwest (Edmonton)

Contact: nw4halumni@hotmail.com

West Central (Red Deer)

Contact: marshmans@hotmail.com

Calgary

Contact: calgary4halumni@gmail.com

South (Lethbridge)

Contact: leth4halumni@hotmail.com

Or contact the Alberta Alumni at alberta4halumni@hotmail.com



Heather Polasek, Caitlin Smith, Mary Kwong, The Honourable Norman Kwong and Jennifer Danielson

Alberta Girls Parliament

BY HEATHER POLASEK

CLAIRMONT MULTI 4-H

I recently attended the 35th Alberta Girls Parliament Session and it was a blast. As a 4-H member, being accepted into a program that is Girl Guide run was incredible. At this week-long event we held our own pretend parliament where we did live debates; it was a lot of fun. I learned so many fascinating things about parliament.

We also got a guided tour of the Alberta Legislative Building and were given time at West Edmonton Mall. We had guest speakers who came and talked to us about politics and about the opportunities we have available to us. At our opening debate we had a visit from The Honorable Norman Kwong and his wife The Honorable Mary Kwong who is the Alberta Girls Parliament's Lieutenant Governor.

I had an amazing time and can't wait for next year. 🌿

4-H and EnCana Radio Spots

BY SUSANN MCGOWAN

4-H FOUNDATION OF ALBERTA

EnCana has been working behind the scenes of the Alberta 4-H program over the course of the summer. EnCana provides great opportunities for 4-H members. Eleven members and 5 leaders were selected to draft a script on a designated topic related to 4-H. They then recorded their script either on location in a radio station or over the phone with Tiessen Media. These radio spots were aired during the Chuckwagon Radio Network Broadcast throughout the summer. In total, 53 4-H promotional ads sponsored by EnCana were aired from May 31 to August 20. Thank you to the members and leaders that participated by drafting scripts and taking the time to record the radio spotlight. Also, a thank-you is in order for EnCana for sponsoring this fantastic promotional opportunity and Teissen Media for their production expertise. 🌿



How To Be An Effective Representative....

If you hold the position as your club's representative at District 4-H Council, it is important that you do this to the best of your ability. Representing others is a big responsibility.

Qualities of a Good Representative

Club representatives will possess the following qualities:

- An understanding they represent their club, not themselves as individuals.
- Regularly consult fellow club members to gather their views and opinions before attending District meetings.
- Ensure that the opinions and views of others are passed on.
- Regularly attend meetings, ensuring that they contribute to discussions.
- Always report back to their club on the meeting's outcomes, decisions and the responses to issues raised on other people's behalf.
- Maintain two-way communication between you and your club; your club and the District Council; and other clubs in the district.
- Stick to deadlines for gathering and passing on information.

Obtaining Others Views

To assist in obtaining others views, before attending a meeting, it is wise to introduce a system of gathering information. This can be done in a variety of ways including:

- Meetings – held with others before a meeting
- Email – sent before a meeting requesting any issues that others want you to raise on their behalf
- Comment box/sheet – a box or sheet where others can write or submit their issues

Being a representative can be fun and exciting; it enables an individual to gain new skills.

Top Five Tips to be an Effective Representative

- Put forward the views and opinion of your organization, not your personal views
- Consult with others before attending any meetings
- Report back to others in your organization on the outcome of meetings
- Establish two-way communication between yourself, other members, and external organizations
- Stick to deadlines

Adapted from "How 2 ... be an effective representative". Used with permission from the British Youth Council (BYC) – the voice of young people in the United Kingdom. Visit their website at www.byc.org.uk.

4-H Building Councils would like to thank Agriculture and Agri-Food Canada and Apache Canada for their generous support of this project. 🌿

Ask An Expert

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



Cleaver the Beaver, 4-H Mascot

You seem like you're always so busy as the 4-H mascot, getting to do so many cool things. What is the best thing about being Cleaver?

It's so hard to choose just one thing... but I think that my favourite part of being a mascot is getting to go to all of the fun events and seeing so many excited and happy people. When I am invited to programs like 4-H on Parade and Focus on 4-H, I can hardly sleep the night before! I think that it's impossible to not have fun at events like those. At the Stampede or Capital Ex, I walk around and have pictures taken with people on the midway. I hear great live music and eat as much cotton candy as I want! There are a ton of great things about getting to be the 4-H mascot, but my most favourite will always be anytime that I get to spend with the people of 4-H. – Cleaver

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Tom Blackett, Key Member

How do you find the time to organize a public speaking workshop when you are in school and have your own project to worry about?

Finding time to organize a public speaking workshop is not a big problem because we planned out basic workshop outlines during the Key Member Retreat. The Key Member Retreat is a weekend in October at the Alberta 4-H Centre where all of the Key Members in the province meet and plan different workshops in small groups as well as meet new friends that you will see again throughout your 4-H career. The majority of the workshop planning was done at the retreat and then we just added finishing touches and appropriate activities before we actually present the workshop. If you feel overwhelmed with 4-H and school, especially in Grade 12, you can always contact one of the Key Members in your Region for help. If you wish to be more involved in 4-H then becoming a Key Member is a perfect way to go! – Tom

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Nicole Hurt, Ambassador

I'm 12 and in my 3rd year of 4-H. I really want to be an Ambassador, but I am really scared of public speaking. Do you have to do a lot of public speaking when you're an Ambassador?

Being an Ambassador provides you with a lot of great opportunities, many of which involve using your public speaking skills. Some of the Ambassa-

dor activities that require public speaking are presentations aimed to promote 4-H, media interviews, sponsor appreciation and at Provincial Leader's Conference. Don't worry if you are still nervous about speaking in public. In a few years, when you are eligible to become an Ambassador, you will have had a lot more practice and you will hopefully be fairly confident in your public speaking skills. And even if you do become an Ambassador and are still apprehensive about public speaking, there are numerous other occasions which you can dedicate your time and many other talents in order to help enhance the 4-H program. – Nicole



Bonnie Litwin, Volunteer Club Leader

Do you have any suggestions to make sure that club meetings start on time and keep members interested?

With most clubs, getting club meetings started on time is an ongoing problem. My suggestion is to have the Club President always start the meeting on time whether everyone is there or not. Members and parents will

soon get the idea that meetings start at a certain time, and will learn to be on time instead of arriving late, expecting the meeting to start late. I might add that even though this is good advice it doesn't always happen in our club, but we certainly make an effort. As for keeping members interested, let them run the show and try to keep the leader/parental input to a minimum. Plan a guest speaker or a different activity for each meeting and be sure to keep the business meeting less than an hour long. – Bonnie



Carol High, Key Leader

What are the basic requirements for starting up a 4-H club?

Starting a new club is always an exciting venture. The basic requirements are as follows: 1) Have leaders to guide your club and educate members on their projects. 2) Clubs must have a minimum of eight (8) members, age 9 to 20. 3) Understand that the club

must have a minimum of six (6) business meetings throughout the year.

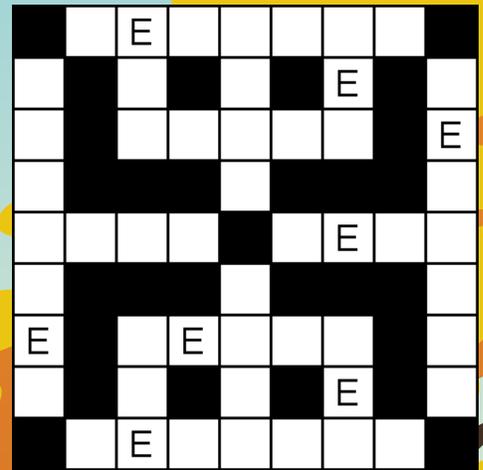
However, the most important requirement for starting a new club is to have youth who would like to enhance their knowledge and show off their achievements and skills—truly to “Learn to do by doing”! And don't forget, Key Leaders in every district are there to help all clubs, both new and old, with all their 4-H needs! – Carol

FUN AND GAMES

CROSSWORD

There are no clue numbers in the grid. Use your powers of deduction to put the right words in the correct positions in the grid. All the E's have already been filled in.

- One of the two horizontal 7-letter words is the European country which hosted the 2006 World Cup and the other is a bird with a large bill.
- One of the two vertical 7-letter words is a month of the year and the other is parts of a minute.
- One of the 5-letter words is a fish and the other is groups of players.
- The 4-letter words are paddles; nothing; cab; Neil Armstrong was the first man to stand on it.
- The two 3-letter words on the left are take food and part of the foot.
- The two 3-letter words on the right are a large area of water and something used to catch fish.



BOX O' NUMBERS

9	23	30	37	51	58	72	79	93	100
---	----	----	----	----	----	----	----	----	-----

There are ten numbers in a box. Between each digit is a 7-number increase — Can you see which numbers are missing and what those numbers should be?

THREE GENERATIONS

The grandson is about as many days old as the son is in weeks. The grandson is approximately as many months old as the father is in years. The ages of the grandson, the son and the father add up to 12 years. What are their ages?





Stacey Pasicka (EnCana), Shane Cartier and Trena Schwerdt

WPCA – 4-H Mentorship Program

BY SUSANN MCGOWAN
4-H FOUNDATION OF ALBERTA

4-H members were busy grooming, cooling down horses, helping hook wagons, cleaning and maintaining harnesses, and completing early morning and post race chores with the World Professional Chuckwagon Association this past summer. The WPCA-4-H Mentorship program was extremely successful in its first race season. “EnCana is thrilled to sponsor the WPCA-4-H Mentorship Program which provides 4-H members with a unique, hands-on experience in the dynamic and exciting world of chuckwagon racing,” remarked Mary Ann Steen, Manager of Public Relations for EnCana.

4-H members had the opportunity to get their hands dirty with a World Professional Chuckwagon family. Four different members were selected in each of the 10 Dodge Pro tour stops, allowing each member to spend one day or the entire show with the WPCA driver while in their hometown.

“I learned about the parts of

the harness, the rules of chuckwagon driving and racing, and also about the care and training of the race horses. It was a great experience,” commented Brittany Dimion, participant from the Clear River 4-H Club.

4-H members were required to write an essay outlining their horse experience and explaining why they should be chosen to go behind the scenes with a WPCA driver. Members 12 years or older who demonstrated initiative and a good work ethic, and were not necessarily from a 4-H horse club were encouraged to participate.

4-H members were partnered with one of these 5 drivers and their families: Jerry Bremner, Shane Cartier, Rick Fraser, Chad Harden and Obrey Motowylo. These drivers are family orientated and take the sport of chuckwagon racing serious. Rick Fraser states “That it doesn’t matter your culture or your race, once you are part of the chuckwagon family, you’re family.” Many members said that the drivers made them feel like part of their family.

After experiencing the sport of chuckwagon racing it is quite likely that one becomes hooked, but being behind the scenes makes you a fan for life, stated best by Taya Keujer, Lethbridge

FUN FACT

Ants don’t sleep

Coaldale 4-H Beef Club, who worked with Jerry Bremner. “Every night when the chuckwagon races are on TV, I’m the first one to the couch and the last one off, cheering on Jerry and his horses,” admitted Taya.

4-H members were able to meet other WPCA drivers and their families, as well as rodeo and WPCA officials while spreading the 4-H spirit in the chuckwagon barns.

“What I learned from the drivers will be taken and applied to other endeavors,” commented Stacey Kading, Dusty Plains 4-H Club, mentored by Shane Cartier.

This program was administered by the 4-H Foundation of Alberta. If you would like more information please contact us at 1-877-682-2153.

Many can’t wait for this program to come around again, so make sure you don’t miss out in the 2007 race season. Watch for it! 🍀

Provincial Events

OCT 13-15

Provincial Key Member Training

OCT 20-22 LEADERS

Provincial Small Animals, Technology and Trade 4-H Leaders’ Forum (SALTT)

OCT 27-29 LEADERS

Provincial 4-H Key Leader Training

NOV 17-19 LEADERS

Provincial 4-H Beef Leaders’ Update (BUD)

JAN 12-14 LEADERS

4-H Leaders’ Conference

VARIOUS

AgriVenture 4-H Adventure Opportunity

JAN 26 - 28

Senior Members Conference

MARCH

Alberta Girls Parliament

Building a Legacy for Alberta 4-H

Alberta 4-H’s “Building a Legacy” initiative is a primary goal of the 4-H Foundation of Alberta. Alberta 4-H is blessed with vibrant volunteers and dedicated staff, enthusiastic 4-H members and phenomenal corporate support.

