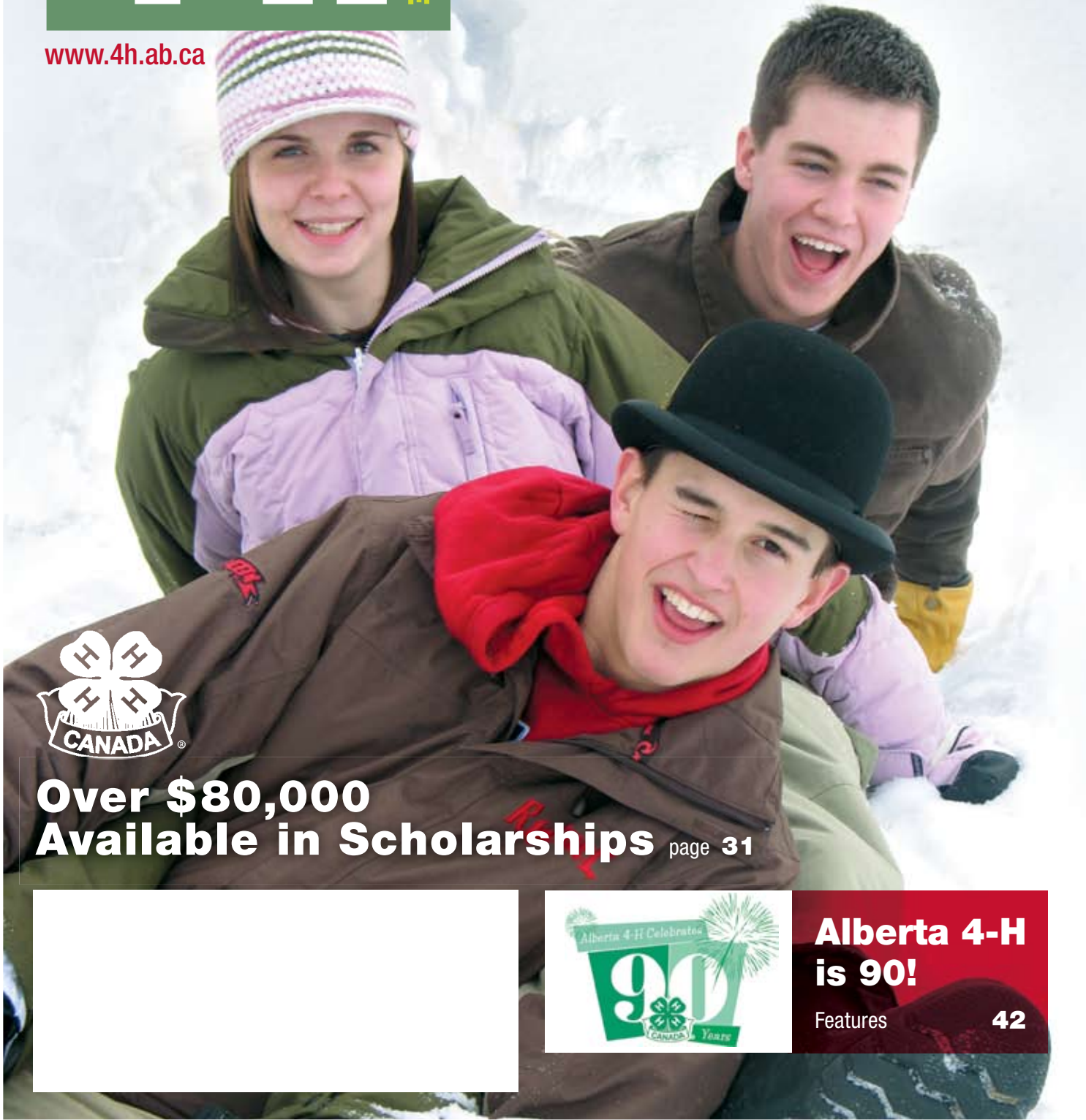


Alberta

VOLUME THREE • ISSUE ONE
SPRING 2007

4-H MAGAZINE

www.4h.ab.ca



Over \$80,000 Available in Scholarships page 31

PUBLICATION MAIL CONTRACT #41132526



Alberta 4-H is 90!
Features 42

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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 Schriber

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.

Contents

04	EDITORIAL
05	CONTESTS
06	PROVINCIAL EVENTS
08	ASK AN EXPERT
09	FUN & GAMES
14	SOUTH REGION
14	CALGARY REGION
15	EAST CENTRAL REGION
15	WEST CENTRAL REGION
16	NORTHEAST REGION
16	NORTHWEST REGION
17	PEACE REGION
18	FUN & GAMES
20	TRAVEL & EXCHANGE
29	AWARDS, SCHOLARSHIPS & GRANTS
31	FUNDRAISING
33	MEMOS
34	CLUB & DISTRICT
42	FEATURES

on the cover

Crazy carpeting at Senior Members Conference in January

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

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

Editorial



And so it begins. First Leaders' Conference, which was followed closely by Senior Member's Conference and just like that, we're sending out the applications for summer programs and provincial summer livestock events. Apparently if you blink, you'll miss an entire year. No, that's not true—you will miss a year in 4-H time, which I honestly think runs double time compared to the rest of the world.

Never mind the first few months of 2007 being a blur, how about the past 90 years? That's right....Alberta 4-H has been operating since 1917.

Picture 48 members of the Boys and Girls Pig Club borrowing \$30 each from the Bank of Commerce to purchase two sows. The bank charged 8% interest on the loans and returned 6% back to the members as prizes at the end of the year. Insurance was purchased to cover animal death, and prized males were retained for breeding stock for the following year.

90 years later, we've seen a name change, membership increase, continued support from corporate sponsors, and the inclusion of more than 30 project options for those of you who just couldn't picture raising a few pigs in your backyard. And lower interest rates....who would have predicted it?

4-H has changed tremendously over the past 9 decades, but the enthusiasm of the members, leaders, supporters, and entire 4-H community is just as vibrant as in 1917. A flip through the pages of this magazine will show how the various clubs, districts and regions spent the winter season, what the Ambassadors have been up to, including Lyle Weigum on his Agri-venture exchange to Germany, and how the 4-H family is celebrating our 90th anniversary.

I encourage you to become involved in the celebration. Go to the 4-H website, www.4h.ab.ca, to get ideas—or just dye your skin green, get the 4-H cloverleaf shaved into the side of your head and cover your car with 4-H paraphernalia and we'll call it even.

I hope that the first few months of this year has treated everyone well, and I look forward to seeing you during this milestone year for Alberta 4-H!

Sincerely,

A handwritten signature in black ink that reads "Vanessa Goodman".

Vanessa Goodman

EDITOR
ALBERTA 4-H MAGAZINE

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.

Branch Head	97 East Lake Ramp NE, Airdrie, AB T4A 0C3
Marguerite Stark	P: 403.948.8510 F: 403.948.2069
South	100, 5401-1 Ave S, Lethbridge, AB T1J 4V6
Ginny Smith	Program Assistant P: 403.381.5815 F: 403.382.4526
Rob Smith	Regional Specialist P: 403.381.5815 F: 403.382.4526
Calgary	97 East Lake Ramp NE, Airdrie, AB T4A 0C3
Rob Smith	Regional Specialist P: 403.948.8501 F: 403.948.2069
East/West Central	Box 600, Stettler, AB T0C 2L0
Janet Kerr	Regional Specialist P: 403.742.7547 F: 403.742.7575
Northeast	Box 24, 4701-52 St, Vermilion, AB T9X 1J9
Jason Boorse	Regional Specialist P: 780.853.8115 F: 780.853.4776
Leila Hickman	Regional Specialist P: 780.853.8115 F: 780.853.4776
Northwest	Box 4560, Barrhead, AB T7N 1A4
Jocelyn McKinnon	Regional Specialist P: 780.674.8250 F: 780.674.8309
Peace	Box 159, 109-102 Ave, Fairview, AB T0H 1L0
Stacy Murray	Regional Specialist P: 780.835.7537 F: 780.835.3600
Airdrie Office	97 East Lake Ramp NE, Airdrie, AB T4A 0C3
Karren Griffiths	Administrative Assistant P: 403.948.8509 F: 403.948.2069
Mark Shand	Programs Specialist P: 403.948.8508 F: 403.948.2069
Edmonton Office	200, 7000-113 St, Edmonton, AB T6H 5T6
Stephanie DeAlexandra	Registrar P: 780.427.4426 F: 780.422.7755
Vanessa Goodman	Communications and Marketing Specialist P: 780.427.0753 F: 780.422.7755
Jess Hainstock	Media Release Coordinator P: 780.427.4462 F: 780.422.7755
Nicole Hornett	Intern - Special Projects P: 780.422.1834 F: 780.422.7755
Terri Potter	Leadership and Resource Development Specialist P: 780.427.4466 F: 780.422.7755
Cathrine Schribar	Administrative Assistant P: 780.415.8606 F: 780.422.7755
Corinne Skulmoski	Electronic Desktop Publisher P: 780.427.4340 F: 780.422.7755
Henry Wiegman	Sponsor Liaison and Ag Project Specialist P: 780.427.4532 F: 780.422.7755
4-H FOUNDATION	RR 1, Westerose, AB T0C 2V0
Bruce Banks	Chief Executive Officer P: 780.682.2153 F: 780.682.3784
Catherine Leonard	Administrative Assistant P: 780.682.2153 F: 780.682.3784
Susann Stone	Manager, Marketing and Special Projects P: 780.682.2153 F: 780.682.3784

Contest

Spread the Word, Cleaver!

Contest Deadline: January 25, 2008

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

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

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

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

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

Good luck!



Official Entry Form

NAME _____ AGE _____

CLUB NAME _____

MAILING ADDRESS _____

CITY/TOWN _____

PHONE _____

EMAIL ADDRESS _____

WHAT'S YOUR FAVOURITE PART OF 4-H? _____

ANSWERS:

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

APRIL: _____

SEPTEMBER: _____

DECEMBER: _____

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

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

Personal information on this form is used for administration of the 4-H program under the authority of the Freedom of Information and Protection of Privacy Act. Information provided is protected under the Freedom of Information and Protection of Privacy Act. If you need more information, contact the provincial 4-H office at (780) 422-4444.

Provincial Events

Get in the Game

BY JESS HAINSTOCK

4-H MEDIA RELEASE COORDINATOR

From January 26-28, 90 4-H senior members learned that there is a lot more to Monopoly than a balding man and a monocle. For 4-H's fifth annual Senior Members' Conference, themed "4-H Opoly," conference planners took the key principles of the bestselling game and turned them into life skills. Relevant-to-teenager-issues such as finance, post secondary school and careers were topics of the weekend, with some crazy carpeting and magic showing thrown in to make sure that the delegates got plenty of time to practice up on their social skills.

The games began on Friday evening with delegates arriving at the 4-H Centre, only to be divided into "career groups" and told how much income their profession would glean them. From that moment on, every activity, meal and accommodation had an associated cost—and some of the delegates got pretty resourceful in how they were going to get around costs for lodging and entertainment!