2007 marks the 90th anniversary of 4-H in Alberta. To recognize this milestone the 4-H Foundation of Alberta is conducting a donation campaign to enhance our Alberta 4-H Legacy Fund.

The goal of the “\$90 Dollars for 90 Years” campaign is two-fold. It is our hope that our 4-H family – members, leaders, clubs, councils and alumni would raise \$90,000 with an additional \$90,000 donated by our 4-H corporate and private supporters. Charitable tax receipts are available for all donations.

“We have seen a great increase in support from our 4-H sponsors, for not only Provincial 4-H Programs but also for our 4-H Regions, Districts and Clubs. This campaign will give us, as 4-H individuals who have benefited from our program, a great opportunity to support our future 4-Hers”, encourages Greg Hawkwood, Campaign Chair, 4-H Foundation of Alberta.

The Alberta 4-H Legacy Fund provides funding support to Alberta 4-H by using the interest earned on the fund during the previous year. The 4-H Foundation of Alberta manages this fund, which is owned by all Alberta 4-H members, leaders, clubs and councils. The fund’s goal is to improve the long-term quality of the 4-H program in Alberta, plus provide opportunities for youth and volunteer leaders.

Continued

In the 2006-2007 4-H club year, the Alberta 4-H Legacy Fund will provide **\$100** to each Alberta 4-H District Council to use towards the enhancement of 4-H District programs by providing educational and recreational opportunities for members and leaders. Over the past five years, this fund, which has \$150,000 in principle, has provided over \$25,000 in grants to Alberta 4-H groups.

The 4-H Foundation of Alberta is committed to growing the Alberta 4-H Legacy Fund to a point where it can provide an automatic yearly grant to clubs and districts.

For further information or to contribute contact:

4-H Foundation of Alberta
RR #1, Westeros, Alberta
TOC 2V0
P: 1-877-682-2153
F: (780) 682-3784
E: foundation@4hab.com

4-H Foundation of Alberta: Call for Directors

Do you have experience in business or working with community organizations? If so, we would like you to consider serving as a volunteer on the Board of Directors for the 4-H Foundation of Alberta.

The 4-H Foundation of Alberta operates the Alberta 4-H Centre and has financial responsibility for a number of Alberta 4-H funds. We also administer the Alberta 4-H Scholarship program, coordinate a number of provincial

fundraising activities, assist 4-H groups with grant applications and contribute to sponsor recruitment and retention.

The Board of Directors meets three times per year at the Alberta 4-H Centre. At these Board meetings, Directors are updated on ongoing projects, and the group reviews and approves future plans for financial enhancement of the Alberta 4-H program. Each Director is assigned to a committee that will meet in person or via conference call as needed during the year.

Each year the 4-H Foundation Board will elect a minimum of three Directors to a two-year term and one Director to a one-year term. Interested individuals are asked to fill out an applica-

tion form. Everyone applying is then interviewed by the Alberta 4-H Partners Nomination Committee consisting of representatives from Branch, Council and Foundation. The Nomination Committee makes a recommendation to the Board for election of Directors.

The application deadline is October 14 with interviews being conducted in November and a recommendation being made at the November Board of Directors meeting. All applicants are informed by November 30 of the results of this election.

For additional information and/or an application form, please contact Bruce Banks at 1-877-682-2153 or via email at bruce.banks@4hab.com. 🍀

FUN FACT

More people are killed annually by donkeys than die in car crashes



IVOMEC® USER SINCE AGE 10

By supporting 4-H, IVOMEC is building a healthy future for Canadian beef.

There's a lot we could say about IVOMEC's 20+ year track record of trusted, proven parasite control. But we think the look on this 4-H member's face says it all. For him, and us, it's really about pride – pride in a job well done, and being a vital part of Canada's cattle industry. IVOMEC helps keep that pride alive with support for 4-H clubs across the country.



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makes good things happen.

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 IVMO-06-2566-4H/JA(E)

Gifts & Award Catalogue Order Form



New 2006 items are available for viewing on the 4-H website (www.4h.ab.ca)

PHONE: (780) 682.2153 FAX: (780) 682.3784 E-MAIL: FOUNDATION@4HAB.COM

Club Name:		Club Contact:
Address:		Postal Code:
Phone:	Fax:	E-mail:

CODE	ITEMS (AS OF JANUARY 1, 2005)	PRICE	QTY.	\$ AMOUNT
05-001	Sports Bag (Green)	\$40.00		
05-015	Brief Case with Shoulder Strap (Black and Grey with Green Silk Screen logo)	\$12.00		
01-008	Large 4-H Hard Cover Zipper Portfolio (11" x 14")	\$30.00		
99-003	4-H Zipper Organizer – 5" x 7"	\$15.00		
98-022	Judging Bi-Fold Clipboard (green only)	\$7.00		
04-001	14 oz. Thermal Mug (Green)	\$7.00		
05-016	Stainless Steel Thermal Mug	\$15.00		
01-002	10 oz. Clear Glass Coffee Mug	\$6.00		
01-003	Set of 6 – 10 oz. Glass Coffee Mugs (not shown)	\$30.00		
05-001	Ceramic Coffee Mug	\$8.00		
05-002	Set of 4 Ceramic Coffee Mug	\$30.00		
05-003	12oz Drinking Glasses	\$7.00		
05-004	Set of 6 - 12oz Drinking Glasses	\$35.00		
04-002	34 oz. Green Water Bottle	\$10.00		
05-002	Photo Frame/ Album (holds 100 photos)	\$28.00		
02-007	Alberta 4-H Council Pin	\$3.00		
03-004	PVC Cleaver the Beaver Key tag	\$5.00		
03-005	Key Chain with Plastic Tag (Cleaver the Beaver)	\$3.00		
02-005	Black Pen & Pencil set with Gift Box	\$12.00		
01-005	Thank-You Pen Qty. Each (Green only)	\$10.00		
01-007	Pen Gift Box (For Thank-You Pens)	\$2.00		
05-011	Pen Calculator Combo in magic case	\$7.00		
05-003	Ball Point Pen	\$1.00		
05-003	Wood Pencils	\$1.00		
05-004	Rubber Eraser (White)	\$1.00		
05-001	Cleaver the Beaver Beanie Baby	\$10.00		
05-009	Green Bracelets (Head-Heart-Health-Hands)	\$2.00		
05-013	4-H Ball Cap	\$13.00		
05-010	Travel Alarm Clock	\$10.00		
05-005	Pocket Tool (Limited Quantities)	\$8.00		
05-007	4-H Favorites Cookbook	\$25.00		
05-008	Focus on 4-H Favorites	\$40.00		
03-003	Family Treasures A Century of 4-H NEW cookbook	\$25.00		
01-012	Hornel Calculators	\$25.00		
	Please enclose Cheque, Money Order or Visa/Mastercard with order. Please add a shipping cost of \$10.00 for orders that require mail delivery. (Does not apply to pick up orders)	\$10.00		

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Cheque number:		
Name on card:	<input type="radio"/> Visa <input type="radio"/> Mastercard	
Card number:	Expiry:	
Customer Signature:		

Wow, What a 4-H Summer!

BY SHARI HAGSTROM

4-H AMBASSADOR

Great weather and very little rain were ideal conditions for 4-H programs across the province. Many enjoyed attending Selections, Beef and Dairy shows, Judging, Horse Classic and the best thing about being a 4-H member - summer camp. The Ambassador group enjoyed the challenge of being on planning and organizing committees for these events. A big thank-you goes out to all the volunteers at these events.

Thanks are also in order for all the sponsors of the summer programs, trips and exchanges; without you 4-H wouldn't be the same.

Welcome to the 2006 Ambassador group and congratulations to the 2006 Premier's Award winner, Ryan Hodgson. Man do you look good in a suit! We say a sad good bye to our "faithful" leader Mark Muchka and a big welcome to Vanessa Goodman, the new 4-H Ambassador advisor.

We are looking forward to a great and exciting new 4-H year with new projects, new friends and another year of great programs to attend. The 4-H Ambassadors are in the process of planning the



Ryan Hodgson hypnotized

4th annual Senior Member's Conference with a few new twists, great speakers and lots of fun.

Please remember that the Ambassadors are at your disposal so don't hesitate to give us as a call for help in your club, district or region. Have a great fall!

Here's an introduction to the new Ambassadors in each region:

South

Mat Bolduc – Claresholm
Vanessa Steinbach – Bassano

Calgary

Ryan Hodgson – Okotoks
Nicole Hurt – Crossfield

East Central

Lucas Grover – Stettler
Krystal Stulberg – Endiang

West Central

Christina Janke – Alder Flats
Lee Simanton – Ponoka

Northeast

Brianne Bergerud – Edgerton
Mason Earle – Vermilion

Northwest

Jessica Verbeek – Morinville
Becky Zadunayski – Vimy

Peace

Marley Miles – Sexsmith
Trena Schwerdt – Worsley

These energetic and enthused first year Ambassadors will join the dedicated second year veterans in providing this province with a phenomenal resource. All Ambassador contact information is on the 4-H website on each of their respective regional pages. 🌱



Lee Simanton competing at Dairy Show



Lyle Weigum and Nicole Hurt at Beef Heifer Show

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South Region

How Do You Judge a Steak?

BY GINNY SMITH

4-H PROGRAM ASSISTANT

One hundred and seventeen Southern 4-H Region members tested their knowledge of prime Alberta Beef as one of the categories during the Regional Judging Competition held in Claresholm on April 20.

Members, leaders and parents of the South Country 4-H Judging Club hosted their 2nd Regional competition in 2006 after having held the 1st competition in January in Brooks. Claresholm attendees were impressed at the well-run competition. Along with the steak, competitors had the opportunity to judge swine, dairy, beef and draft horses.

Debbie Codan and Amy Rombough, a former equine 4-H member and leader respectively, represented our Regional Judging sponsor, AgriVet Health Centre Inc. These two women entertained members and parents by displaying interesting “items” including a complete (and still drying) skeletal system of an equine leg and hoof, not to mention a bovine heart. Debbie and Amy presented awards at the Claresholm competition to the top ten in each category including:

(1) Juniors: 1st Ben Puch, Foothills Beef; 2nd Kaitlyn Bolduc, South Country Judging; 3rd Kyle Zmurchuk, Kreative Kidz

(2) Intermediates: 1st Nathan Sereda, Kreative Kidz; 2nd Emily Puch, Foothills Beef/South Country Judging; 3rd Dalyce Unruh, Circle V

(3) Seniors: 1st Jesse Hein, South Country Judging; 2nd

Lexi Gray, South Country Judging; 3rd Jesse Baron, Brooks & Area Beef

AgriVet Health Centre Inc. also sponsored embroidered Director’s Chairs—tall chairs or wooden stools—as awards to the Aggregate top three winners for each category based on points received at both the Brooks and Claresholm competitions:

Juniors: 1st Ben Puch, Foothills Beef; 2nd Kyle Zmurchuk, Kreative Kidz; 3rd Nevin Sereda, Kreative Kidz

Intermediates: 1st Emily Puch, Foothills Beef/South Country Judging; 2nd Dalyce Unruh, Circle V; 3rd Nathan Sereda, Kreative Kidz

Seniors: 1st Lexi Gray, South Country Judging; 2nd Erin Friesen, Vauxhall Beef; 3rd Jesse Baron, Brooks & Area Beef

The volunteers who assisted at the successful event were recognized for their contribution. With knowledge gained and competencies demonstrated, the judging competitors headed home right on schedule. How many of them will be paying more attention to that steak on the barbecue now? 🍀

South Events

SEP 16

Invitational 4-H Rodeo

OCT 5

Regional 4-H Council Meeting

OCT 16

Warner District 4-H Council Meeting

OCT 18

Lethbridge District 4-H Council Meeting

NOV 4

Regional 4-H Learning Day



Junior Competitors



Intermediate Competitors



Senior Competitors

Hey You!

Do you play a musical instrument?
Are you on a hockey team?
Do you take dance lessons after school?
Did you know that any of these activities could be turned into a 4-H Project?

If you are a member of a team or club outside of 4-H, ask your club leader about something called “Creative Options” or visit www.4h.ab.ca and check out our Resources section. You’ll be pumped that you did.

Read “Hey! Who’s Stealing My Horse” on page 37 of this magazine for a look at how one club member took a hobby and turned it into a project, a passion and a pursuit.



Southern Region Summary

BY GINNY SMITH
4-H PROGRAM ASSISTANT

The past few months have presented ample opportunity for Southern Region members to get together, have some fun and learn. Here's what's been going on:

Two Regional Communications Competitions were held, each on March 18th, in Claresholm for members of the Southwest districts and in Brooks for members of the Southeast districts. Both events were really well run by the volunteer parents and leaders, with great participation in both Public Speaking and Presentations.

There was a 4-H Jackpot Rodeo held in Taber on April 15th. It was put on by the Coaldale 4-H Equestrian Club and was well attended by about 90 participants from across the Southern Region, plus a few from Calgary and Central Regions. A lot of fun was had by all and about 80% of the members were reported to have taken home some of the jackpot monies from each event.

Our second of two Regional Judging Competitions was held in Claresholm on April 20th and hosted by the South Country 4-H Judging Club (the 1st of the year was in Brooks in January). Approximately 100 participants judged three various livestock categories, as well as steak. The sponsor, AgriVet, had a display on hand and AgriVet representatives were quite impressed with the abilities and personalities of the members. Aggregate awards were presented in Junior, Intermediate and Senior categories, based on these two competitions. We are fortunate to have some very talented members in the South!

The First Regional Sheep Learning Day was held on April 21st in Taber. Various sessions provided information for project members and the day was a great success. We are looking forward to the next one!

Like everywhere across the province, many club members participated in the Annual Highway Cleanup on May 6th. The weather was decent, with no rain and little wind, in most of our southern locations.

Approximately 110 members and 55 leaders attended the 4th Annual Regional Horse Learning Day on May 13th in the Stavely arena, represent-

ing 16 different horse project clubs and 8 out of 10 Southern Region districts. Sessions included various hands-on opportunities such as leatherwork plus lecture and demonstration sessions including Self Esteem and Western Pleasure. This annual event continues to grow and offers members an opportunity to see the diversity of the equine industry.

Our various Achievement Day Show and Sales that are held across the region were successful and fun. Members were impressed to see newspaper and television coverage of their proud moments.

We were once again fortunate to participate in the WPCA Chuckwagon Races that provided great opportunities for the 4-H members in the areas

of Medicine Hat and Lethbridge. Many club members had opportunity to participate by either working at the races in the WPCA Benevolent trailer, working at the EnCana sponsored dinner events, or as being apart of the new mentorship program, which was very well received. It was a huge learning opportunity and many are looking forward to next year.

On June 17th, the Regional Heifer Show took place in Brooks with around 55 entries. It was a very well run show, and made for a fun time for members and parents too.

Our two summer Elkwater camps, Junior Camp on July 12 to 15, and Intermediate on July 16 to 20, were well attended and reports have been wonderful. The best was "On a scale of 1 to 10 it was a 9. The only reason it wasn't a 10 was that it ended too soon!" So come back next year, ya hear?

In celebration of the 100th anniversary of the Lethbridge Research Centre (which houses our Southern 4-H Regional office) 4-H will be adding a display to the "A Century of Service to Agriculture" festivities, which is the theme of the anniversary. 4-H is a huge part of agriculture and we are proud to be involved in this celebration! 4-H looks good on all of us! 🌱

Southern Alberta 4-H Regional Heifer Show

BY ANITA WEBB

The generous support of EnCana, Prime West and Highway Service made possible the Southern Alberta 4-H Regional Heifer Show held on Saturday, June 17, 2006 at the Silver Sage Arena. The day began with Key Members explaining how judges set up their show rings at cattle shows and was followed by a judging workshop.

Thank you everyone for coming, I hope that you had a good time. 🌱

Calgary Region

Largest-ever 4-H on Parade Marks Event's 30th Anniversary

BY JESS HAINSTOCK

SUMMER 4-H MEDIA RELEASE
COORDINATOR

It was a flurry of activity June 2-4 at the Calgary Stampede & Exhibition Grounds. The weekend marked the 30th anniversary of the annual 4-H event, 4-H on Parade. With three days of 4-H member's project showing and competing, a Saturday night activity involving over 400 youth members and a visit from Prince Edward, the Earl of Wessex, it is easy to understand why 4-H on Parade attracted 80% of the Calgary region's 4-H youth members.

Rob Smith, the Calgary and South Regional Specialist hailed this year's event as, "the biggest 4-H on Parade to date. Every project that exists in the Calgary region was represented this weekend." And every project was represented well. From Jennifer Price of Rosebud Sheep Club receiving Overall Grand Champion Flock Breeder to Bailey Larsen from Cheadle 4-H Club earning Hi Point in the Miniature Horse Show to Arrowwood River Wranglers and High River Stetsons tying for Hi Point Club in the Regional Light Horse Show, every participant's project dedication was obvious.

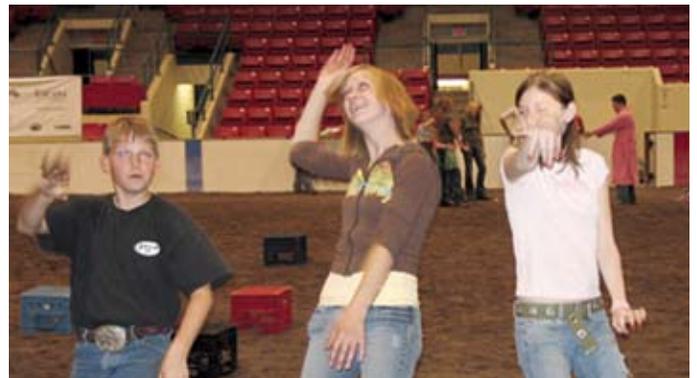
To further emphasize the variety represented at this year's 4-H on Parade, Friday night's Multi-Judging competition had a sixth category added to the standard mix, Horticulture. Two hundred

and sixty-five 4-H members tested their judging skills, making this Multi-Judging the largest judging event in the province. The re-introduction of the dairy show was well received, with Shae Copithorne and Margriet Appel, both from Mountainview Dairy, receiving Champion and Reserve, respectively, both in Showmanship and Dairy Championship classes.

After Sunday's showcasing of the canine, rabbit and cavy projects, event attendees headed to the Pavilion where member's sheep and beef projects were auctioned off as well as a charity lamb whose proceeds were donated to Alberta's Children's Hospital and a charity steer whose proceeds were allocated to STARS.

On the beef project side of things, Joel Hamilton of the Jumping Pound Beef Club, took home Supreme Purebred Champion Heifer with Rae-Lee Pieschel from Irricana Beef & Multi claiming the Supreme Crossbred Championship Heifer and Dustin Lamb of Balzac 4-H Beef getting Grand Champion Steer.

"It's all pretty exciting," Joel Hamilton commented after his winning Supreme Champion Heifer and Junior Purebred Grand Champion Showmanship. "It's my third year with 4-H and it just keeps getting better." This seemed like the overall mentality of the weekend, with the region's 4-H Alumni organization replacing the customary lip sync competition on Saturday night with "Passport to 4-H." Passport was an event planned for 25 teams of four, which exploded into an extravaganza of 75 teams of six. Teams were kept busy with Synchronized Corral Swimming, 4-H Scategories, indi-



vidual team presentations on their assigned Passport country and a scavenger hunt that encompassed the whole of the Stampede Grounds. After the dust had settled and the scores were tallied, it was the Balzac Beef Club #2 who came out as the top overall team in Passport to 4-H.

Lifeskills projects and displays filled the Producer's Tent. Calgary Southpaws Club was recognized with the Grand Champion Lifeskills Club Display. Chanelle LeBlanc of the Golden Rod Multi Club and winner of Lifeskills Junior Multi Judging Grand Champion commented that the Lifeskills offered in her

multi club are "a lot of fun—there are so many different projects to choose from and our leaders are great."

The Calgary Exhibition & Stampede Grounds hosts the annual 4-H event "Their involvement is pinnacle to the success of 4-H on Parade," Rob Smith commented. And considering the sunshine, the high number of participants and the overall enthusiasm, a success it was. 🌻

Calgary Events

SEP 16

Invitational 4-H Rodeo



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East Central Region

East Central 4-H Rodeo Results

BY JANET KERR

4-H SPECIALIST

The East Central 4-H Rodeo Circuit finished up on Sunday, June 25 at the Halkirk Rodeo Grounds. This was the third of three rodeos in the series. The Neutral Hills 4-H Rodeo Wranglers hosted the first rodeo on June 10 at Gooseberry Lake, the second was hosted by Castor 4-H Rodeo Club on June 24 at Halkirk and the third by Big Valley Outriders on June 25.

Belt buckles were presented for high point awards in each of the age divisions (Junior, Intermediate and Senior) as well as a buckle for Overall High Point.

Buckle winners were:

Juniors

BARREL RACING	ASHTON ZIEFFLE, NEUTRAL HILLS
POLE BENDING	ELLIOTT MABBOT, CASTOR
GOAT TYING	LUKE NIBOURG, CASTOR
KEYHOLE	LUKE NIBOURG, CASTOR
BREAKAWAY ROPING	JAYDON SMITH, KESSLER MULTI
STEER RIDING	BRANT JONES, NEUTRAL HILLS
HIGH POINT	ASHTON ZIEFFLE, NEUTRAL HILLS

Intermediates

BARREL RACING	JUSTINE SIMPSON, NEUTRAL HILLS
POLE BENDING	KELSEY SIMPSON, NEUTRAL HILLS
GOAT TYING	KEITH ORAM, CASTOR
KEYHOLE	SASHA SCHEFFELMAIER, CORONATION RANGE RIDERS
BREAKAWAY ROPING	KEITH ORAM, CASTOR
STEER RIDING	SCOTT GUENTHNER, NEUTRAL HILLS
TEAM ROPING	KEITH ORAM, CASTOR
HIGH POINT	SCOTT GUENTHNER, CASTOR

Seniors

BARREL RACING	BRITTANY MABBOT, CASTOR
POLE BENDING	BRITTANY MABBOT, CASTOR
GOAT TYING	JANELLE KIMBER, NEUTRAL HILLS
KEYHOLE	LAURIE GUENTHNER, NEUTRAL HILLS
BREAKAWAY ROPING	ERICA LEE, BIG VALLEY OUTRIDERS
STEER RIDING	LAURIE GUENTHNER, NEUTRAL HILLS
TEAM ROPING	BRITTANY MABBOT, CASTOR
HIGH POINT	BRITTANY MABBOT, CASTOR



West Central Region

Regional 4-H Horse Show

BY JANET KERR

4-H SPECIALIST

On June 2 – 4, the West Central 4-H Region held its 23rd annual 4-H Horse Show. The Red Deer Westerner played host to the event, which is one of the largest 4-H horse shows held.

One hundred and ninety-nine 4-H members, representing 21 clubs, showed 250 horses in 185 classes during the three-day event. One of the highlights of the event was the addition of dressage classes to the English activities held on the first day of the event. Other classes held on Friday included yearling and two year old showmanship, lunge line and in-hand trail, English Pleasure and Equitation, Hunter Hack, Working Hunter, Hunter Under Saddle and Open Jumper.

Saturday is always a busy day with four rings going for much of the day. Classes in the two main rings included showmanship, Western Pleasure, Western Horsemanship, and Reining. The other show two rings hosted the trail course. The Judging class, where members got a chance to evaluate a class of 4 halter horses, concluded the competition for the day, however the dance was the final event on Saturday.