Saturday was a whirlwind of sessions, presentations and outdoor activities. Cara Anderson from Olds College led a seminar regarding post-secondary education and explained to



SMC Down Time



Delegates at SMC 2007

delegates what to look for in a college or university. A Job Forum hosted representatives from a number of careers, ranging from rock star to military, physiotherapist to non-profit organizations. Professionals gave a brief overview of what a typical workday looked like, what qualifications led them into their chosen field and job perks as well as detriments. "Select-a-session" came in the afternoon and delegates chose sessions that were most relevant to their needs. Topics focused on various components of life after high school, such as traveling, job interviewing, proper eating, or finances for youth which was presented by Holly Johnson of ATB Financial.

Special entertainment by way of a magician was had on Saturday night, with 4-H member Jerrid Driedger of the Calgary region performing illusions, tricks and magic, which was followed up with a dance.

Craig Stange, a representative for the Duke of Edinburgh's Award, made a presentation that outlined the award's history, purpose and benefit. Jack Hayden, a former Councillor and Reeve of the County of Stettler and representative for the Committee on Cities and Communities, acted as the weekend's Keynote Speaker. He spoke to the delegates about the keys to successful communication and teamwork, skills that he imparts to clients at his consulting company.

Senior Members' Conference is planned every year by the 4-H Ambassadors who plan a conference geared directly for members who are on the cusp of entering the "real world." Apply early for SMC 2008.....it will fill up fast! ❁

FUN FACT

9 out of 10 people credit Thomas Edison with having created the light bulb—but it was actually Joseph Swan

Ambassador Update

BY MONIKA ROSS

PEACE REGION AMBASSADOR

Wow, the 4-H year has been flying by! It's already February and your provincial Ambassadors have been a busy bunch. I'm sure you have spotted one or two over the last while, maybe running a workshop or helping out at various other events.

If you went to Senior Member's Conference you likely would have seen a handful of Ambassadors. The weekend was organized by a group of Ambassadors and was held at the Alberta 4-H Centre January 26-28. Delegates participated in several activities including tobogganing, marshmallow roasting and dancing. In addition to the fun stuff, there was a more serious side to the conference. Delegates listened to guest speakers who shared very useful information on issues that senior members are faced with including nutrition and diet, post secondary education, career possibilities and managing finances. Ambassadors added some humour by dressing up to represent each career that was touched on during the weekend. I'm sure all of the senior members out there are already looking forward to what the Ambassadors will have planned for next year's event.

Up in the Peace Region Jeff Binks, Marley Miles and I have been busy planning, running and counseling our annual winter camps. Both weekends had a "Cowboys in the Snow" theme and included a few new elements such as a roping session for senior members and a "rodeo" in the snow for the juniors. Both weekends were eventful with lots of games, a dance, skating and even tobogganing with a moose!

If your club, district or region is in need of assistance, please let your provincial Ambassadors know or contact your regional specialist to receive your regional ambassador's contact information. Ambassadors are a superb resource and would love to help make your 4-H event awesome—and book us early to ensure that we're available to lend a hand! ❁



Ambassadors Lucas Grover, Mason Earle, Lee Simanton and Mat Bolduc dress for the weather at the 2007 Senior Member's Conference.

Beef Breed Association Support

BY CORINNE SKULMOSKI

ELECTRONIC/DESKTOP PUBLISHER

Each of the beef breed associations listed below offer a product or prize to 4-H clubs that have members showing a beef animal of that particular breed. 4-H leaders may apply for as many awards as applicable for your club. Be sure to supply the associations with names, addresses, phone numbers and pictures as requested by each association. When contacting a breed representative, please allow enough time (6 weeks) for shipment of product or prizes if you are awarding these at an awards night. More information as well as the application form is available on the 4-H web site at www.4h.ab.ca. (Access this information by choosing Applications/Forms then selecting Project Related then clicking on Beef Breeds).

Beef breed associations:

Alberta Angus Association
Alberta Blonde d' Aquitaine Association
Alberta Charolais Association
Alberta Hereford Association
Alberta Limousin Association
Alberta Maine-Anjou Association
Alberta Murray Grey Association
Alberta Piedmontese Association
Alberta Pinzgauer Association
Alberta Salers Association
Alberta Shorthorn Association
Alberta Simmental Association
Alberta Texas Longhorn Association
Beefbooster
Canadian Red Angus Promotion Society
Canadian Red Poll Association
Canadian South Devon Association
Canadian Speckle Park Association (CSPA)
Canadian Tarentaise Association
Canadian Welsh Black Association
Gelbvieh Association of Alberta
Salers Association of Canada

If you have any questions please contact Corinne Skulmoski at the provincial 4-H office.

corinne.skulmoski@gov.ab.ca

Tel: 780.427.4340

FUN FACT

The population of the world can fit within the state boundaries of Texas.



Mason Earle



Mark Shand



Maryanne Sandberg



Cleaver the Beaver



Chris Forrest

Ask An Expert

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

Mason Earle—Ambassador

I am fifteen and want to go to Selections because I really want to become an Ambassador. What can I expect Selections to be like?

Selections provides you with the opportunity to win trips and awards, as well as gives you a chance to meet other likeminded 4-H members from all over the province. Selections will also ensure that you are given the chance to employ and exhibit all of the valuable skills you have learned in 4-H. The weekend is a well-blended balance of learning, work and of course, fun! When I went to Selections I was told that I could expect to get back as much as I put in and so this is best advice I can give anyone interested in Selections—if you go with a positive attitude I guarantee you won't be sorry you went!

Mark Shand—4-H Specialist - Programs

I am 12 and have been going to provincial 4-H summer junior camps for three years. What do you recommend now that I am an intermediate?

Great question! The next step would be Intermediate camp. While you will still experience some of the same activities as you did in Junior camp, Intermediate camp offers you a choice of skill sessions, the opportunity to be involved in planning and leading activities and of course, the chance to reunite with old friends as well as build new friendships! You can attend a 5-day intermediate program in one of our four regional locations (South, Northeast, Northwest and Peace regions) or attend the 6-day Provincial Intermediate camp at the Alberta 4-H Centre. Look forward to seeing you this summer!

Maryanne Sandberg—Past President of Alberta 4-H Council

The Alberta 4-H Council Mission is “To enhance the Alberta 4-H program by encouraging and involving the Alberta 4-H family by leading policy development, implementation and governance.” What does this mean?

The Alberta 4-H Council adopted this mission statement in November 2003 when it moved from being an advisory body to a governing council. Council now acts as the last level of appeal and offers governance regarding grievances or the 4-H program. The “Alberta 4-H Program Policies & Procedures” manual was created for the purpose of having a ready-at-hand reference for such situations. and was compiled from old and

new Council-approved policies. The Alberta 4-H Council also has other important roles, some of which include: representing the grass-roots views and needs of the 4-H family, providing the Alberta 4-H Insurance program, promoting 4-H to the Alberta public and supporting the funding initiatives of the 4-H Partners (Council, Foundation & Branch).

Cleaver—Captain of the 4-H Spirit Squad

I know that it is Alberta 4-H's 90th anniversary this year—what are you going to be doing to celebrate?

I have a ton of memories that I want to submit for “9 Decades of Stories” like the building of the Alberta 4-H Centre, the first 4-H on Parade, the Edmonton “Capital Ex” when it was still called Klondike Days—I don't even know where to begin! I'm looking to pick up a part-time job so that I can give my paycheques to the “\$90 for 90 Years” initiative. I can't think of a better way to spend my pocket change than making sure that 4-H continues for another 90 years! I am trying to talk Marguerite into letting me have my own “Alberta Celebrates 90 Years” banner. Failing that, I'm going to ask the 4-H Regional Specialists to tell me the dates that their clubs have requested the Regional banners so I can be at those events. I plan on taking in as many of the 4-H summer marketing team's stops as I can— but just in case my schedule doesn't work with the marketing teams, I have decided to strike out on my own and travel the world with the goal of spreading 4-H to the masses! I'll be sure to send home pictures of my travels.

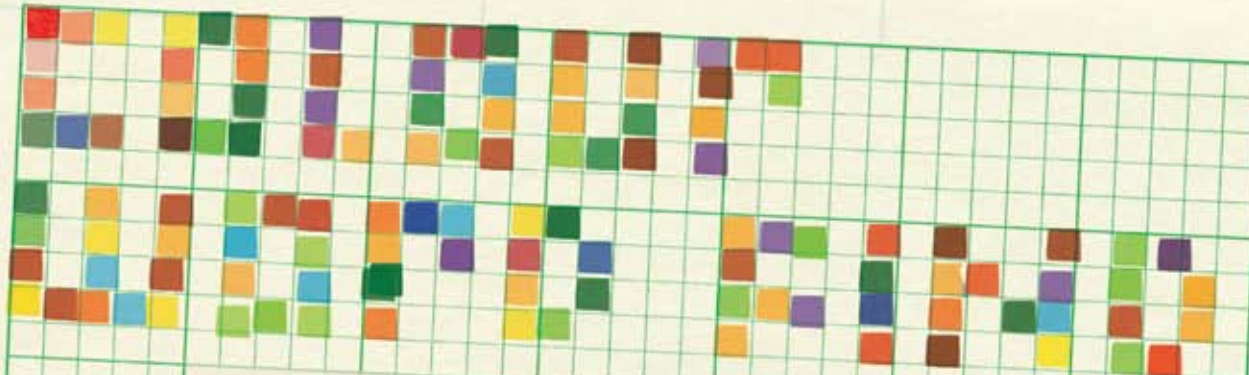
Chris Forrest—Canadian 4-H Council

The Canadian Council's Mission Statement is to “enhance 4-H in Canada by providing national programs and services in partnership with stakeholders.” What does this mean exactly?

4-H is organized differently in each country that it operates. In Canada, provincial 4-H agencies deliver the program at the grassroots level, and are entirely responsible for setting provincial standards including age limits and approved projects. The Canadian 4-H Council, in cooperation with provincial 4-H agencies, organizes and coordinates national and international conferences, exchanges and scholarships that focus on citizenship, leadership development, career choices, technology transfer and other pressing issues faced by today's communities and their young people. In the past six years, more than 4,300 4-H members have participated in national programs. Our national programs are intended to ‘enhance’ the existing program experience offered in each province. In addition, the Council promotes the visibility of 4-H through national public relations initiatives, facilitates communication and information sharing between the provincial 4-H organizations, provides insurance and risk management services, and conducts all national surveys. Our ‘stakeholders’ include provincial 4-H agencies and their members and volunteers; sponsors; and government. All national decisions are made in full consultation with this varied group of stakeholders.

COLOURS

- AMBER
- AQUAMARINE
- AZURE
- BEIGE
- BLACK
- BLUE
- BRONZE
- BROWN
- CHARTREUSE
- CHERRY
- COPPER
- CORAL
- GRAY
- GREEN
- INDIGO
- IVORY
- JADE
- MAGENTA
- MAROON
- NAVY
- ORANGE
- PINK
- PUCE
- PURPLE
- ROSE
- RUST
- SAFFRON
- SAPPHIRE
- TEAL
- TURQUOISE
- VIOLET
- WHITE
- YELLOW



E N A X Y M R S R R A E W K E E H T
N I A R S R E A S E E H I N A E I N
E E O E A R B F W T I L P I O C F O
T V D L Y C M F H T U A A P O P N T
I I A P V R A R E I Q R T R L S S E
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U R O P T Y H M I Z E N H U O G I I
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W O E B W P S E E P O E R R L B A T
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U H R K B R O N Z E L E C E G S E D
I N E E R G T U R Q U O I S I E C U





Where Does the District Council Fit?

District Council

Each club is expected and encouraged to send representatives to district council meetings. District councils:

- Initiate and co-ordinate district 4-H activities such as public speaking and presentation competitions, project workshops, exchanges, fun days and clinics.
- Select and elect Key Leaders and Key Members to assist clubs and provide support and information to all clubs in the district.
- Forward comments and concerns from club(s) to regional council. By majority approval, the district council supports and approves recommendations for change.
- Provide information to clubs in the district.

Regional Council

Each district council sends representatives to regional council. Each of the seven regional councils:

- Initiate and co-ordinate regional programs and activities such as public speaking and presentation competitions, camps, exchanges, fun days, clinics, and workshops.
- Elect representatives for various provincial bodies including the Alberta 4-H Council, Provincial Beef Advisory Committee, Provincial Equine Advisory Committee, etc.
- Take forward comments and concerns from district councils to the Alberta 4-H Council.
- Support and approve recommendations for change approved by the regional council.
- Provide information to district councils.

Alberta 4-H Council

The Council was established in 1971 to assist two-way communication between the provincial 4-H office and 4-H leaders, members, clubs and councils. The Council discusses issues that affect 4-H in Alberta. Representatives from the Alberta 4-H Council sit on various provincial 4-H advisory committees such as public relations, leadership, scholarships and project advisory.

The Alberta 4-H Council's Objectives:

1. To enhance the 4-H program throughout Alberta by encouraging and involving the Alberta 4-H Family by leading policy development, implementation and governance.
2. To govern the grievance process and act as the last level of appeal.
3. To liaise with and advise the Minister of Agriculture and Food on 4-H.
4. To promote 4-H and provide leadership to the 4-H program.
5. To encourage 4-H members and leaders to gain a better understanding of and participate more fully in the 4-H program.
6. To encourage the involvement of potential leaders, members and supporters in the 4-H program.
7. To provide a medium whereby needs and concerns of members and leaders can be communicated through district and regional 4-H councils to Alberta Agriculture and Food.
8. To communicate information regarding the 4-H program to the Alberta public.
9. To provide direction and support to the 4-H Foundation of Alberta and oversee its bylaws.
10. To provide the 4-H Insurance Program for volunteers, leaders and members.
11. To support the funding initiatives of the 4-H Partners (Council, Foundation and Branch).

The Alberta 4-H Council consists of two representatives elected from each of the seven regional councils and two representatives of the provincial 4-H Alumni. The past president, the council's representative to the Canadian 4-H Council and two 4-H ambassadors also sit as non-voting members of the council. The executive secretary (a provincial staff member appointed by Alberta Agriculture and Food) assists the council with its operation. The council also appoints directors to serve on the 4-H Foundation of Alberta and other council committees.

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

Canadian Association of Petroleum Landmen (CAPL) Supports Alberta 4-H

For the second consecutive year the Canadian Association of Petroleum Landmen purchased the reserve grand champion at the 2006 Calgary Stampede Steer Classic and sold tickets at \$10 each with the proceeds shared by the Alberta 4-H Legacy Fund and the Calgary 4-H Regional Council.

Ian Clark, President of CAPL and Robyn VandenBon presented a cheque for \$10,000 to Tim Church, 4-H Foundation, Sharon Uhrich, Calgary 4-H Regional Council and Bruce Banks, 4-H Foundation.

Prizes:

1st Prize: A side of Alberta beef purchased at the Calgary Stampede Steer Classic and a \$400 gift certificate

Sponsored by Enerplus Resources & Onefour Energy Ltd

Winners: Bob Mosoronchon & Sean Duncan

2nd Prize: A weekend for 10 at the Alberta 4-H Centre

Sponsored by the 4-H Foundation of Alberta

Winners: Rick Kaminski & Dan Duggan

3rd Prize: 2 weekend passes to the WPCA finals in Red Deer

Sponsored by the WPCA

Winners: Martin Rude & Brian Ross

4th Prize: 2007 Calgary Stampede Prize Pack

Sponsored by All West Surveys Ltd

Winner: Evelyn Vandenhengel

5th Prize: Penny Lane Prize Pack

Sponsored by Penny Lane Entertainment

Winner: Lorraine Parkinson

We want to thank the CAPL for taking on this project and providing the proceeds to Alberta 4-H. A special thank to Suzanne Stahl and Robyn VandenBon for the extra effort they put into selling tickets and organizing this event. 🌸



The Winning Steer

We want you to be the judge... at **LAKELAND COLLEGE**



Lakeland College is home to the oldest and largest intercollegiate judging program in Western Canada. The team participates in six competitions each year including the Western Canadian Judging Competition at Lakeland College and the prestigious Canadian Intercollegiate Judging Competition at the University of Guelph.

Team members attend weekly workshops to sharpen their judging skills and are involved in events and shows with district 4-H clubs.

Attend Lakeland College and become a member of one of Canada's most successful intercollegiate judging programs.

For information e-mail coach Peter Walsh at peter.walsh@lakelandc.ab.ca or phone him at 1 800 661 6490, ext. 8586.

We offer more than 50 programs including crop technology, appraisal and assessment, environmental protection technology, disability studies, and financial services.

Visit our website for a complete list of programs.



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1 800 661 6490

Board Games Teach Leadership Lessons

BY JESS HAINSTOCK

4-H MEDIA RELEASE COORDINATOR

Framed by the theme “4-H Opoly” and acting as the launch of 4-H’s 90th Anniversary celebrations, 278 4-H leaders “got in the game” at the Nisku Inn and Conference Centre on January 12-14 for the 64th Annual 4-H Leaders’ Conference. It might seem like odd match-up, but there were many parallels drawn between the board game Monopoly and a 4-H leader’s philosophy. Respecting the other ‘players,’ situation recovery and establishing a game plan were all part of the weekend’s overall mantra—and having fun was a large component as well.

Deb Polasek, conference chairwoman and member of the Peace Regional Leaders Conference organizing committee member felt that the weekend was, “as close to being ‘a breeze’ as possible,” which is no small feat being that Leaders’ Conference spans three days, has over 30 sessions to choose from and boasts such receptions as the Premier’s Award luncheon and 4-H Hall of Fame induction ceremony. “The staff was exceptional and everything went along so smoothly. It was a fantastic weekend that left everyone feeling rejuvenated and excited for the up and coming year,” reported Polasek.

As a result of the vast selection of sessions, presentations and forums, Saturday was broken into four sections, with each section giving leaders a choice between eight different options. Another annual Leaders’ Conference highlight is that of the 4-H Hall of Fame induction ceremony. This year 4-H honoured long time leaders of the Bon Accord 4-H Beef Club Colleen and Bernie Prefontaine of Legal. “4-H is

an exceptional program for youth as well as leaders, and Bernie and I are proud to be part of such a vibrant organization. We live by the 4-H philosophy of leaders developing members and members developing leaders and are so honoured to have been inducted into the 4-H Hall of Fame,” Colleen commented on having received the award.

Also handed out at Leaders’ Conference is the Alberta 4-H Council’s Golden Clover Award, which is an award that recognizes organizations that have greatly contributed to 4-H. This year’s award recipient was the Calgary Exhibition & Stampede for their involvement and support in a myriad of 4-H activities, particularly the Calgary Region’s 4-H on Parade.

Given the enthusiasm, the talent and the dedication that abounded at the conference this weekend, it is easy to see why 4-H, which is an organization run solely by volunteers, has been thriving for the last 90 years. ❀



Donna Carter from the Northeast Region at her 27th Alberta 4-H Leaders Conference



Patty Reid and Christine Patten from the West Central Region getting into the 4-H-Opoly theme



Peace Region organizing committee for the conference

Recognition of Service on Alberta 4-H Council

At the March 2006 Annual meeting of the Alberta 4-H Council, several Council members had completed their terms. Alberta Agriculture, Food and Rural Development recognized this by presenting a beautifully framed certificate to each Council member recognizing their years of service.

Recognized were Debra Stark (Ambassador), Eran Hawkwood (Alumni), Carole Tkach (East Central Region) for their years and Maryanne Sandberg (Southern Region) for her term as President.



1 - Debra Stark receives her certificate from proud Mom, Marguerite Stark, 4-H Branch Head. As a result of Debra's hard work on Council, the Ambassadors now have one voting representative who is over the age of majority.

2 - Eran Hawkwood receives her recognition from Marguerite Stark. Eran served as Treasurer, Historian, and on many committees.

3 - Carole Tkach was unable to attend the Council meeting, so was presented with her certificate at a later 4-H Foundation meeting by Past President Maryanne Sandberg. Carole served many years on Council as the East Central rep, as Vice President and as President. She served on many committees and represented Council on the 4-H Foundation Board of Directors.

4 - Outgoing President of Alberta 4-H Council, Maryanne Sandberg is presented with a plaque and gavel by Marguerite Stark. Maryanne will remain on Council in the position of Past Chair and represents the South region for one more year.

Provincial Events

APRIL 10

WPCA Mentorship Program Deadline

APRIL 27 - 30

Provincial 4-H Selections

MAY 5

Highway Clean Up

MAY 5

Scholarship Deadline

JUNE 15

Hall of Fame Nomination Deadline

ALL SUMMER

Summer Programs and Camps

ALL SUMMER

Livestock Events and Competitions

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FUN FACT

Kermit the Frog is left-handed

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South Region

BY GINNY SMITH

4-H PROGRAM ASSISTANT

Mother Nature has demonstrated her abilities to turn on the winter weather, but it certainly hasn't stopped the Southern Region 4-H members and leaders from enjoying their time – inside and out!

The first of our two Multi-Species Judging competitions sponsored by AgriVet Health Centre Inc. took place in the new year in Brooks at the Silver Sage arena, with approximately 90 members demonstrating their knowledge.

The annual Regional Hurricane Hockey Night was bigger and better than ever, with over 530 members and parents taking in the game against Vancouver. Our famous mascot, Cleaver had the opportunity to hang out with Scotties Little Softie, on hand to promote the renowned curling event, the Tournament of Hearts.



Cleaver and Softie at the Hurricanes game

Over 250 members and leaders turned out for the Learning Day and Time to Celebrate, in Taber on February 3rd. The daytime sessions were tuned specifically to the needs of members and leaders. Leaders expanded their knowledge of communications competitions, leadership skills, and working together on councils. Junior members demonstrated their creativity through various crafts and learning sessions while

intermediate and senior members saw what lies ahead of them through exploring resumes, and scholarship applications. The evening's Time to Celebrate recognized leaders years of service, district and regional Friends of 4-H and member achievements in categories including Platinum Award of Excellence, successful Southerners at Selections and Provincial Judging, Regional Communications, Horse Record Book and Scholarship recipients.