Sunday is a much more relaxed day and it starts off with matched pairs, the command class follows and one of the highlights of the show—drill teams—is held just after lunch. This year we were fortunate to have 6 Drill Teams show off their skills and they certainly put on a great show! The stands were full and there were people standing all the way around the ring on the rail to watch the drill teams go through their paces. It was a close competition. Under the panel of three judges, the Silver

Valley Riders came out on top and there was a tie for second place between the Shadow Riders Junior Team and the Shadow Riders Senior Team. In the people's choice competition (voted on by all the

WC/EC Events

SEP 16

Invitational 4-H Rodeo

people in the stands), the Coal Trail Riders was first and Noble Riders was second.

The final events included barrels, pole bending and keyhole for the level 4 – 7 riders. The level 1 – 3 riders participated in thread the needle, walk, trot and run and dream weavers.

The three-day event concluded with the presentation of awards. The most prestigious award of the show is the Club Spirit Award that is voted upon by the clubs leaders and members who are participating in the show. It acknowledges a combination of sportsmanship, participation, stall decorations and cleanliness of the stall area. Voting is always close in this award and this year, congratulations go to the Noble Riders who came out on top in the voting. Runner up was the Blindman Club and third went to last years' winners the Shadow Riders.

All in all it was a very successful event and kudos to the organizing committee of volunteers who do a tremendous amount of work to make the show happen. Our thanks also go out to the many sponsors who support the show and the Red Deer Westerner and their staff who are great hosts for the event. 🌱

Northeast Region

Northeast Region Summary

BY JASON BOORSE

4-H SPECIALIST

Hello Everybody. For those who don't know, Leila Hickman is on a well-deserved maternity leave, and so while she is spending time with her newborn son, I will be filling in for her. I look forward to working with you in the short time I am here.

UFA Slo-Pitch Tournament

Continuing a long-standing tradition in the Northeast Region, the UFA Slo-Pitch Tournament was held on June 24, at the Pioneer Ball Diamonds in Vermilion. The Vermilion Sheep and the Vermilion Golden Thread clubs hosted this year's event, and they couldn't have picked a more perfect day to play. Over 70 people joined us for the day to either play ball or to be a spectator, and all had a good time. Thank you once again to UFA as we could not have done this event without their gracious support, and we are already looking forward to next year's tournament.

2006 Moose Lake Camps

Once again, dozens of 4-H members made their way to the beautiful shores of Moose Lake to take in one of the summer's most anticipated events—Moose Lake summer Camp. This year's themes were "3...2...1...Blast Off!" for junior camp (which was held Aug. 7 –11) and "Shoot for the Moon" for intermediate (held on Aug. 14– 18), which complemented the overall theme for the summer, which was "4-H... Out of this World!"

The delegates had fun all week participating in the standard camp activities like crafts, canoeing and swimming, but also enjoyed the new space-themed activities that the Summer Staff had created.

Thank to the Summer Staff for all their hard work putting on this year's events.

NE 4-H Adventure Day

The first annual 4-H Adventure day was held May 27, at the Lakeland College Campus in Vermilion. Designed as a general knowledge day, 4-H members took part in various hands-on activities throughout the event that gave them a better insight into the uncommon 4-H projects that exist as options for members. Projects that were displayed were Outdoorsmen, Shooting Sports, Trades, Creative Options, Performing Arts, and much more. The seventy people who attended the event all gave positive reviews, which is motivating the region to hold the event for next year, so stay tuned for more information.

Feature Projects

4-H has worked hard over the past few years to create some great alternative projects to the mainstream projects 4-H offers (i.e. Beef, Horse, Sheep). Perhaps some 4-H members are not aware of these projects, or even are not aware that just because they are in a Beef Club, they do not necessarily have to have a Beef Project. So before your club starts up this fall, consider your options.

This issue's feature project for the Northeast is the Environmental Farm Plan (EFP). This project is for senior members who want the opportunity to learn more about their parents' (or guardians') farm. This project enrolls the 4-H member into the EFP process, where the members follow a simple step-by-step process that not only analyzes the farm for environmental risks, but other risks that threaten the viability of the farm. Members will gain a true understanding of how the farm interacts with its surrounding environment, and parents are given a health check of their farm, which they can use to access grants to better their operation. For more info, call Jason @ (780) 853-8115.

As well, members have the opportunity to create their own projects (Creative Options Project), and even getting credit in school for the work they do in 4-H. But in order to utilize these programs, the members need to do a little pre-planning first. Talk to your general or key leader for more information early in the year.

Northeast Events

SEP 13

Regional Council Executive Meeting

SEP 22

Project Book Competition Deadline

NOV 4

Regional Council Meeting in Vegreville

NOV 18

Northeast Forum

DEC 1 & 2

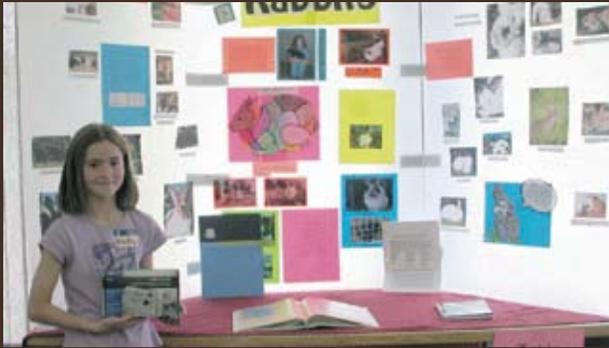
Fall Fling

Northeast Regional 4-H Council Meeting

The Next Regional Council Meeting will be held at the Vegreville Ag Society Office at 1:00 pm on Saturday, November 4, 2006. Both Horse and Beef committees will have their committee meetings at 10:30 am. 🌱

FUN FACT

A cow gives nearly 200,000 glasses of milk in her lifetime



Kendra Dallaire in front of her display

An Adventure Indeed

May 30, 2006 – News Release

Vermilion- There was something for everything at the Northeast 4-H Adventure Day held at Lakeland College in Vermilion, Alberta. In its first year of existence, Adventure Day served up a 'buffet' of 4-H activities, showcasing unique and unusual project ideas, educating members on the possible ways of tailoring a yearly 4-H project to a member's specific interest and informing Adventure Day attendees of all of the potential opportunities that 4-H offers.

The day was non-stop, with presentations highlighting livestock projects that are rare in the Northeast Region such as goat and draft horse, creative option projects like quilting and study of Japanese culture as well as demonstrations by representatives from the bio-diesel and the shooting club, which would be classified as atypical project choices.

Programming was adapted for the audience, with senior members being given a presentation on how to convert their projects into high school credits while junior and intermediate members tested their 4-H knowledge in a trivia game and parents were versed in volunteerism and project credit conversion. Sardinetag and theatre sports expended plenty of energy and offered up a roomful of laughs. To give a picture of what a real-life "adventure" would be like, event attendees were toured through Lakeland College's fire emergency training centre school grounds, classrooms and fire hall.

Despite some tough competition, Plamondon's Kendra Dallaire's display of her rabbit project earned first place in the People's Choice Project Display contest. It is Kendra's first year in 4-H and she is already hooked on the variety of options that 4-H offers, "rabbits were my project this year, and I think that I will do cooking the next, and then hopefully a Performing Arts project." And true to the day's name, everyone left the event knowing that a membership with 4-H is sure to be an adventure.

For further information on 4-H in the Northeast Region, please contact Jason Boorse at 780-853-8115. For further information regarding 4-H, please visit www.4h.ab.ca. 🌿

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BARBARA MANDRELL	EMMY LOU HARRIS	MERLE HAGGARD
BRENDA LEE	GLEN CAMPBELL	PATSY CLINE
CHARLEY PRIDE	HANK WILLIAMS	ROGER MILLER
CHET ATKINS	JOHNNY CASH	TAMMY WYNETTE
CRYSTAL GAYLE	KENNY ROGERS	WAYLON JENNINGS
DOLLY PARTON	LORETTA LYNN	WILLIE NELSON

Northwest Region

What's happening in the Northwest...

BY JOCELYN MCKINNON

4-H SPECIALIST

Summer Regional Camp

It was fun in the sun for Northwest members at Camp Mackinicholea the week of August 8 to 11, 2006. Chris Lindeman and Laura Hagstrom, the 4-H camp staff, along with their crew of counselors had the members participate in great events that involved the week's theme of 'Defying Gravity' and taking positive risks. Intermediate aged campers were invited to join junior members for the annual regional camp when registration was below the required number of campers for a second week of camp.



Northwest 4-H Fair

The annual fair will be held at the Warburg High School on November 25, 2006. The Leduc and Drayton Valley districts have designed workshops for members in the Lifeskills and other animals project areas. For just \$12, members have their choice of two workshop sessions and get a great lunch as well. Adults can also register for workshops that are designed to give them ideas for project activities and personal development. Organizers are quite enthused and encourage clubs to sign up their members by the October 31st deadline. This is a program for members taking lifeskills and small animal projects.

Focus on 4-H

The committee once again worked to provide an action packed event for participating members. Those that attended had a fantastic time. Check out the article on the event in this issue as well as show details on the website. We would like more members to take part; therefore, we are interested in the feedback from those that do not attend. Look for a survey in the fall package to be returned to the 4-H office by November 1st. A number of members have mentioned the time of the program is not convenient for them so there is some consideration being given to move the event to an earlier summer month such as May or June.

Key Members for the Northwest Region:

District councils in Westlock, Barrhead, Drayton Valley and Parkland have already selected their Key Member. We are looking for Key Members for the other districts so they can participate in the Key Member training weekend in mid-October.

Members—if you are 15 or older, will be living in your district in the coming year, and have tons of 4-H enthusiasm to share, this may be your opportunity! Contact your Regional Specialist or Vanessa Goodman for more information. 🍀

No Time to Focus

BY JESS HAINSTOCK

SUMMER 4-H MEDIA
RELEASE COORDINATOR

Representing every 4-H project in the Northwest region, Focus on 4-H took place from July 1-3 at Edmonton's Northlands Park Exhibition Grounds. Between the livestock shows, the multi-judging competition and the non-stop activities, the 300-plus members in attendance at Focus were lucky if they had time to breathe.

In its eighth year of existence, Focus on 4-H continually

strives for innovation and ingenuity regarding activities and events. It is this goal that fuels the introduction of events like the Growing Alberta Presentations Competition, which was won by Allison Miller and Leanna Risk from the Starlight 4-H Multi Club for their presentation on chocolate snowflakes.

The activities planned for the weekend were both creative and entertaining. The 'Canine in Costume' portion of the Canine show brought about applause and laughter. Erica Stables and her Border Collie Zipper took home Grand Champion of this competition with her island-themed attire. After asking how Zipper felt about



wearing a bikini top, grass skirt and flower-adorning headband, Erica proudly replied, "Well, at first he hated it but then we dressed him in the costume every day for about a week, and now he loves it!" The Canine Kennel award was presented to the

Strathcona Rein Riders 4-H Multi for their 'Pirates of the North Saskatchewan' themed display.

The Lip Sync competition left everyone impressed due to the enthusiasm and coordination that all participat-



ing clubs demonstrated with Lobstick 4-H Beef and Multi taking home first prize for the 5th time for the club's rendition of "Macho Man." Several members and leaders enjoyed a day in the sun at the AgriCom in the second Focus on Safety Bike and Tractor Rodeo. The junior members on their bikes and the older members on a lawn tractor supplied by UFA, navigated through a course of pylons, making a series of turns and stops while staying between the lines. They were also scored on their safety knowledge.

The 4-H Face-Off Mystery Race had 12 teams running to and from a jigsaw puzzle to mascot construction to an obstacle course, and when the dust had landed and the teams were collected, the Grey and Burgundy groups were declared the winners. Danielle Barry's, member of the Strathcona 4-H Rein Riders, favourite event was the Figure 8. "We were all connected by a rope, and the two pails that we had attached to us had to be touching the ground the entire time-it was way harder than I thought that it was going to be."

Lifeskills Workshops and Bench Show offered some-

FUN FACT

Lighting strikes about 6,000 times per minute on this planet

thing for members and public alike. Members displayed 4-H projects made during the year including photography, crafts, quilting and cakes. The FCC Judging Competition that took place Saturday morning challenged 4-H members in judging eight classes: beef, horse, dairy and five 'At the Beach' classes- towels, lawn chairs, coolers and lunch, beach shoes, and water toys. Luke Wrubleski of the Leduc 4-H Beef Club enjoyed the lawn chair consumer class. "Basically, you just look for good construction, the chair's sturdiness and whether or not it has all the features you want like arm rests and cup holders." Top Overall Senior Judge was awarded to Kristina Szybunka of Cherhill 4-H Multi, top Intermediate Judge was Jill Finner, Edson 4-H Multi, and Junior Judge was Clara Philibert, Highridge 4-H Multi.

This year members from 12 clubs participated in the Northwest Beef Heifer show. The beef committee spiced up the show with a costume class, which named Dakota Fouillard from Strawberry 4-H Multi winner of the Beef costume with her theme of 'Holy Cow.' New this year was the Beef marketing where members were paired off and then had to prepare a presentation to sell an animal to a team of judges. Sara Johnson of Genesee 4-H Multi won the aggregate Herdsmanship Award. Genesee 4-H Multi also won the beef stall award.

The members from the 19 clubs participating in the Focus on 4-H Regional Horse Show experienced three full days of competition in 88 level based classes. Ribbons and specially drawn prints, specific to each class, were awarded. Interest was high as indicated by fifty-seven members entered Stationary Roping and 118 entered in Trail. The highly sought after prizes for Horse Stall

Decorating were awarded to Gibbons 4-H Light Horse for larger clubs, to RQB Rancheros 4-H Multi for medium sized clubs and Calmar 'Heart of the Country' 4-H for small clubs.

Focus on 4-H proved to not only display a wide range of options and projects that exist within 4-H, but also

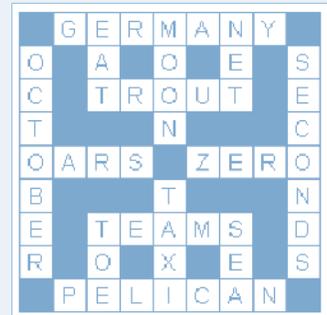
established itself as an event used to fuse the rural and the urban projects that can occur.

Thank-you to Northlands Park in Edmonton, as well as to all other sponsors and donors who helped to make the weekend the unanimous success that it was. 🍀

SOLUTIONS

THREE GENERATIONS

The father is 72, the son is 42 and the grandson is 6 years old.



BOX O' NUMBERS

9	16	23	30	37	44	51	58	65	72	79	86	93	100
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Peace Region

Exchange Project Alive and Thriving in the Peace Region

BY SHELLEY SALLIS

KEY LEADER

Last year, eight families from our region were involved in the Canadian/Japanese Exchange Project.

Marion Hearn, former Peace Region President, hosted the LABO chaperone at her farm for 2 weeks, and 3 members chose the one month Homestay Project. Lorne Howey (Horizon 4-H Multi Club) hosted a student in his city of Grande Prairie. Our Ambassador, Jeff Binks, hosted a student for a second time and his 11-year old cousin Jaeden (Bezanson 4-H Multi

Club) also hosted an exchange student. These 4-H families had an exciting time learning about each other's culture and habits. A good time was had by all.

I live at Teepee Creek and am the Key Leader in the Grande Prairie District. It was both a privilege and a pleasure to be chosen as chaperone for the 20 students from all across Canada who took part in the In-Japan project. Eight of these students were from Alberta, with three of these eight being from the Peace



Peace – Japanese Exchange

Region. Jenny Oatway (Sexsmith Light Horse 4-H Club), Katelan Thomson (Bezanson 4-H Multi Club), Tyrell McAleer from Girouxville and myself had a wonderful experience living for one month at our Homestay cities in Japan and highly recommend the adventure.

Jessica Watson, Klestun 4-H Multi Club, and Jenna Logan, Horizon 4-H Multi Club, both hosted this year as well. All four (Jessica, Jenna, and two exchange students) went to regional

4-H camp and had a great time. The exchange project has been a wonderful success for all ages here in the Peace Region. 🍀

Peace Events

SEP 9

Regional Fall 4-H Leader's Forum

NOV 4

Regional Council Meeting

NOV 25

Frosty Fest



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Alberta Simmental Association



PROUD SUPPORTERS OF 4-H IN ALBERTA

The Alberta Simmental Association is pleased to be supporting the 4-H program in the form of certificates and promotional items. Please check with your 4-H leader for details.

The certificates are redeemable at the ASA booth at the following locations:

BOOTH SCHEDULE (tentative) *

November 8-11, 2006 Northlands Farmfair, Edmonton, AB

January 12-13, 2007 Peace Country Bull Congress, High Prairie, AB

January 19-20, 2007 Canadian Bull Congress, Camrose, AB

February 2-3, 2007 Olds Bull Congress, Olds, AB

July, 2007 Wild Rose Congress, TBA

* As the ASA Booth Schedule for the upcoming year has not been finalized, please call the ASA office prior to attending the show to verify that the booth will in fact be at the show. You must turn in your certificate at the time you choose your merchandise.

4H members are invited to submit a picture of their prize winning Simmental or Simmental influenced 4-H project. Pictures will be posted on the Alberta Simmental Association website. Pictures can be submitted electronically directly to our webmaster.

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Tracey Parsons, Office Administrator

P.O. Box 549

Cremona, AB T0M 0R0

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Fax: (403) 637-2035

Email: info@albertasimmental.com

Website: www.albertasimmental.com

Travel & Exchange

4-Her's Represent Alberta at Montana Congress

On Sunday July 9, four Alberta 4-Her's and a chaperone set off on a road trip to Bozeman, Montana. The 4-Her's were awarded the trip at Provincial 4-H Selections in May. Kenda Lopaschuk (Willingdon 4-H Beef Club) has been involved in 4-H for ten years and is currently attending Kings University College in pursuit of a Bachelor of Education Degree. Amanda Miller (Telford 4-H Multi Club) has just recently graduated from Calmar Secondary School and plans to attend the University of Lethbridge this fall where she will take a degree in Marketing and Management. Mathew Bolduc (Stavely Parkland 4-H Beef Club) has just graduated from high school and plans to attend the University of Alberta for Pre-Vet in the fall. Steven Litwin (Vegreville 4-H Beef/Multi Clubs) has just recently graduated from VCHS, where he was heavily involved with sports and is planning to pursue a career as a heavy-duty mechanic. Janet Kerr, who works at the Stettler 4-H office, was brave enough to chaperone these four 4-Her's on a road trip to the 2006 Montana 4-H Congress.

The trip began when Janet picked up three of the members at the Leduc Tim Hortons. We later met Mat at Fort McLeod. Our first unique experience of Montana was Logan's Pass. Along the way, Steven and Amanda took a quick shower under a mini waterfall, which turned out to be the coldest shower either of them has ever had! In Kalispell, we enjoyed a challenging game of mini golf where Janet displayed her incredible golfing skills and out golfed everyone. Shortly after this, our group went white water rafting down the Flathead River. This was quite an intense experience for us prairie 4-Hers and was one that we will never forget.

On July 11, we arrived at the Montana 4-H Congress where we met many people and participated in several workshops. One of the workshops that the group attended was called "Dark Cloud Over Montana: Meth". This workshop allowed us to realize how big of a problem meth, or methamphetamine, is in Montana. This was reinforced when we saw graphic anti-meth signs that advertised the effects of meth in almost every town on our way to Montana.

Although we were not able to participate in the competitions that took place at the congress, we were able to sit in on several. One such competition that we found quite unique to Montana 4-H is the 'gavel games.' This is a competition that displays the members' abilities to conduct a proper meeting. The competitors were asked to run a meeting with an issue that required an amendment. Evening activities are also important and we enjoyed a dance every night. Steven and Mat especially enjoyed dancing and meeting many Montana ladies.

Overall, we learned that 4-H in the states is very different from 4-H in Alberta. We concluded that the congress was a more intense version of our Selections or Focus on 4-H. We all found the locals from Montana to be extremely hospitable and friendly.



Left to Right: Amanda Miller, Kenda Lopaschuk, Steven Litwin and Mathew Bolduc

On Friday morning we said our good-byes to all our newly found Montana friends and set off for Great Falls. On our way we stopped at the Lewis and Clark Caverns where we walked $3\frac{1}{4}$ of a mile uphill to the caverns. Inside we were astounded by the outstanding formations that were naturally created. "The formations were breathtaking," commented Kenda while Steven argued that "the tour guide was breathtaking as well." Amanda had no problem walking through the caverns and for the first time she was happy she was short as she laughed hysterically at the boys hitting their heads on the low ceilings of the caverns.

Our next stop was at Deer Lodge, the Old Montana Prison and car museum. At the prison, the girls tried unsuccessfully to get the boys incarcerated. The car museum was one big photo op for Steven, who was very impressed by the variety of vehicles on display.

The next day we arrived in Great Falls and after a quick shopping trip, we took the time to tour the Falls and Giant Spring, which were beautiful. Steven was so impressed with the Spring that he fell in. Luckily, no one had to go in to rescue him! While we were there we had a quick look at the fish hatchery where we saw some very large fish.

Then it was off to Alberta. Our final night was spent in Lethbridge where we tended to the ending trip chores that included doing evaluations, writing thank-you cards and cleaning up the van.

Because we got to know each other so well on the trip it was not surprising that the van was a lot louder coming home than it was on the way to Montana. Although it was a wonderful trip, we were very glad to be back home.

We would like to thank ITS Travel and the 4-H Trust for sponsoring this trip. 🍀

AgriVenture

BY LYLE WEIGUM

4-H AMBASSADOR

How different can one farm be from the next? Vastly different, if you leave an 800-hectare family farm in central



Lyle at the Royal Visit in Edmonton, May 2005

Alberta to travel to Germany where you live and work on a 40-hectare operation.

My name is Lyle Weigum and I am an 18-year old grade 12 student at Three Hills School. I grew up in the agriculture industry, working with my sister and parents to produce canola, peas, wheat, barley and grass for both commercial and pedigree seed markets. I have a very small herd of commercial cows, which are old 4-H projects that have never left the farm. I also breed and raise registered Pembroke Corgi dogs.

At the age of nine my sister and I joined the local 4-H club and I can honestly say, it was the best decision I ever made. Through the 4-H program I have learned public speaking, animal care, training and showing steers and heifers, and leadership skills. As a Provincial

Ambassador for the Alberta 4-H program and a past member of the Canadian 4-H Youth Advisory Committee I have had the unique chance to travel the country and help shape the direction of the 4-H program in Alberta and Canada.

This year I will be traveling to Germany as part of the AgriVenture Exchange Program. AgriVenture is part of the International Agriculture Exchange Association and since 1963, it has given over 25,000 young people, ages 18 to 30, the chance to travel to another country, experience a new form of agriculture and make new friends while experiencing a different culture.

FUN FACT

Dolphins sleep with one eye open

AgriVenture is the middle man that links you with host families. They also take care of important things like insurance, 24-hour emergency support, a guaranteed job and a visa.

I had no idea that AgriVenture even existed until this last summer when I traveled on a 4-H exchange to Ontario and was amazed at the experience. When I got back I decided that I wanted to do an international exchange and, after searching on the internet, I found that AgriVenture not only offered the most comprehensive package but it suited my goals of what I wanted to accomplish on an exchange overseas.