South Events

APRIL 12

Southern Regional Judging –
Clareholm

APRIL 17

Diary and Scholarship Workshops
(tentative)

APRIL 21

4-H Livestock Handling for Youth
Workshops

AUGUST 12-15

Southern Regional Horse Show

AUGUST 16-19

Alberta Equestrian Games

It was a winter wonderland in Elkwater for both Junior and Intermediate Snowfest camps in February. This year, attendance was expanded to allow for southern members to mix and mingle with those from the Calgary Region. Camp coordinators, and alumni, Laura Hagstrom and Cyrena Quinn, were impressed with the involvement of Key Members from both regions as counselors for the two weekend camps.

While clubs are starting their communications activities, plans are underway for our new Southern Regional Communications format. This year, all advancing members will compete in their various Public Speaking and Presentation divisions within one competition taking place in Taber on March 17th. The breakdown of responsibilities for the different categories will be split and rotated annually amongst the ten district councils. ❁

Calgary Region

BY JOANNE GOURLEY

SECRETARY, CALGARY REGIONAL 4-H COUNCIL

The Calgary Regional Annual Awards Celebration was held on Sunday, December 3, 2006 at Strathmore High School.

The 2006 Regional Recognition Award was presented to Dan and Donna McKinnon and Todd and Michelle McKinnon for their outstanding support of the Alberta 4-H program at the club, district and regional levels.

There was approximately 60 three-year leaders presented with their leader pins and 24 leaders presented with their 5 year pins and certificates. Stacey Price, Sandy Fagnan, Rodney Hannah, Kathie Morris, Karen Reinhardt and Hollie Brockway were presented with their 10 year pin. Cathy De Groat and Arlene Visser received 15 years and Tracey Read and Carol Kadway obtained their 20 year pin.

20 members received Calgary Region Bursaries. The Calgary Region Scholarship winners were Steven Jones, Ashley Reinhardt, Cassandra Parkinson, Jennifer Price, and Nicole Hurt. The 2006 Calgary Region Platinum Award recipients were recognized. The junior, intermediate and senior Regional Multi Judging Awards were presented and there were 36 record book awards presented. Thank you to the Wheatland District for hosting and Myranda Stewart and Ethan Gosling for being the emcees.

Rob Smith, the Calgary Regional Specialist, had requested homemade cookies for the November 29, 2006 Calgary regional meeting. He then delivered them to the Tom Baker Cancer Clinic to be served to patients while they wait for their appointments.

Mountainview District topped the challenge with 46 dozen. Wow. Rob's vehicle was full to the roof with cookies from all the districts. Well done. ❁

Calgary Events

APRIL 4

Regional Council Meeting

JUNE 1-3

4-H On Parade

JUNE 6

Regional Council Meeting

JULY 29

Regional Horse Show

East Central Region

BY JANET KERR

EAST CENTRAL REGIONAL 4-H SPECIALIST

The East Central Region has been busy since Christmas. We have held Fun Day 2007, two multi species judging competitions and our 19th annual junior winter camp.



Fun Day 2007 was held in Stettler on Saturday, January 6. A wide variety of sessions were held for 4-H members, leaders and parents to participate in. Crape Geomatics and UFA were the major sponsors for this event. We also had support from lots of Agricultural Societies and other businesses in the region which allowed us to provide the day to all who attended at no charge.

Over 120 people participated in two multi species judging competitions. One was hosted by the Coronation District and was held in Veteran. The other was hosted by the Flagstaff District and held in Killam. Thanks to these two councils for hosting these events and also to EnCana for their support of these events.

Winter Camp was held February 23 – 25 at Circle Square Ranch Camp. There were 78 campers, 8 counselors and 3 staff people in attendance. Thanks to Susann Stone for being camp director once again.

This summer, the East Central Regional Horse show will be held in July. The details will be mailed directly to clubs. The team of five 4-H members who will represent the East Central region at the Alberta Equestrian Games to be held in August in Millarville will be chosen at this event, but more importantly, it is a great opportunity for all 4-H equine project members to get together and have some fun. ❀



Winter Camp at Circle Square Ranch

East Central

APRIL 13

Regional Council Meeting

TBA

Regional Rodeos

JULY 20-21

Regional Light Horse Show

West Central Events

APRIL 22

Regional Cow Horse Show

JUNE 1-3

Regional Light Horse Show

West Central Region

BY JANET KERR

WEST CENTRAL REGIONAL 4-H SPECIALIST

Project Book Competition Winners

The West Central 4-H Alumni marked the books submitted for the Project Book Competition and the winners are:

Junior Beef

Emily Henschel – Lakedell Beef

Junior Miscellaneous

Jennifer Wrubleski – Lakedell Light Horse

Intermediate Beef

Rachelle Jans – Bow-Inn Beef

Intermediate Horse

Haley Scott – Blindman Light Horse

Intermediate Miscellaneous

Shelby Patten – Alder Flats Multi

Senior Overall

Thomas Hilderman – New Norway Beef

Junior Overall

Jennifer Wrubleski – Lakedell Light Horse

Intermediate Overall

Haley Scott – Blindman Light Horse

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Northeast Region

BY JASON BOORSE

NORTHEAST REGIONAL 4-H SPECIALIST

There is no rest for the energetic! And the Northeast Region can prove it. This past winter has been very eventful to say the least.

You Be the Judge

Over 80 individuals took part in this year's workshop on February 17. The Mannville 4-H Multi Club once again did a fantastic job. Members were separated by age category and provided the opportunity to practice judging on a wide variety of classes including livestock, tires and feedstuffs. Adults were also invited to participate in sessions on Project Books and Diaries. A special note of thanks goes to the Lakeland College judging team for all of their advice and leadership.

Communications Competitions

The Lac La Biche District hosted the communications competition on March 10 at Portage College. Congratulations to all speakers in both public speaking and presentations as all were well prepared and deserving of the recognition they received for making it to this level of competition. Judges were treated to a variety of topics and presentation styles and the day was fully enjoyed by all.

Western Canadian Judging Competition

The Western Canadian Judging competition was once again held at the Lakeland College Vermilion campus on March 23. This is the Regional qualifying event for Provincial Judging, so the competition is always very healthy. As well this competition is in conjunction with Lakeland College's collegiate judging competition which has competitors from various Colleges and Universities across Canada. This open competition also hosted 4-H members from the Northwest and East Central 4-H Regions. Thanks to all the hardworking volunteers who helped behind the scenes to make this a great learning day!

Upcoming Event: Northeast Adventure Day!

Date: April 14th

Location: Lakeland College, Vermilion Campus Riding Arena

Hold on to your hats because the purpose of the day is to show members and their families all the wonderful projects that are available in 4-H and some of the unique opportunities that you might not have heard about yet. The workshops will be a combination of project ideas with interesting twists and fun recreational games.

Loss of a 4-H Friend

On February 26, Norm Withers of Lavoy passed away at the age of 63. Norm, who was the Key Leader for Beaver District, past NE Award of Distinction Recipient, and Alberta 4-H Hall of Fame Inductee, had served 4-H for 42 years as a leader. Norm is "Mister 4-H" in the Beaver District. His involvement in 4-H Started in 1956 when he joined Ranfurly 4-H Grain Club

as a member and a year later he joined the Viking Dairy club. In 1963, he moved from membership right into the roles of general leader and dairy project leader. Norm has been President of the 4-H Provincial Council, served as a director on the 4-H Foundation, and was also serving as the current NE 4-H Regional Council President. He has touched so many lives and has been an incredible asset to 4-H and what it represents.

Upcoming Deadline

Just a reminder that May 15 is an important date to keep in mind as many application deadlines occur on this date, including summer camps and programs. Check out our Regional Page at www.4h.ab.ca for more information on upcoming programs. 🌸

Northeast Events

APRIL 14

Adventure Day

JUNE 30

UFA Slowpitch Ball Tournament

AUGUST 13-17

Moose Lake Jr Camp

AUGUST 20-24

Moose Lake Intermediate Camp

Northwest Region

BY JOCELYN MCKINNON

NORTHWEST REGIONAL 4-H SPECIALIST

Regional Presentations

4-H members provided an entertaining and educational afternoon at the Northwest Regional Presentations Competitions February 24. At the West Half Competition hosted by the Lac Ste Anne District at Anselmo Hall members demonstrated cookies, cakes and pastas. Others crafted saddle stands, bola games, lap books caddies, and flower ornaments. The audience also learned about showing horses and appropriate horse show clothes. The Thorhild District hosted the east half competition at Newbrook where 17 teams demonstrated everything from desserts to lamb kabobs, treats for dogs, crafts, fashions, paintball and horse and beef project topics.

Congratulations to all participants. Krista Van Sickle, Cody Radcliffe and Leanne Wood, Parkland District will be representing the Northwest at the Provincial Competition along with Brett McWhirter and Lisa Woywitka, the first place senior team for the East Half Competition.

Northwest Events

APRIL 21

Regional Judging Competition

MAY 12

Camp Mackinicholea Clean Up Day

JUNE 15

Regional Horse Record Book Competition

JULY LONG WEEKEND

Focus on 4-H

JULY 31

Life Skills/Other Animals Project Book Competition

AUGUST 14-18

NW Regional Summer Camp

TBA

NW Horse Project Clinic – Rodeo

TBA

NW Beef Project Clinic



Delegates at Frosty Fun 2007

Regional Camps

Twenty-six intermediate and senior campers from the NW and NE Regions spent the Family Day weekend at Camp Warwa on Lac Ste Anne. The annual Frosty Fun Winter Camp was sponsored this year by the Northwest 4-H Regional Council and Crape Geomatics. Thank you to Nicole Hornett who organized this great weekend of winter outdoor fun.

The Northwest Region is offering one week of Summer 4-H Camp this year at Camp Mackinicholea. From August 14 to 17 members 9 to 13 will experience a week of sand and sunshine. To be one of the lucky campers, members need to register by May 15th. There are only 60 spots available.

Northwest Project Events

All three regional project committees are updating their Regional Record Book Competition guidelines. These guidelines will be reviewed at the regional project meetings on March 17.

The Northwest Horse Committee has a Leader Training Clinic on March 11th at Looma. Horsemanship levels 3 and 4 will be emphasized. Northwest Beef Committee has a Project Workshop for members and leaders scheduled for March 24 at the Genesee Hall.

Regional Judging Competition

The competition is scheduled for April 21 at the TransAlta Paradise Ranch, Keephills. The ten judging classes this year include two consumer choice classes - sandals and MP3 players. Members registering by the April 2nd deadline will evaluate and place horse, swine, goat, beef, dairy and llama livestock classes as well as a class of quads or dirt bikes and a mystery class.

Thank you to our event sponsors, TransAlta Utilities – Farm, Servus Credit Union, and the Stony Plain and Legal Co-ops. The event is organized by volunteer representatives from the 4-H districts in the region.