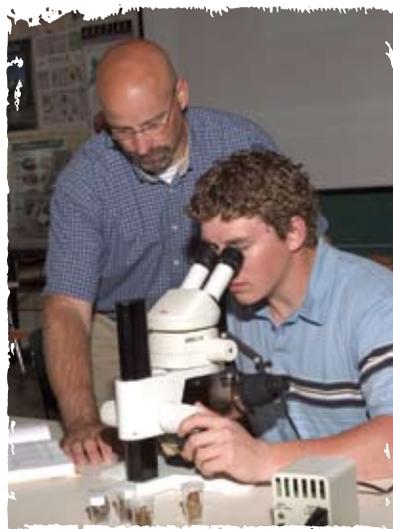
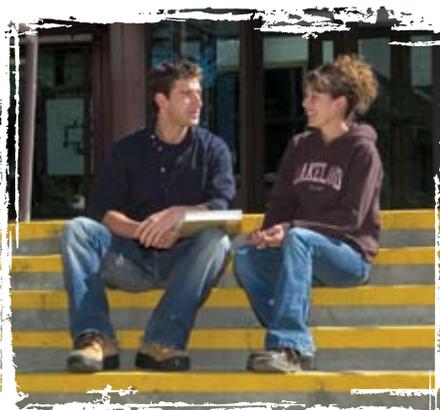
If you are interested in AgriVenture and its exchange programs, check out the website at www.agriventure.com.



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Awards, Scholarships & Grants

Alberta 4-H Award of Excellence

BY HENRY WIEGMAN
4-H SPECIALIST & SPONSOR LIAISON

The 4-H Award of Excellence is a series of four awards (bronze, silver, gold and platinum) that recognizes 4-H members for their project work, leadership and community service achievements.

The Alberta 4-H Legacy Builders (ATB Financial, Alberta Agriculture Food & Rural Development, and UFA) and 4-H Partners (4-H Branch, Alberta 4-H Council and 4-H Foundation of Alberta) support the Award of Excellence. Since the program's inception in 1988, over 22,000 medallions have been presented.

Either an ATB Financial or UFA representative should be invited to present the awards on your awards night. If a member from either company cannot attend, then contact a 4-H council member from your area.

Order forms for these medallions are in the Leader's Information Manual and on the 4-H website (www.4h.ab.ca) under the heading 'Applications'. Clubs are encouraged to order these medallions at least six weeks in advance of the date they will be presented to ensure that they arrive on time. 🍀

Alberta 4-H is very pleased to announce its new 4-H Enhancer sponsorship partner Apache Canada Ltd. We would like to thank Apache Canada Ltd. for their generous support of member and leader programs.

FUN FACT

Full-grown cats can run about 20 km/hour vs. a human who can run about 30 km/hour vs. a cheetah who can run approximately 76 km/hour

\$\$ Available for Your 4-H Community

BY JESS HAINSTOCK
SUMMER 4-H MEDIA RELEASE COORDINATOR

4-H sponsors have always been a pinnacle part of 4-H's continued success and dynamic programming. Until now, sponsorship money has typically been applied to provincial programming; however, starting in the fall of 2006, automatic funding will be available to clubs, districts and regions—and all leaders have to do is put a checkmark into a box!

Club Level

Due to AltaLink, Canada Safeway and UFA's generous support, \$400 of funding is automatically available for clubs to support initiatives such as personal development seminars, tours, or hosting activity-based promotional fun days. Each of the three sponsors has designated their funding for specific purposes. Be sure to read through the expectations for each sponsor, and decide as a club how to best utilize this amazing support. Use of this funding for enhancing members' 4-H experience is limited only by your imagination!

We've made it extremely easy to access these sponsorship dollars! Upon receiving your application, funding is automatically given out for this coming 4-H year (2006-2007). At the end of this club year, clubs must submit the following information with next year's funding application (2007-2008):

- A brief report (highlights) on how the funds were used
- Samples of previous year's sponsorship recognition; e.g. pictures, news articles
- Copies of 'thank-you' correspondence between members and sponsors

Application forms and information about use of the funds are available on the 4-H website at www.4h.ab.ca under Applications/Forms then Grants. Send in the application form with your club registration by December 1 and start spending your \$400!

SPONSOR	DESIGNATED PURPOSE	AMOUNT PER CLUB
AltaLink	Club's decision	\$50
Canada Safeway	4-H member and leader development, recruitment, and club promotion	\$250
UFA	Achievement Day promotion	\$100

District Level

It is through AltaLink, Apache Canada, AARFD and the Alberta Legacy Fund's continued support that \$600 is allotted annually to 4-H districts across Alberta. Think about the extra events that your district can host and plan as a result of this funding! Communication competitions involving public speaking, demonstrations or presentations, and large-scale activity days will create opportunities for interaction among delegates and further development of your council.

The application process couldn't be easier! Submit your application on behalf of the district, including the following information:

- program plan
- budget plan
- reviewed financial statements
- contact list of district officers
- minutes of district meeting approving application
- brief report (highlights) on how the funds were used last year
- samples of sponsorship recognition

Obviously for this inaugural year, you won't be able to supply the last two items, but be sure to include them in your application for 2007-2008. Application forms and information about use of the funds are available on the 4-H website at www.4h.ab.ca under Applications/Forms then Grants. Send in the application form to your Regional 4-H Specialist by December 1 and the \$600 is yours!

SPONSOR	DESIGNATED PURPOSE	AMOUNT PER CLUB
AltaLink	Communications competition	\$200
AAFRD	Offset costs for operations that support clubs and committees	\$200
Apache	"Building Effective Council" workshops	\$100
Alberta 4-H Legacy Fund	Education and recreation for the district	\$100

Regional Level

Thousands of dollars are available at the Regional level. The application process is similar to the District Level. Check out the application form and additional information on the 4-H website under Applications/Forms then Grants. Let's salute the following supporters for their continued dedication to our program!

SPONSOR	DESIGNATED PURPOSE	AMOUNT PER CLUB
AltaLink	Communications competition	\$500
Apache	"Building Effective Council" workshops	\$600
Apache	Project training in beef and horse (\$500 each project)	\$1000
AAFRD	Offset costs for operations that support clubs and committees	\$1000
ATCO Electric	Specified programs in Peace, NE and EC	\$2000
Crape Geomatics	Specified programs in all seven regions	\$2250
Fortis Alberta	Specified programs in South, Calgary, WC and NW	\$2500
Lammle's Western Wear	Regional horse committee for project training	\$500
UFA (logo)	Regional judging workshop or competition	\$350

EnCana 4-H Community Builder Fund

EnCana and Alberta 4-H believe that 4-H organizations are key participants in their communities. EnCana is focused on contributing to the strength and sustainability of the communities in which they are privileged to operate.

4-H clubs, districts and regions are challenged to expand their impact and horizons by creating unique projects or programs that will enhance their communities. 4-H organizations can apply for up to **\$1,000** in grants from an annual pool of **\$40,000**. Please note that preference will be given to those applications that also use other sources of income to offset costs of the project. Additional consideration may be given for unique ground breaking proposals.

Some examples:

- personal development seminars or tours that will benefit both 4-H and the community
- project skill workshops or competitions that involve the community
- hosting activity based 4-H promotional fun days that encourage non 4-Her's to participate
- hosting or conducting community charitable events
- new unique endeavours that benefit both 4-H and the community

Please refer to the 4-H web site (www.4h.ab.ca) for the grant application form. For additional information on whether your project or program will qualify please contact the 4-H Foundation of Alberta at 1-877-682-2153.

4-H groups within Alberta, northeast British Columbia and southwest Saskatchewan are eligible to receive funding from the EnCana 4-H Community Builder Fund.

Deadline for applications is December 31.



Club & District Articles



DFJ Multi Club Members and Leaders

The DFJ 4-H Multi Club's Success Story

BY CAITLIN HEFFEL

Last year our club faced a member decline, so our ten members worked hard at promoting our club for the upcoming year. We went to a local school and gave a presentation about our club, which ended up attracting most of our junior members. This year's new projects—Canine, Scrapbooking, Soap Box Derby Cars, Visual Arts and Equine—have also drawn a lot of attention and now we have added eighteen new members to our club!

Our club has been operating for six years. DFJ stands for Dapp, Fawcett and Jarvie, which is where we are located. Our general leader is Mrs. Lorna Punko and our assistant leaders are Mrs. Jill Fortier and Mrs. Penny Heffel. Our project leaders are Dave Armstrong for Soapbox Derby Cars and Welding, Lexanne Dunford does Scrapbooking, Delores

English is in charge of Visual Arts, K.C. O'Brian leads Canine and Lori Carins guides Equine.

Public speaking was held in February and we had some amazing speeches. We also made about 700 subs as a fundraiser. Thank you to everyone who made that possible. In March, some of the members went to Dale Ehmler's for a judging workshop. There, we judged replacement heifers, sheep rugs and pleasure riding horses. Thanks Mr. and Mrs. Ehmler for your time and for letting us use your farm. We went to Triple J Action Mart to judge with other clubs in April and had a lot of fun. Following that we had our Achievement Day where we had a short canine and soapbox derby car demonstration. All of our members had an amazing year! 🍀

Delacour Horse & Hound 4-H Club

BY MARY WAITE

Delacour Horse and Hound Club is best described as the 'Little Club that Can'. Members and Leaders have changed several times and at the end of 2005, there were hardly even enough members to have a club; however, our spirit and commitment remained. We grew together, working side by side and helping each other with our projects. A few of the dog members who were helping the horse members became so interested in the horses that they switched to horse projects—and some members continue to do both! Who knew that helping with stall decorations and pushing manure around in a wheel barrow could inspire a child to take on a horse project? We believe it shows how all clubs, no matter what their projects are, can learn from each other and have fun together as a group.

Friends and members of the community soon learned of the 4-H spirit in Delacour and were excited to join our club. We now have fourteen members in the Delacour Horse and Hound 4-H Club and we are having a great year!



Contact: Mary Waite 403-293-9045 (home) or 266-1234 (work) mars@efirehose.net 🍀

Cactus Country 4-H Junior Council

JORY STENGER

JR. COUNCIL REPORTER

Cactus Country 4-H Jr. Council had a great year organizing and participating in many events. Members laid a wreath at the Cenotaph for Remembrance Day, prepared a float for the Santa Clause Parade and donated toys to the Santa Clause Fund. Members sold 50/50 tickets as a fundraiser at the beef pen show as well as had a fun day at the YMCA in Medicine Hat where members participated in floor hockey, basketball, wall climbing and swimming. We organized the EnCana BBQ for the WPCA Pro Tour with the help of Rosemarie Enslin from EnCana. This went very well and was a great experience for the members because we all got a chance to use our public speaking skills throughout the evening.

The Junior Council wind-up was held at Echo Dale Park with swimming, beach games and a wiener roast. Junior Council reconvenes in October and we encourage all members to participate as we are planning on having another great year!

Hope your summer has been great. 🌻

Edgerton 4-H Multi Celebrates 50th Anniversary

BY BARB GRANIGAN

CLUB LEADER

The Edgerton 4-H Multi Club is celebrating its 50th Anniversary this year. Mr. Oscar

Walruth was the leader when the club first formed. The club closed down for a few years and was restarted in 1966 with Jack Dixon as leader and Lucille James as assistant leader.

In 1968, Jim Chesterman became the leader followed by Bob Jackson in 1974, at which time Lavina Tribe helped with the heifer project. 1985 saw Gary McAfee as the general leader with Dean Wallgren in charge of the heifer and cow/calf projects. These leaders remained active until 2001.

In 1991, the small engines project was started with Myron Zajic as leader. Brian Sparks and Wade Snyder took over in 2001. The project is still active today. In 1993, crafts were added for a year with Debbie Trefiak as leader. Rosemary Abbott offered the computer project for 4 years and we have had some members participate in the creative options project as well.

In 1966, a sewing club was started with 52 members. Irene Guy and Bernice Hancock lead the junior girls. The leaders for the senior girls were Grace Cornfield and Marion Greibrok. Many excellent sewing projects and handicrafts were completed in the following years. This club disbanded in the mid-seventies.

The club is now known as the Edgerton 4-H Multi Club with Barbara Granigan as the general leader, Jim Pugh as the heifer leader, John Taylor looks after the steers, and Barr Humphreys is in charge of small engines.