Focus on 4-H

Members will be coming together on the long weekend in July for another Focus on 4-H. The overall program has been revised, with some of the project shows and workshops being condensed. This is in response to a survey circulated in the last few months. The regional horse show plans are well underway as are the canine, goat and beef shows. The Lifeskills workshops will again offer a potpourri of crafts. ❀

FUN FACT

The longest MONOPOLY® game ever played was 1,680 hours long. That is 70 straight days!

FUN FACT

On average, a 4-year old child asks 437 questions a day.

Peace Region

BY STACY MURRAY

PEACE REGIONAL 4-H SPECIALIST

Winter Camp

The Peace Region decided to host two separate winter camping programs this year. 9-13 year old “Cowboys in the Snow” attended the weekend of Feb 2-4, while the 14-16 year olds attended Feb 9-11. A total of 82 campers enjoyed the activities, even though the snow had a layer of ice in it, making them work a little harder as they completed the barrel circuit and made their sculptures. A special thanks to the Grande Prairie 4-H Alumni (Monika Ross, Leah Sallis, Caitlin Ridley, Luke Lundgard, Briana Rigler, Jeff Binks, and Scott Kosheiff) for planning and staffing the weekends. The region and campers also want to send a huge thank you to Crape Geomatics for their support, which allowed us to run two programs this year.



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Regional Casino

The region will be working a casino April 7 & 8 this year. Thank you to all the volunteers who help with this. Being over the Easter weekend has made it difficult for everyone, but I appreciate the commitment of those who help out. The money from the casino subsidizes camp fees and travel costs, as well as a host of other items for our region. It is truly appreciated. ❀

Peace Events

APRIL 21

Regional Judging Workshop and Competition – Fairview

APRIL 21

Regional Council Meeting – Fairview

MAY 5

Grande Prairie District/ NADC Partnership Bursary

JUNE

Regional 4-H Days – High Prairie

JULY 24-28

Junior Summer Camp – Camp Artaban

JULY 30-AUGUST 3

Intermediate Summer Camp – Camp Artaban

BREAKFAST TIME WORD SEARCH

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Travel & Exchange



Livestock and Hippology Teams with chaperones Mark Shand and Clint Ziegler

4-H Members Compete in Denver

BY RISA IWASIUK

MEMBER OF THE PROVINCIAL LIVESTOCK JUDGING TEAM

5280 ft! That was the theme for the 87th annual Western National Roundup, where Jared Foat (Carstairs), Erin Friesen (Vauxhaul), Trena Schwerdt (Worsley) and myself, (Risa Iwasiek from High Prairie) earned the opportunity to represent team Alberta for the livestock judging contest in Denver, Colorado. Our trip kicked off on January 3 with members of the Hippology Team and chaperones Mark Shand and Clinton Ziegler. We were amazed by the size of the Denver airport and found ourselves wandering in circles on the way to claim our baggage. (It really does pay to ask for directions).

After we navigated our way to our hotel, we headed off to satisfy our hungry stomachs at an Irish restaurant, where we soon learned that not only do Americans serve big burgers... but they also serve raw ones. Our first night ended with a stop at Walgreen's to prove to Jared that they were not an American Wal-Mart but a superstore pharmacy.

The next morning we toured the "Aquarium", where we all enjoyed taking pictures of the fish, climbing palm trees and best of all feeding the sting rays. We spent that evening at Denver's famous steakhouse, enjoying watching some intense Texas two-stepping while a live band played. As the night came to an end we dipped our legs into the hot-tub where we all agreed that **nothing** compares to Alberta Beef!

Day three was a freebee for those of us on the livestock judging team, so we decided to go bowling. The competition was fierce! Actually there wasn't really any comparison...Clinton whooped us, but we did learn some pretty sweet moves to practice. That night, during the opening ceremonies we had the pleasure of listening to the National Champion College Speaker after dinner, who spoke of overcoming personal hardships. It was extremely motivating and by the end of his speech the whole room felt invincible for the next day's competition.



Members of the Livestock Team: Erin, Risa, Jared and Trena

It now was the morning of the judging competition! Everyone was pretty quiet as we fought off any leftover nerves during the bus ride to the coliseum. We evaluated 10 classes consisting of beef, sheep, and swine. Upon completion of our class we loaded onto the bus and were sent back to the hotel where we presented our oral reasons to the official. After six sets of oral reasons, we were finally allowed to talk! We celebrated this by watching a performance of, *The Phantom of the Opera*, at a dinner theatre called the "Playhouse". Our last day in Denver was spent attending the breakfast awards banquet, followed by some intense speed shopping at outlet malls before being dropped off to catch our last flight.

This trip was easily one of the highlights of our 4-H careers. Not only were we able to further enhance our judging skills, but also it was a chance to make new friends and memories. Last but not least we would like to send out a HUGE THANK-YOU to all our sponsors (ATB Financial, ITS Travel and Cruise Centre, and United Farmers of Alberta) and Chaperones (Mark Shand and Clinton Ziegler) who made this trip possible for us. Thanks for a great experience.

The Hippology Team placed 3rd overall in their competition and the Livestock Judging Team placed 13th overall. Great job! ❁

Consumer Decision Making Workshop and Competition

It's like judging, but without having to know swine or sheep conformation. Information about this new, exciting event on August 10 – 12 in Olds will be mailed to each club shortly. Be part of the first ever Alberta 4-H Consumer Decision Making event!

Alberta 4-H Judges Travel to Regina

Four Alberta 4-H members joined delegates from across Canada at the 2006 International 4-H Judging Seminar at Agribition in Regina this past November. The objectives of the seminar include providing an opportunity for 4-H members to participate in an international program that combines fellowship with an opportunity to develop their livestock judging skills; providing an opportunity for 4-H members from Canada, the United States and all other countries to attend and participate in the Canadian Western Agribition; and to foster the future development of young judges for the livestock industry in Canada, the United States and all other countries around the world.

And of course, to judge livestock and have a great time doing it! The four Alberta members did just that. Alexa Gray, Jeanette Wouters, Steven Litwin, and Cole Webb represented our province. Alexa had a great performance and placed 6th overall, with Jeanette placing 13th, Steven placing 17th and Cole placing 18th. Jeanette took top prize in dairy, placing first in this category. All four members of the team had an excellent experience. 🌸



Delegates at the International 4-H Judging Seminar

FUN FACT

If you attempted to count all of the stars in the galaxy at a rate of one star/second, it would take approximately 3,000 years to count them all.

FUN FACT

There are approximately 550 hairs in the eyebrow.

Exchange From Across the Globe

BY HEATHER POLASEK

KEY MEMBER, GRANDE PRAIRIE 4-H DISTRICT

This fall, my family hosted an exchange student from England for a week. It was a lot of fun. Ed Barber came to stay at our house through part of an agricultural exchange with the Young Farmers. My sister Laura stayed at his house for a week when she was over in the United Kingdom last summer. Traveling and hosting are definitely two of the most fun experiences that you can have through 4-H. Over the years we have hosted 3 Japanese students as well, but Ed has been one of the best delegates. He was older than the Japanese kids and fit right into our family. By the end of the week he knew where every dish in the house went and he was hogging the couch. There is nothing more fun than getting to know new people; this exchange program was amazing for that. We took Ed quad-riding, out to the movies and on tours of grain elevators among many other things. We highly recommend The Garfield Weston Exchange to any 4-H'er interested in new experiences and seeing the world. 🌸



Ed and Laura in England



Ed working on the farm near Grande Prairie



Brandenburg Gate at night

Over Seas and Lovin' Life

BY LYLE WEIGUM

CALGARY REGION 4-H AMBASSADOR

On November 8, 2006 I arrived in Hannover, Germany and was picked up by a stranger who drove me to his house—this is where I would live for the next year. I had no fear however, as this was the beginning of my Agri-Venture Exchange program trip.

Agri-Venture is part of the International Agriculture Exchange Association, which is an organization that helps people like yourself find the experience of a lifetime in a foreign country. Germany, the U.K., most of mainland Europe, New Zealand and Australia are all countries where you can spend anywhere from 5 to 15 months—you can also split your time between two countries or two continents.

I live in Engensen, which is about 20 minutes North of Hannover in North Central Germany. I live and work on a pure-bred Angus ranch that has about 60 cows, which is large for Germany. I feed cows, train the bulls for showing and do other odd jobs around the farm. A great part about the exchange is that you are provided with a place to live, a wage and time off for travel. I have been all over the continent so far—France, Holland, Switzerland and a good part of Germany.

The reason I chose to go on the exchange was not for the work—I could have found work like what I am doing in Ger-

many at home. No, it was for the travel and to experience a different culture. I found Agri-Venture in the summer of 2005 after I had returned from the Inter-Provincial 4-H Exchange. I had had a blast and wanted to do the same thing again, but on a bigger scale and for longer in someplace really really cool. I was cruising the 4-H website looking for exchanges when I saw the Agri-Venture scholarship. I applied and was very excited to be accepted into the program.

Make no mistake- just because you apply doesn't mean that you will be accepted. Agri-Venture has a very strict screening process that applies to the screening of host families as well as the exchange applicants. Luckily, I think that every 4-Her I have ever met fits the criteria. To be accepted you must supply Agri-Venture with reference letters and an essay. Next, you go to be interviewed by a host family in Alberta. For the most part the interviewer is checking to make sure that you are who you said you were in the essay, so don't stress over it. My interview was really great, in fact I was told that if I didn't go to Germany, that I could work for the interviewer.

So far my favourite part of the trip has been the travel opportunities I have had. I have skied in the French Alps, eaten chocolate in Switzerland, walked under the Brandenburg Gate and strolled through a castle. It has been an amazing experience and if any of you get the chance to go, myself and over 25,000 Agri-Venture alumni will tell you to go in a heartbeat.