On June 27, the club held its annual banquet, honoring the former leaders who could attend. Lucille James, Irene Guy, Gary McAfee and Myron Zajic were all presented with 4-H pen sets. Jason Boorse, 4-H Specialist, Vermilion, presented the club with the Half-Century plaque from Alberta Agriculture. 🌻

Alberta Bound Meets Eastbound and Down

BY LORI SEREDA

ALBERTA CHAPERONE

The Kreative Kidz 4-H Multi Club from the Lethbridge District met the Prince Edward County 4-H Club from Ontario for the first time on July 18. They were two of approximately 36 clubs from all over Canada to be selected to participate in a 4-H Youth Exchange this summer.

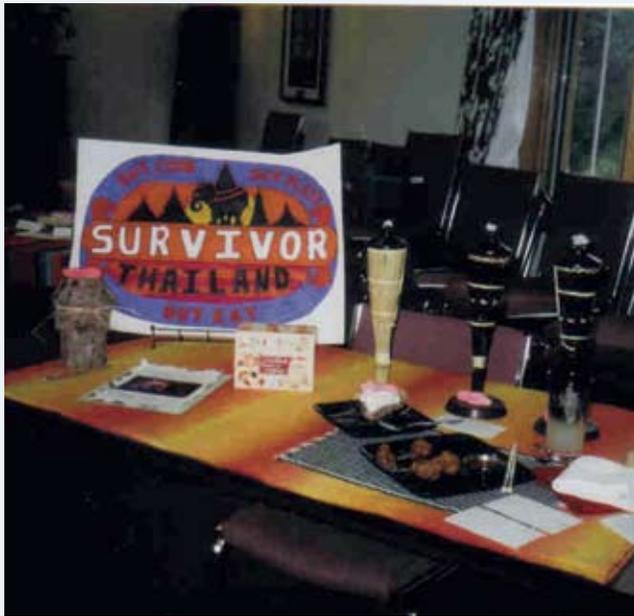
Leaders of both clubs had been conversing over the phone and through email during the planning stages of the exchange and were excited to finally meet in person. Ten delegates and two chaperones from each club participated in the exchange. The Ontario delegates were in Alberta from July 18 – 24 and bunked in with a twin from the Alberta group during their stay. The Alberta hosts were excited to share with their guests the beauty of Southern Alberta. All the delegates, as well as the remainder of the Kreative Kidz 4-H club members, traveled around the Lethbridge area taking in the sights.

The first full day of activities included a tour of the Birds of Prey Centre in Coaldale, the Wilson Hutterite Colony and the Agricore United grain elevator in Stirling. The second day our group visited the Remington Carriage Centre in Cardston and Waterton Lakes National Park where we went on a hike up Bear's Hump which offered a breathtaking view of Waterton Lake and the town site. What an experience! Upon our return to Lethbridge all of the delegates and their families enjoyed Chinese food at The New Dynasty Restaurant.

Our third day was spent on a bus tour to the Crowsnest Pass, a tour of the Frank Slide, and the Bellevue Mine. On our return to Lethbridge, we stopped in Monarch to tour the Groenenboom Feedlot. A KFC picnic and games at Park Lake Regional Park completed the day. The next day we visited several sites in Lethbridge. We started the morning at the Japanese Gardens where we enjoyed a brief history of the gardens and then a tour of Fort Whoop Up that included a live action gunfight and the firing of the Fort's cannon!

The final full day of the Alberta portion of the exchange was spent with the Ontario delegates and their host families doing a variety of activities. We all came together for a B.B.Q at Phil and Mary Dyck's who are friends with one of the Ontario families. We all had a great time!

Unfortunately, all good things must come to an end and sadly on July 24, the Ontario delegates prepared to go home. The good news is that was only one half of the exchange. The Alberta delegates and chaperones are Eastbound and Down August 15 - 21. We can't wait to see Ontario and visit with our new 4-H friends! 🌻



Staci Arkes' Survivor Thailand Display

Millarville 4-H Multi Club Achievement Day

BY STACI ARKES

On June 11, the Millarville 4-H Multi Club got together at the Millarville Church for their Achievement Day. This year members based their cooking themes on Vacation Spots. Staci Arkes opted for Survivor Thailand, Jordan Thompson did Mexico, Candice Moss did Canada, Olivia Moss did Hawaii and Kaelyn Moss did Australia.

All of the members did an excellent job displaying their themes and cooking up three plates of food for their judge. The members would like to say a very big thank you to our judge Lisa Willis for taking the time to come to our Achievement Day to judge our displays, food and recipe boxes. We would also like to say thank you to our leader Wendy Arkes for organizing our Achievement Day and designing wicked looking ribbons.

After being judged, the members and their families sat down for some pizza, chips and pop. Then the members had their "Fun Day." We got to decorate cakes and participate in a "cakewalk." It was a lot of fun and everyone went home with a cake. Next, we made a duck key chain, a metallic pet key chain and a flower pen. After this, the members were given a flowerpot buddy to take home, assemble and present at the next meeting.

The best part of Fun Day was when the members got to Tie Dye their own cooking aprons. We are very excited to see how they will turn out since we don't get them until the end of the year at our barbeque.

Wait for our next article to find out what has been happening with our club! 🍀

Look Up, Speak Up, Smile



Amanda High and Lauren Gray

Look up, speak up and smile! Not something you would have to remind any of our 4-H members who advanced to the Southern Region Communications Competitions to do.

On March 18 the Southwest and the Southeast districts hosted their competitions in Vulcan and in Brooks respectively. Each competition hosted the Public Speaking and Presentations from the five districts, with representatives present for each of the Junior, Intermediate and Senior age categories. The assigned host district created their own committee for each competition that was in charge of organizing the venue, speakers and judges, and tabulating the end results.

Both competitions ran smoothly thanks to the excellent work of the many volunteers, the financial support from AltaLink, and the Southern Regional 4-H Council.

Each event was spectacular, due to the imagination and creativity of the different competing members. 'If I Ran the School', 'Do It With Pizzazz', 'Tied Up In Knots', and 'Best Seat in the House' were just a few of the topics that sparked and grabbed the attention of the audience that day. Jesse Baron from Newell District and the team of Lauren Gray and Amanda High from Willow Creek District advanced to the Provincial Presentations competition. Melanie Mueller of Vulcan District and Erin Friesen from Taber District advanced in the Public Speaking.

Take a breath, pause and smile—the perfect way for each of our talented 4-H speakers to end their moment, a moment that gives way to the audience's enthusiastic applause. Congratulations, you all win! 🍀

ALTA LINK

The Monster Garage 4-H Club

BY LYN BROWN

We changed our name from the very functional “Small Engines Club” to the “4-H Monster Garage,” which felt to be a better representation of our member’s personalities. To commemorate the name change, many of our club members participated in a competition to design a logo for our nametags and letterhead. Not only can we change an oil filter—but we come up with fantastic artistic ideas too!

Now that our second year is complete we wanted to take a moment to reflect on some of the events and successes of our small engine club.

Our members are from Millarville, Black Diamond and Okotoks. Our club is mostly juniors, and very hardworking ones at that. Our executive are: President: Jennie Lannan; Vice-President: Colton LeDuc; Secretary: Davis Avery; Treasurer: Branden Powell; Historian: Garrett Clement and Club Reporter: Connor Brown. Junior members handled all of the executive positions except for president!

Thank you to our leaders, Jackie Chalmers and Rudy Sorge for their patience as they helped guide us through some growing pains. Rudy even invited us to move the location of our meetings to his car repair garage in Turner Valley! It was pretty exciting to be surrounded by all sorts of special equipment and powerful tools. Our members’ projects ranged from tuning up



the family chainsaw to preparing engines for a future go-cart. We would like to extend a special thanks to the Millarville Recreation Board, AltaLink and UFA for their support of our club and its activities.

We held our Achievement Day at Lynnwood Ranch in Aldersyde. The special attraction at Achievement Day—aside from the great food that always appears at potlucks—was a funny-money silent auction. We had about 16 items to bid on using “money” that we had individually earned throughout the year with our level of participation. All members received recognition for their projects by receiving ribbons and a goodie bag full of tools. 🍀

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Starlite Club in Costume

Starlite 4-H Multi Club

BY STEPHANIE MILLER

STARLITE MULTI CLUB MEMBER

This year for the first time ever, my 4-H club has done a Musical Theatre project. Starlite 4-H Multi Club, along with many other volunteers, worked together with Alberta Lyric Theatre to put on the musical Passion Play, "Love According to John."

Our club's eight members are Chelsea, Elise, Andrew, Mary, Leanna, Allison, Shawn and me (Stephanie). We have all worked hard this year to help put on "Love According to John." Every Sunday from the beginning of January, the cast and some of the crew practiced for about three hours at Vanguard College in Edmonton. At these rehearsals, we practiced scenes and did choral work.

We also had a series of workshops that included violence, make-up and mob. All these rehearsals were very serious, but of course there was always some fooling around. Some of the older and "more mature" members of the cast enjoyed mimicking the belly dancers as they waited offstage for their cue. There were in-

cidents of people tripping up the stairs; however, the thing that the Starlite actors tripped over the most was their tongue as the cast members struggled through their lines. So there was always some entertainment.

We put the play on at the Jubilee Auditorium for two schools during the day and had evening performances and a Saturday matinee as well. For the cast members that had never been on stage before, it was very nerve wracking waiting for the performance to start. After the performance Mary admitted, "I really had fun! It isn't half as scary as I thought that it would be!"

While putting on a truly touching performance, we had let others know of the wonderful story of Christ. When we think back to all the hard work and ask ourselves if it was worth it, the answer is always yes! 🍀

FUN FACT

You blink over 10 million times a year

SilverSage 4-H Horse Club

BY MEMBERS OF THE SILVERSAGE RIDERS

As of this year, SilverSage Riders Horse Club has become one of Canada's many 4-H clubs and with a total of 12 members, it is clear that SilverSage Riders is off to a great new start.

SilverSage welcomes all beginner riders at any level and teaches members correct behavior in and out of the show ring. 4-H teaches members the responsibilities and proper care that goes along with raising animals. Also, book keeping is taught, which will benefit later in life.

The best thing about 4-H is that no one is left out—basically anyone can do 4-H. We have many programs to offer and we assure you that you will learn much from your experience, especially from the SilverSage parents and leaders who are so helpful with other members and try their very hardest for everyone to have fun.

This year we have had many rides, clinics and meetings. We are always organizing and planning events and activities that benefit everyone who takes part. Playing fun games and doing a lot of patterns to ensure that the riders have an understanding of what is expected in this year's show season are just some of the things that keep us busy throughout the year.

We are proud to offer great support and loyalty to our name.

Head, Hands, Heart and Heath 🍀



Moos on the Moo-ve winning Club Herd at the 2006 Provincial 4-H Dairy Show

Moos on the Moo-ve 4-H Dairy Club

On June 8, our club participated in the Walk to Cure Diabetes and raised over \$1700 for diabetes research. We participated in a judging and clipping day on June 10 at Unique Valleystream Genetics. Lotte, a visitor from

the Netherlands, joined us for this event and clipped her first calf with some guidance from our members. These two events preceded the Moos on the Moo-ve 4-H Dairy Club Achievement Day held in the Barrhead Ag Barn on June 30 where 14 members presented their animals, with just over 50 dairy heifers being shown throughout the day! Everyone enjoyed the day. 🍀

Features

Build a Community; Leave a Legacy

BY JESS HAINSTOCK

SUMMER 4-H MEDIA RELEASE COORDINATOR

At the Annual General Meeting held in Fredericton, New Brunswick, May 25-28 Bob Boulton was named a 'Lifetime Honourary Member' of the Canadian 4-H Council, which makes sense—Bob Boulton has been involved with 4-H for a lifetime. Bob was a fourteen-year old boy when he joined the first-ever Elnora Boys and Girls Club (which later became 4-H), and a year later, when he was asked to come and help start up a similar club in Delburne, Bob jumped at the chance to help out. That was 60 years ago, and Bob is yet to stop.