Check out www.agriventure.com and be sure to keep up with Lyle's adventures by reading his blog that's posted on the 4-H website, www.4h.ab.ca. 🍀



Lyle in front of the Brandenburg Gate on a cold day in Berlin



Lyle with his new German volleyball friends

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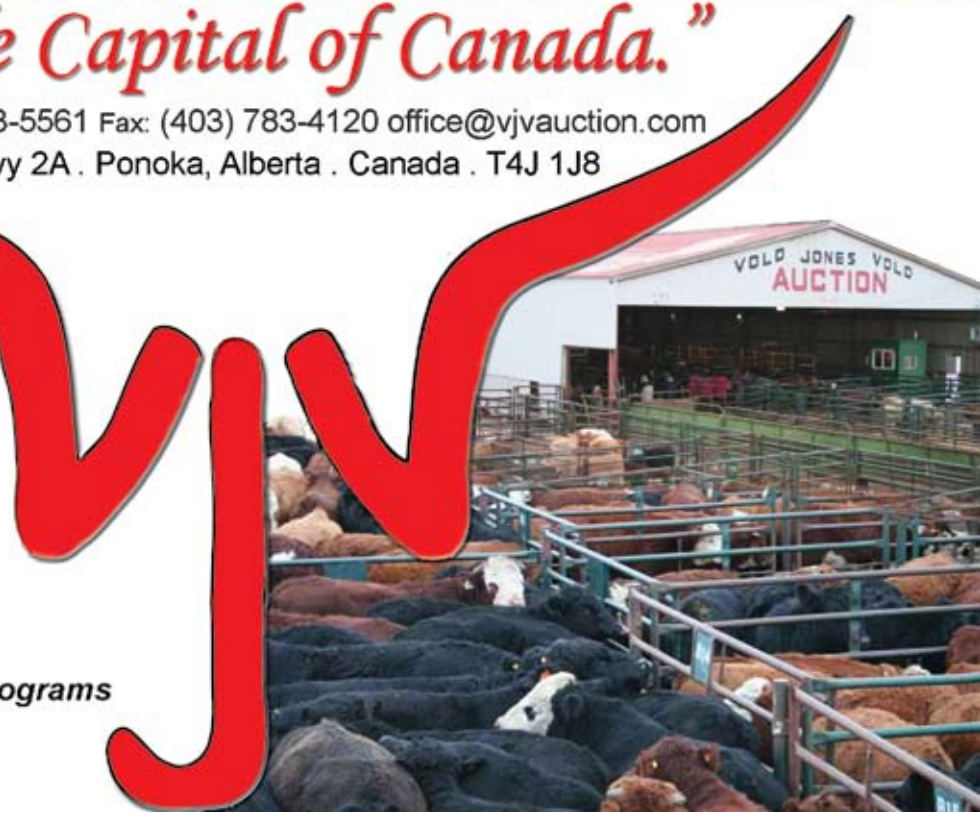
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Learning, Fishing and Laughing—The Western Regional Leaders Forum

BY JONI PITZEL

ALDER FLATS 4-H MULTI LEADER

Rick Stone from the Northeast Region, Karren Griffiths from the Airdrie 4-H office and myself, Joni Pitzel from West Central, and were greeted warmly by the hosts of the 2007 Western Regional Leaders Forum, which was held in Phoenix, Arizona January 11-15.

The weekend began with a welcoming 'Mexican Fiesta Under the Stars' and pin exchange. Everyone was delighted with the entertainment provided by Mariachi Viva and local dancers, as well as with the souvenir mariachis everyone received.

In the days to follow, we attended a variety of sessions. It was interesting to note that the majority of sessions offered at the Forum were specifically project related. "In the Hot Seat – Wildfire Preparation," was a session Karren attended on being prepared for a wildfire; however, she found the preparation information to be applicable to more disasters than just wildfire and felt this it to have been a very beneficial session. Rick attended a session on "Shooting Sports," which includes bows, handguns, rifles and muzzle loading firearms. He found the presentation very interesting and educational and felt the ideas presented could be used in the Alberta 4-H program. I attended a session called "4-H Team Racing," which focused on creating projects that are not traditional to 4-H and this particular project example was about building a racecar.

Rick also attended Fishing 101 where delegates learned about the fishing project in 4-H. Rick said this was another project that would be very adaptable to the Alberta program. This session was followed with Casting 101 and a Fishing Tour and

somehow Rick convinced me to join these last two sessions. I now know how to properly cast for fly-fishing and can say I went fishing in Arizona! Freezer Bag Cooking was a session both Rick and I attended and found to be very informative. Outdoor groups of all kinds could really make use of the ideas presented in this session.

Another highlight of the Forum was David Fitzsimmons, a humourist and political cartoonist from the Arizona Daily Star, who was a guest speaker one morning. Laughter echoed throughout the room and it was an excellent way to motivate everyone for the day! Mr. Byron Garrett was the closing keynote speaker who gave an inspirational talk and shared his "ABC's of Life" with the audience. I would recommend his book to everyone.

The Forum was incredible. The sessions were informative and we all found it interesting talking and sharing information about our different 4-H programs. Karren, Rick and I encourage other leaders to attend this event. 🌸



Western Regional Leaders Forum delegates Karren Griffiths, Joni Pitzel and Rick Stone

Alberta 4-H Youth on the Road to Becoming an Entrepreneur

BY KAYCEE LUNDE

Alberta Youth Entrepreneurship Camp (AYEC) was a blast. This year was AYEC's 10th anniversary, and the theme was "Time Of Our Lives!". That's for sure! I've never been to a camp I've enjoyed so much. Highlights of the week include a fake fire drill (we were all lined up outside, and the counsellors started a water war), making candy on a stick, and above all, making a lot of new friends!

During the week we worked on making a small business for "Business Day" on the last day of camp. There were many teams consisting of approximately six delegates each. We worked on team building skills, business manners and ethics, keeping records and business basics (location, how to be a successful business, how to choose an appropriate name). We played a virtual lemonade stand game, and then we actually made a lemonade stand! We did team developing activities. We had many presentations that were all awesome. We brainstormed and

debated over business ideas, and after looking over several options, we came up with a workable idea that fit in well with our budget (we borrowed \$300 from the bank by all putting up our personal belongings for collateral. I even put up my PlayStation Portable!).

We chose our business idea to be picture CD's with camp pictures, helicopter pictures, and pictures of activities at camp. We then sold 'candy kabobs' on the side, and boy were they good and they sold out right away! A lot of hyper kids on business day!

I love this camp, and I am hoping to have the chance to go back again next year as a representative of 4-H. Then the following year I would love to be a junior leader at the camp.

Well, this camp was a lot of work but was 100% worth it! It sure was the time of my life! 🌸

Twenty Ways Your Club Can Make This 90th Anniversary Summer Count

- 1.** Issue a challenge to fellow club members to see who can bring the most friends to Achievement Day.
- 2.** At your next public 4-H event (Achievement Day, Sale day, etc) have a draw prize and on the entry ballot have participants jot down their email addresses so that you can keep them on top of the local 4-H activities that are happening.
- 3.** Volunteer your club to work a shift at the local fair or rodeo in the kitchen or selling 50/50 tickets (and wherever it is that you're volunteering, hang up the 90th Anniversary banner available from your Regional Specialist!)
- 4.** Have your club design a timeline that is specific to your club and its accomplishments, but also incorporate the major 4-H milestones—check out the 4-H website, www.4h.ab.ca, for the complete Alberta 4-H timeline.
- 5.** Check with local schools to see if it's possible to set up a display in the gym or in the front entrance, or see if teachers will allow members to do short, 5 minute class presentations of 4-H and its 90th anniversary.
- 6.** Get creative as a club and come up with a new 4-H t-shirt or poster design—go crazy with tie-dye, markers, paints and iron-ons.
- 7.** Start a "4-H Day" in your community (and be sure to call your Regional Specialist to book a Club Banner for it!)
- 8.** Have a 'Pay-it-Forward' day set aside where everyone in the club does something altruistic for someone else in the community. Tell that someone to do the same for someone else and see how far it goes in your community.
- 9.** Create a 90-minute activity triathlon. Have club members split into teams, and decide on three (or 12... you don't need to be confined by the "tri" part of the title) different activities to partake in. Things like water-balloon toss, a three-legged race, and wheel-barrow partner running all make for good team games.
- 10.** Set an "in-honour-of-the-90th-Anniversary" goal for your club. Whether it be working towards a certain number of community volunteer hours (90 hours sounds great!), or getting a certain number of articles published (90 articles perhaps?), an awesome time is always had when club members work together.
- 11.** Only eat green food for the entire summer—examples could include, but are not limited to things like broccoli, lettuce, olives, grass... things like this. You could attempt to add food colouring to things like pancakes or milk, but be warned that this is considered cheating.
- 12.** Have your club come up with a 90th anniversary song or cheer (perhaps to the tune of "Happy Birthday" or to the beat of the new Dixie Chicks' song?) and sing it at the start of every club meeting.
- 13.** Enter a 4-H float into your community's summer fair parade. Be sure to call your Regional Specialist ahead of time so you can be sure to reserve the 90th Anniversary banner for the event.
- 14.** Track down 4-H alumni and former leaders and have a reunion night. Ask these people to bring pictures, record books, awards—not only will it be great for these former 4-H members and leaders to see what their club is up to now, but it will be great for your members to hear about the influence that 4-H had on their lives.
- 15.** Try to think of 10 real words that rhyme with "ninety." Issue it as a challenge, do it on your own time, use it as a replacement technique to counting sheep before bed.
- 16.** Have your club members try to think of what the year 1917 would have looked like—cars, clothes, activities, etc. When a pretty good pool of ideas has been gathered, get members to go home, do a light bit of research and come back with their findings to the next meeting. Compare (and be amazed!) at the differences between then (no colour TV!) and now (DVDs, wireless internet, cell phones).
- 17.** Throw a 4-H 90th Anniversary party for your club, complete with cake, candles and balloons. Have everyone bring a non-perishable food item as their "birthday present" and donate the 'gifts' to the local food bank.
- 18.** Have a district-wide event—maybe a chili cook-off, a BBQ, an air band competition or an afternoon spent at a community centre swimming or bowling or movie-watching.
- 19.** Have a 1917-themed club meeting, with everyone attempting to dress in period-appropriate clothing and using 1917 slang (that means no saying "whatever," "as if" or "lame"). Perhaps try to rent a movie that is based in that era, e.g. Birth of a Nation or Metropolis.
- 20.** Answer "90 Years" to every question that you don't know the answer to. "How long have you lived in (insert town's name here)?"
"90 years."
Or "So, when will you be done work?"
"In 90 years."
Things such as this; however, do use a discerning voice of reason and when your teacher is threatening to fail you, feel free to actually use that brain to put together an answer.



Ron Noga and leaders from Dauphin

Journey to Manitoba 4-H Leaders Conference

BY JOANNE MCCRAE

4-H LEADER AND DELEGATE AT THE CONFERENCE

Elkhorn Resort in Clear Lake, Manitoba was the incredible location for this year's Manitoba Leaders Conference. The air outside was cold and crisp, but the atmosphere inside was warm and congenial.

The theme of the conference was "Building Ourselves to Build Others". Leanne Sprung from the 4-H wing of Manitoba Agriculture met Alberta delegates Ron Noga and Joanne McCrae at the Winnipeg airport. The interesting part was that Ron and Joanne had not yet met, and Leanne had no sign. She figured that she could spot 4-H leaders without a lot of help. Ron and Joanne became the two unclaimed passengers, and it was the start of a lot of laughs.

That evening, Deri Latimer gave a workshop entitled "Grow the Leader in You," and the laughter continued as Deri encouraged us to take a realistic look at ourselves and how others see us. The bonfire was very chilly with the damp Manitoba

cold and a bit of wind, but Manitoba Ambassadors led us in campfire songs with undaunted enthusiasm.

The next morning, Pat Katz led a session called "Encourage the Heart." We were encouraged to be thankful for people who had inspired us in our lives. There were very few dry eyes in the room. This session encouraged us as leaders to make a difference in the lives of our 4-H members. Elgin Hall (a local minister) then led a touching Remembrance Day Service. After lunch, Kathryn Cox, a State Extension 4-H Specialist with the Ohio State University held an interactive session on "Sportsmanship and Youth Activities." She shared with us how Ohio 4-H competitions got too competitive, and how she has tried to help establish a focus on participation. After a break, Kathryn Cox led a workshop on "Ages and Stages" where we learned how different age groups learn differently.

Pat Katz came in for another workshop that was entitled "Take a Break and Get a Grip." One of the favorite examples she gave, was to encourage a wabi sabi attitude. Wabi sabi is a Japanese phrase that describes the ability to find joy and beauty in things that are incomplete, imperfect, and impermanent. Some free time was followed by a superb banquet and entertainment.



Leanne Sprung and Joanne McCrae

Ron had the honors of tying the magician/comedian in a straight jacket. It was an evening to kick back and enjoy the company of other leaders.

Sunday morning found leaders tired, but energized. Several leaders were recognized for years of service in the 4-H program before the conference wrapped up. It was encouraging to be among 4-H Leaders from another province. As leaders, we are there for the young people, and we believe that 4-H is an incredible experience for those involved. ❀

Alberta 4-H Leaders Spend the Weekend in Toronto

BY SYLVIA MATHON

LEADER, RANGELAND 4-H BEEF CLUB

The group of Alberta leaders that had the opportunity to attend National 4-H Volunteer Leaders' Conference included Marcy Beddome - Peace Region, Mike Borduzak - Northwest Region, Marianne Caouette - Alberta 4-H Council, Cathy Daniels - South Region, Bonnie Litwin - Northeast Region, Sylvia Mathon - West Central Region and Mary

Lou Tanish - Calgary Region. They left Alberta on November 1, 2006 very early in the morning, from 4 different airports to join 50 leaders from across Canada in Toronto. The experience was such a positive one. All the leaders from all over Canada wanted to be there and we all had the same goal: to keep 4-H successful! We all would like to see the program grow. We enjoyed sharing ideas, participating in discussion groups and workshops, and learning what other provinces have to offer. We explored the challenges that some clubs face, discussed the opportunities to make new friends and participated on committees that combined knowledge and humor for some very interesting and entertaining conversations.

The Alberta delegates hosted the Saturday luncheon at the conference sporting our trade-mark green blazers and handed out goodie bags full of treasures from Alberta. Thank you to our sponsors of the grab bag contents.



Alberta Delegates

4-H members from across Canada and a few from the United Kingdom joined us. Together we enjoyed a live dinner theatre performance Thursday evening. Prior to attending the Royal Agricultural Winter Fair some of the leaders went for a tour of Casa Loma and took a walk on the glass floor in the CN Tower. All of the leaders and members attended the Fair. With livestock galore the horse events are a real treat.

At the banquet, where we again joined the 4-H members, Craig Kielburger shared his passion in a speech titled "Free the Children". The conference was a great opportunity to meet our outstanding youth in 4-H and talk to sponsors.

Sunday morning was wrap up and we had to say goodbye to our new 4-H friends. I think all of the members and leaders had a great time, which was enhanced by the fact that the food and accommodations were excellent.

The Alberta delegates appreciated being selected to represent Alberta at the conference and the financial support that got them there. If you have the opportunity to go yourself please don't let it pass you by; you will be pleased by how much you learn during the duration of the conference. ❁



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FUN FACT

A quarter has 119 grooves around its edge; a dime has 118.



Touring the John Deere Plant



At the Royal Winter Fair



Alberta Delegates

Tidbits From National 4-H Members Conference

SUBMITTED BY THE DELEGATES AND CHAPERONE WHO ATTENDED NATIONAL CONFERENCE

Stephanie Danielson

At this amazing conference we participated in workshops and discussion sessions with an agricultural focus that helped develop our ideas and learn more about agriculture issues across Canada. We got to sight see many different points of interest in Toronto and area, such as the CN Tower, Royal Agricultural Winter Fair, shopping, Hockey Hall of Fame, and experiencing a live theatre production. I'm sure if you ask any one of us who was able to go on this trip they would all say they wish they could go back.

Barry Carlson

The trip to Toronto has been amazing and it was an honor to be selected to represent Alberta. It was great to meet fellow 4-Hers from across Canada and the UK. With the conference I was able to go to the Royal Agricultural Winter Fair. It was amazing but I wish we could've spent more time there.

Lucas Grover

After being selected to attend the National 4-H Conference, I really did not know what to expect. After tours, meetings, and the people I have met, I will have a lifetime of memories.

Chelsea Kroetsch

I gained a lot of knowledge and met a lot of new friends from all over Canada and the UK. The most memorable part of the conference was the taxi ride from the Hard Rock Café to the Royal Winter Fair with Stephanie; we had tons of laughs...this trip is awesome.

Stacy Price (Alberta Chaperone)

I can't believe the fun and excitement surrounding a trip like this. Members, leaders and chaperones all were treated so well. I cannot even begin to narrow down what would have been my highlight of this trip. The bus tour downtown was so informative, and the John Deere

parts plant as well as the Pioneer Hi-Bred Canola research facility was a great educational experience. I was truly honored to be chosen as a chaperone for this trip. Thanks goes out to the planning committee for their hard work and thoughtfulness.

Ed Barber (England)

Being part of the UK Garfield Weston Exchange, I arrived in Canada around 5 weeks ago in Alberta. I had the best time traveling Alberta and traveling to the 4-H National Conference has to be the best way to end my trip. Being from a similar English organization known as "Young Farmers" I have learned so much from 4-H to take home, and have experienced lots, for example milk in wine glasses!! You would understand if you visited Young Farmers! ❁



Delegates at TUXIS



It's not all hard work!

4-H Member Experiences TUXIS

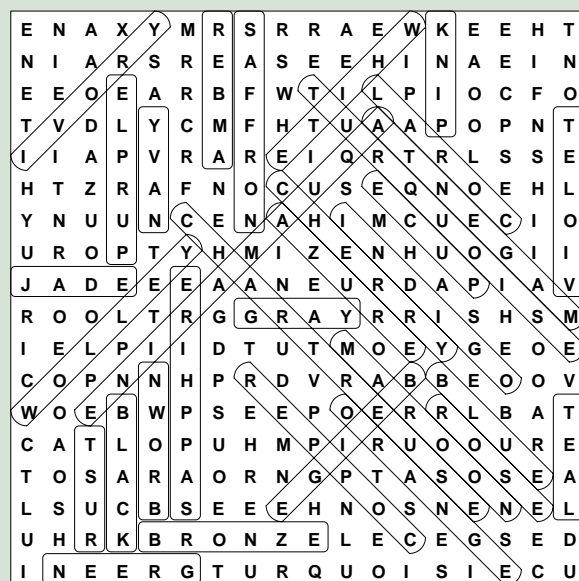
BY KATHLEEN KERR

I recently attended the 87th Session of the TUXIS Parliament of Alberta after being awarded this opportunity at 4-H Selections in 2006. TUXIS is a model parliament, based on the Alberta legislature, and is for anyone between the ages 15-21. It has an elected “front four” or Premier, Deputy Premier, Leader of the Opposition, and Alternate Leader of the Opposition, who make sure that everything runs smoothly, and also an appointed “front bench” or cabinet, which looks after things such as programming (games and activities) and doing finance, running the TUXIS store, putting out the “Speaker” (The TUXIS newsletter), and other things essential to the running of the parliament.

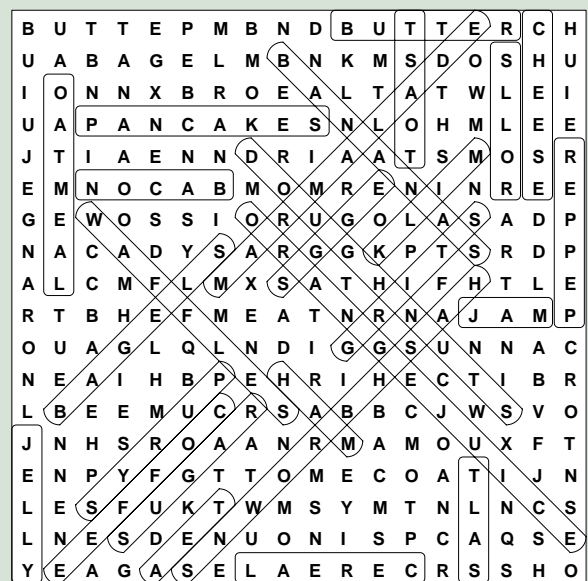
While at session, members developed their speaking skills while debating various bills and resolutions. We debated resolutions which have to do with the outside world, with more serious topics such as Senate Reform, along with lighter things such as Banning Harry Potter. We also debated bills which have to do with the inner workings of the parliament. People also learned about themselves and the world around them through programming activities.

TUXIS is a great place where you will build lifelong friendships, great social and public speaking skills, as well as a great deal of self confidence. It is a great group of young people that are open-minded, caring and interested in issues important to youth. TUXIS has helped me to grow as a person, and to discover both who I am, and who I want to be. It has been one of the most worthwhile activities that I have ever taken part in. 🌸

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Breakfast Time Word Search Solution





Awards, Scholarships & Grants

Recognize Those Who Make a Difference

BY VANESSA GOODMAN

4-H SPECIALIST

Created in 1971, the 4-H Hall of Fame has recognized 63 men and women of Alberta who significantly contributed to Alberta's rural youth and agriculture. Each inductee has been an active 4-H leader at the local, regional, provincial, and at times, national level. They demonstrate outstanding leadership in the program promoting the 4-H motto of 'Learn to do by doing' and live out the 4-H pledge of service and commitment to club, community and country through all activities and levels of the organization.

It is time once again to begin considering if there is an eligible individual or couple in your 4-H community that deserves recognition. Individuals outside the candidate's immediate family may submit a nomination to the 4-H Hall of Fame. A member or leader from the local club may nominate a candidate, and nominations require supporting letters from representatives of the 4-H district and regional councils. Additional community references must be included. A selection committee, consisting of leaders on Provincial 4-H Council, the 4-H Foundation of Alberta and representatives from the 4-H Branch evaluates each submission based on the candidate's personal qualities as well as their significant contributions to 4-H, agriculture and rural life.

Deadline for nominations is June 15. Access the nomination form via your Regional 4-H Specialist or the 4-H website, www.4h.ab.ca. Click on Applications/Forms, then Awards. If you have any questions, don't hesitate to contact Vanessa Goodman at 780-427-0753. 🌸

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Youth will compete in Original Oratory (speech)

Three \$1000 scholarships will be awarded to the top speaker, and the top debating team during the finals on July 8th. All speeches will promote and reflect the agricultural and western historic legacy of Alberta or Western Canada. Youth competing in this competition will be the best of the best.



To register please contact
Rae Ann Demmers, 403-261-0391
at the Calgary Exhibition & Stampede
at least 45 days prior to the competition.