It's hard to know where to begin citing the various committees, boards, clubs, projects and initiatives that Bob has been apart of. "In giving more, you receive more. We have friends from all across Canada—you should see the number of wedding invites that we get from former club members and people we've met over the years through 4-H!" And



1984 – Bob (right) receiving the master key to the Alberta 4-H Centre

after spending 35 years as an active club leader with the Delburne 4-H Beef Club, having served on district, regional and provincial 4-H councils, and having served as the only president of the Canadian 4-H Council to visit all of the provinces, it is easy to see why Bob is so well-known and well-respected. However, it does leave one wondering how exactly how he has time to visit these friends or go to these weddings.

"I have a great wife, a great family, a great support system. I could never have done all of this without them," Bob says modestly. Bob and his wife Glenna are the proud parents of six, all former 4-H members, and the euphoric grandparents of 12, most of whom have been part of 4-H. "We're just waiting on some great grand kids to keep the tradition going!" Bob says laughing. Not only does Bob thank his family for their support, he credits them with having gotten him so involved with community in the first place. "When Glenna and I first moved here there was no rural telephone, no electricity, no gas, no community hall. We had a big family—we needed those resources, and so I decided that something needed to be done." And true to this, Bob Boulton got things done.

He became president of the Elnora Mutual Telephone Association, a dynamic Director of Lousana Co-op Rural Power and sat on the



L to R: Regina Hache (National Volunteer Leader of the Year), Bert Stewart (Past-President, Canadian 4-H Council), Marie Logan (President, Canadian 4-H Council), Bob Boulton



Back row (L to R): Chelsea Kroetsch, Sarah Nolte, Cayli Mocarski, Stephanie Danielsen, Emily VanMaarion; Front row (L to R): Aaron Birch, Lucas Grover, Bob Boulton, Barry Carlson

planning committee for the centennial celebration that was held in Trenville. "My wife suggests that it's because I talk so much that I end up involved in so many things. She says that maybe, if I could just quietly leave the room, I wouldn't get so booked up." But after one conversation with Glenna it's obvious that she wouldn't have it any other way. "It was such an honour," she says, speaking to her husband being selected as a Canadian

4-H Council Lifetime Honourary Member. "When Bob got the invitation to the Annual General Meeting, it said that he could bring a friend," she pauses and laughter is heard through the phone line, "he hemmed and hawed for a bit, but he ended up taking me."

And it could hardly have been more fitting that Glenna was along to see her husband being inducted, as it was in the Elnora Dairy 4-H Club that

the two of them first met. “She would beat me in everything!” Bob remembers. “What else could I do but marry her?” Glenna is just the beginning of the blessings that have come with Bob’s involvement with 4-H. “Being involved with the construction at the Alberta 4-H Centre was likely my most satisfying 4-H accomplishment. All the while, during the building of the lodge and the dorms, I was always questioning whether we were building it right—would it be durable and achieve what we wanted it to? And you look at it now, and see how well used it is and how well it’s stood up, and you just think, ‘yeah, I guess we did make it alright.’”

Built because of the desire to create a ‘home away from home’ for members, the lodge and the dorms stand as examples of Bob’s devotion and passion for the creating of community. “I have always lived with the idea of ‘what can I do for the community?’” With this idea in mind, he started the 4-H highway clean-up in 1977, an initiative he feels instills environmental awareness and responsibility in members today. Bob stepped up as convenor when the Delburne Beef Club hosted their Skate-a-thon, which raised \$25,000 for a new arena. He was the chairman of the Alberta 4-H Centre’s building committee and remembers the half-tonne truck full of pennies that they raised during their “Dimes for Dorms” initiative.

As a result of Bob’s commitment to improving resources for those around him, to forming relationships that span a country, to mentoring and role modelling the importance of dedication and integrity, he has left a legacy in his wake, and as is only fitting, it is a legacy that has created a community.

Thank-you Bob—4-H is very fortunate to have you. 🍀

Helmets: From a Cowboy’s Point of View

Taken From (with permission) Page 10, 4-H in BC Newsletter

BY WILL CLINGING

WWW.RESULTSTHROUGHRESPECT.COM

I recently started to ride with a helmet. Fortunately there was no traumatic accident to myself or any of my friends, family or students that prompted my decision. I just decided that it might be a smart thing to do.

I started my equine career working full time as a “big outfit” cowboy. Helmets were never talked about, let alone worn. This was, and still is, the accepted practice. A cowboy hat was just fine, and I still find it a highly functional piece of cowboy equipment. A cowboy’s hat has a lot of character and the style of hat can say a lot about the man wearing it. Helmets just seemed unappealing to wear and they lack the ability to say much about who is wearing it, don’t they? They all look so generic and bulky. There is the pride thing. Or maybe it was the macho cowboy thing or that I thought I would look stupid. None of those are very good reasons for putting myself at risk.

As a professional horse trainer, I specialize in starting young horses that haven’t been ridden and I deal with many horses that have developed problems, sometimes very serious dangerous behavior.

When working with the kind of horses that I am used to, I exercise extreme caution. I work methodically to eliminate risks to prepare the horses to be as safe as he can be. This is sometimes still not very safe.

Last summer my kids started riding quite a bit and were not allowed to ride without a helmet. My wife started her first horse last



Amanda (student) and Will

year and was diligent about wearing a helmet.

With my wife and kids setting a good example riding their quiet ponies and very well behaved green horse, I would get on some half wild horse without a second thought about a helmet. Since they were less experienced than me they needed the protection. I, as the professional, felt no need for the same protection. I guess they started to rub off on me and I started to think about buying a helmet. But since I couldn’t find one I liked I wasn’t in a rush.

I eventually accepted that I should make a bigger effort to protect myself. I actually convinced myself that I wanted to start wearing one, but my ego wouldn’t let me. When I finally did buy one I would wear it at home or when I was by myself where know one could see me. The arena I ride in is about 100 metres off a road where much of the traffic is local. Whenever I would see a vehicle I recognized I would take it off hoping not to be caught. Eventually I realized

how foolish I was acting and forced myself to keep it on. Wearing it at home was now not that big a deal but what about in public, could I wear it in front of my clients and students? In the past year or so I have started to work at quite a few English barns. This helped a lot because at many of these places I was the only one without a helmet. One day last fall I got up the nerve to put it on at a clinic. I now make it my practice to put it on especially in public when riding green horses.

I now feel that I should be the example – maybe it will be easier for my clients and students to put one on if they see me taking nothing for granted.

I now have a different opinion about those that choose to protect themselves by wearing a riding helmet. A cowboy hat has character and says a lot about the person that wears it. A helmet may not show as much character but the person wearing it certainly does. 🍀



“Hey! Who’s Stealing my Horse?”

A Spotlight on Mason Earle

BY JESS HAINSTOCK

SUMMER 4-H MEDIA RELEASE COORDINATOR

The lights dim.

A spotlight finds the lone form standing in the middle of the ring.

A loudspeaker crackles “Rick O’Shea” and light explodes into the arena.

A yell—Hey! Who’s stealing my horse?—echoes up and down the walls.

And with no further warning you are transported into a world of cowboys and gunslingers, of bandits and gallows.

No, this is not the set of the new Clint Eastwood movie. It is a hobby for Mason Earle, who is a member of the Vermilion 4-H Outdoors Club and 2006 4-H Ambassador. Dressed in period style clothes, armed with a single action revolver, a pistol calibre rifle and a pump action shotgun with a hammer, Mason competes in Cowboy Shooting, an interest sparked by having to put his money where his mouth was.

Mason’s uncle was the first in the family to try out this type of shooting, and for his show he brought Mason along.

“My uncle is an excellent shot,” Mason admits, “But he was missing really close targets—it was all I could do to not fall over laughing!”

Somewhere between the laughing and the comment about having better accuracy with a rock than his uncle with a rifle, Mason found himself dressed in canvas pants, cowboy boots and suspenders entered in his first Cowboy Shooting competition.

“You are referred to by an alias name and are dressed in period style clothes, which is mid- to late-1800’s so something like a cowboy or a miner or a gambler is typical.”

However, what occurs at a Cowboy Shooting event is anything but typical. After a shooter’s name is called, they are expected to run up to the gallows, shoot five pistol targets with their revolver, re-holster, manoeuvre a broom stick in order to snag the keys that opens a jail door on five more pistol targets. Moving through the ‘jail’, a shooter will encounter another 10 targets before kicking open another door and taking out the remaining targets with a shotgun. A day of competition involves six stages and the stages, like the one described above, are never exactly the same.

Sounds like a stressful way to spend an afternoon.

But for Mason Earle, it is anything but stressful. “It’s a feeling of total relaxation.

You don’t hear the spectators behind you; you don’t hear the other shooters further down the line. You are in your own space—there’s nothing but you.”

And it is because of this relaxation and activity enjoyment that Mason’s club leader, Carol Selte suggested that Mason take his shooting and turn it into his yearly 4-H project.

That was two years ago, and the 10 members of the Vermilion Outdoors Club haven’t looked back. “We try to shoot once a week but our number one priority is safety. So many people are scared of guns because they have never been exposed to them or educated on them. Guns are pretty scary when you don’t know how to work one.” To enforce the importance of safety, at Achievement Day, Mason and his fellow club members set up a display and do a safety demonstration as their final project.

“Our goal is to make people aware of the precautions that can be taken so even if they realize that guns aren’t necessarily their thing, hopefully their comfort level has been raised.”

Mason has several ideas for where he would like to see the Outdoors Club go with shooting, and hopes that it

will soon be made into an actual project. “We are tossing around ideas for what to do for Achievement Day besides a safety display. We would really like to set up a trap using paintball guns and metal gophers, but at the armoury that we shoot at, they only allow for paper targets.”

Despite there being some glitches to still work out regarding the shooting club’s curriculum and record book keeping, Mason wouldn’t have it any other way.

“I am never more relaxed than when I am shooting a fast stage. The key is that you have to trust yourself. It’s a feeling of complete freedom—like when you let a puppy off of its leash, I just feel released.”

If you would like more information on how to turn one of your hobbies into a Creative Options project, please contact your Regional 4-H Specialist.

We would love to hear from you! Have a cool story about your Creative Option, have you gotten to turn one of your favourite pastimes into a Project—we want to know about it. Please send any relevant stories or anecdotes with photos to magazine@4h.ab.ca. 🍀

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

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We're proud to partner with Alberta 4-H

Earlier this year, EnCana announced a three-year \$360,000 partnership with Alberta 4-H that places us proudly in the Legacy Builder category. We believe there can be no better legacy than supporting youth and helping them to develop as self-reliant, contributing individuals with marketable skills to succeed in today's society. Alberta 4-H is ensuring that youth today are equipped to become our leaders of tomorrow. Alberta 4-H, we salute you. We encourage you to apply for the programs described here:

EnCana 4-H Community Builder Fund

Any southern Saskatchewan, Alberta or northeast B.C. 4-H club, district or region can apply for a wide variety of matching grants that can be used towards club promotion, project workshops or fun days. The following activities may be funded:

- personal development seminars or tours;
- project skill workshops or competitions;
- hosting activity based promotional fun days and community charitable events; or
- new endeavours – member and leader development.

For more information or to apply visit
www.4h.ab.ca/about/grants_for_applications_section.shtml

Introducing the WPCA – 4-H Mentorship Program

The WPCA – 4-H Mentorship Program provided members with a unique hands-on experience in the dynamic and exciting world of chuckwagon racing. For information on who is eligible and how to apply visit www.4h.ab.ca

Personal Development Programs

EnCana will continue to support 4-H personal development programs such as the Alberta 4-H Leaders Conference, Senior Members Conference, and Club Week.

EnCana supported Bursaries at Olds College

EnCana is sponsoring a six year \$105,000 bursary program at Olds College. Seven bursaries in the amount of \$2,500 each will be awarded to a first year student entering the Land Sciences program.

4-H members enrolled in the following Olds College programs can apply:

- Land Administration;
- Land Agent;
- Land & Water Resources; or
- Geographic Information Systems.

Candidates must be:

- permanent resident of Alberta;
- entering the first year of one of the above programs;
- have a demonstrated financial need, and
- a past or present member of a 4-H Club for at least three years.

For more specific details or to apply visit. www.oldscollege.ca

For more information on the EnCana Alberta 4-H partnership please phone, email or fax:

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