You Hate It, You Love It – But Ultimately It Pays Off

BY LAUREN EVANS

2006 PROVINCIAL PUBLIC
SPEAKING CHAMPION

We all know it, we all have to do it and for the most part, we all love to hate it. That's right, Public Speaking, the often-dreaded component of the 4-H program. Most people would rather do homework than speak in public but really, it's not that bad. I have had a great year as the Provincial Public Speaking Champion and have enjoyed the many subsequent competitions and events.

I knew that 4-H created all kinds of opportunities but I hadn't realized how much extra public speaking added. I have met many new people and I was even offered a job as a result of one speaking competition. I've had the chance to be the MC for various public speaking competitions and I've even had the chance to be a guest speaker at the FarmTech conference in Edmonton. It was a bit scary to speak in front of one thousand people. I did get to see myself on the big screen though!



Lauren Evans of High River Stetsons 4-H Club, ready to represent

The highlight of my year was when I was given the chance to represent Alberta 4-H at the Royal Winter Fair in Toronto in November. The trip to Toronto was the prize for placing in first at the Provincial level of competition for 4-H speeches. It is a trip sponsored by the Alberta 4-H Branch and the Friends of 4-H and was an opportunity of a lifetime.

The Canadian Young Speakers for Agriculture public speaking competition, which happens at the Royal Winter Fair, is a lot like a 4-H one except instead of an impromptu speech you have to introduce one of the speak-

ers and you *have* to talk about agriculture—not that that's a problem! It was a great way to meet people from around the country and listen to some really passionate young people talk agriculture and about the changes that they want made, or the differences that we can all make in agriculture. Just last year a Junior Public Speaking Division was added, which I competed in and came in second.

The Fair itself was so amazing I wish I could have spent more time there and had more of a chance to see what there was to see. It was a mix between the Calgary Stam-

pede and Spruce Meadows, but indoors. We toured Toronto a big - saw shows, shopped like crazy and stood on the glass floor of the CN tower. Toronto was a really amazing city and I appreciate the additional sponsorship of my Regional 4-H Council.

The 4-H public speaking program has been a wonderful experience for me and the trip to Toronto was probably one of the biggest highlights in my 4-H career. Next time public speaking comes around, have fun, talk about something that you care about and who knows where public speaking may take you? 🌸

Fun Categorization Game:

What is the one thing shared by the three in each group?

- a) a cow, a shoe, a baby
- b) a doctor's office, a post office, music
- c) a zipper, a shark, a comb
- d) restaurant goer, a bird, the Senate
- e) a potato, a hurricane, a target
- f) a river, a person, a cave

A, a tongue, B, a scale (or a key), C, teeth, D, a bill, E, an eye, F, a mouth

Apply Now for Over \$80,000

BY VANESSA GOODMAN

4-H SPECIALIST

Are you planning to attend post secondary school this fall? Have you been an active 4-H member for the past several years? Do you like MONEY? If your answer is YES to the above questions, then you need to log on to www.4h.ab.ca and download the 4-H Scholarship application form. It's the easiest way to ensure you have enough extra dollars to buy that Biology 161 textbook in September.

This year, Alberta 4-H has close to \$80,000 to distribute to past and present 4-H members in order to ease the strain of post secondary financing. Two of last year's winners, Corey and Crystal (see photos), can attest to the benefits that 4-H scholarships provide.

A few hints when applying for 4-H scholarships:

- **More information is better** – The selection committee makes no guesses and no assumptions. Be sure to include ALL activities, executive positions, awards, etc.
- **Type your application** – Handwritten applications are not accepted.
- **Do the extra presentations and/or essays** – A lot of people don't take time to do these, so your chances of winning a scholarship are that much better if you're one of the ones that DOES do the extra project.
- **Read, read, and read** – All the scholarship criteria is listed. Be sure to read it over to get an idea of what the selection committee is looking for...involvement, communication skills, etc. Highlight these points in your application.
- **Do NOT be late** – Late applications are not accepted...no exceptions. Applications MUST be postmarked by May 5, which means you should mail it by Friday, May 4. No email or faxed applications are accepted.

Good luck. You certainly wouldn't want to go without your Bio textbook, or any textbook for that matter. Better grades mean more scholarship money next year!

Check out the 4-H website for a list of other organizations that also offer scholarships to post secondary students. Don't hesitate to call the 4-H Foundation of Alberta if you have any questions....1-877-682-2153. ♦



Crystal Young, winner of the \$1500 Farm Credit Canada 4-H Scholarship



Corey Beniuk, winner of one of the \$1000 Norma Jean Gray 4-H Scholarships

Fundraising

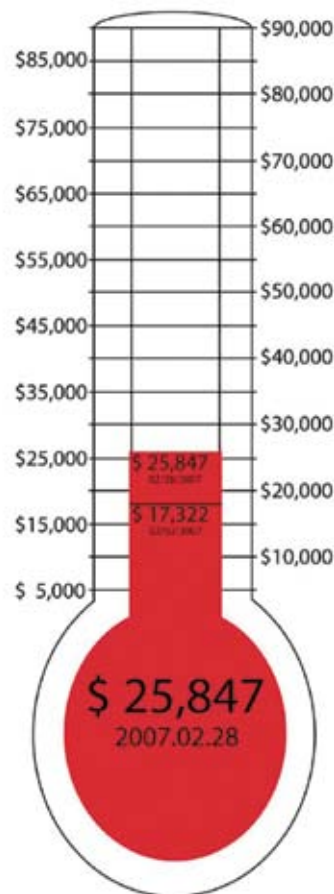
\$90 for 90 Years Fundraising Campaign Update

As you may know, in recognition of the 90th anniversary of Alberta 4-H, we are conducting a fundraising campaign in 2007 to enhance the long-term viability of the 4-H program in Alberta. It is our hope that the "4-H Family" donates \$90,000 that will hopefully be matched by an additional \$90,000 from our corporate supporters. Proceeds from the \$90 For 90 4-H Years campaign will be allocated to the Alberta 4-H Legacy Fund, which is a fund that is owned by and accessible to all 4-H clubs in Alberta.

Thanks to all those who have donated thus far. We have reached nearly 30% of our target of \$90,000 from the 4-H Family. Please check out the website for a list of those who have generously donated (click on the 90th logo on the home page). If you would like to contribute to this campaign, please contact:

4-H Foundation of Alberta

1-877-682-2153 or foundation@4hab.com.



AMA supports rural youth and programs

This year, the Alberta Motor Association Insurance Company is pleased, once again, to be a major 4-H program sponsor.

AMA Insurance sponsorships for 2007 include the Alberta 4-H Leaders Conference, Club Week and the Beef Heifer Show.

We have been a major 4-H program sponsor since 1999 and feel AMA Insurance is a perfect fit with 4-H, as we support 4-H's core values: Encouraging the personal growth and development of rural youth through community service.

Alberta 4-H Council President Anita Mappin says AMA's sponsorship helps develop "leaders for the future."

Mappin, who is also an assistant and project leader for the Prairie Project Wranglers Multi Club, based in Byemore, Alta., attended the Alberta 4-H Leaders Conference, held in Nisku, Alta., this past January. The club has members doing projects in woodworking, interior design, scrapbooking, outdoor activities and horsemanship.

"4-H is best known for delivering leadership, personal growth and opportunities for youth all across Canada, with Alberta being the strongest province in retaining members," says Mappin. "Support from businesses like AMA help make this happen."

Last year, AMA Insurance also sponsored several events, including the second annual Small Animal, LifeSkills, Technology and Trade (SALTT) Conference and Club Week 2006.

Wendy and Darrel Ashbacher, who are also with the Prairie Project Wranglers, attended the SALTT Conference where they learned many new aspects of 4-H and its programs.



4-H leaders at SALTT 2006



4-H members at Club Week 2006

"Without support from great sponsors such as AMA, 4-H would never be as successful a program as it is," said Wendy.

West Valley 4-H Club member Randi Schneider attended Club Week 2006 where she made "memories that will last a lifetime."

"On behalf of myself and all the other delegates, I would like to thank (AMA Insurance) for helping making Club Week 2006 possible," says Schneider, who lives in Drayton Valley, Alta.

"I had an amazing time and can't thank you enough. Your generosity has put smiles on all of the 4-H members' faces."

Sponsorship of programs such as 4-H allows AMA to support the communities we have been a part of since 1926. In the early days, AMA relied on the goodwill and heavy equipment of farmers to help pull stranded vehicles from ditches.

Now, AMA strives to return the favour to Alberta's rural community by giving farmers the specialized support they need.

With the wide diversity of agriculture in Alberta, each farm operation's needs are unique and members requested an insurance program that met these diverse needs. In response, AMA began offering farm insurance in 1997.

We designed a farm insurance product that is flexible to help protect farmers' livestock, farm vehicles, outbuildings and homes from a wide variety of hazards including wind damage and hail.

We are members helping members, Albertans helping Albertans. It's how we began and is our continuing commitment to Alberta communities. It's our roots, our ongoing commitment and our future. And it's why we believe in and are proud to support members of the 4-H community. Let's keep "learning by doing" together.



Alberta 4-H Celebrates



Alberta 4-H 90th Birthday Party

On Saturday July 28, 2007 we will be hosting an anniversary party at the Alberta 4-H Centre to celebrate the 90th anniversary of Alberta 4-H and the 30th anniversary of the 4-H Foundation of Alberta.

Further details of this event can be found on the Alberta 4-H website at www.4h.ab.ca or call the 4-H Foundation at 1-877-682-2153.

FROM THE DESK OF THE 4-H REGISTRAR



Thank you to all of the leaders who completed their club registration on-line this year. 23% of clubs 'stepped outside of the barn' and used the newly launched on-line registration system. As with any new process, there were some wrinkles that have been ironed out. For the most part, it was a positive and encouraging experience and I look forward to more of you participating this fall.

Didn't register on-line for this club year?

Think that you might want to for the next club year?

Please watch for the revised form in your fall mail out package and at www.4h.ab.ca.

Thank you again,

Stephanie DeAlexandra

Club & District Articles

A Night of Color and Recognition – Cactus Country 4-H District Color Night

BY CHERYL STENGER

DISTRICT REPORTER

On November 17, 2006 the Cactus Country 4-H District held their annual “Color Night Awards Banquet & Dance,” which is an event that brings together members and leaders of the district in honour to showcase their achievements. The theme for this year’s even, which was hosted by Young Guns Equine 4-H Club, was “*By Example They Lead*”. Jessica Wilkinson, 4-H Ambassador for the South Region, gave an inspirational talk on what 4-H has done for her and encouraged each member to make their 4-H journey their own.

The evening brought together the 11 district clubs in order to recognize the Member Awards of Excellence, Leadership Recognition, District Scholarships and Friend of 4-H awards. This year Kirsten Jensen, Craig Gleisner, Pam Ringrose, Blaine Nitel, Melissa Schlenker, Jory Stenger and Courtney Noga were awarded a Platinum Award of Excellence for their achievement and contribution to 4-H and our District. Congratulations to all members who received their Award of Excellence that night.

Leadership milestones were awarded to Meri VanMaarion for 15 years and to Wendy-Ellen Nittel and Brad Stenger for 10 years. Thank-you to all the leaders for your continued support of 4-H.



Ron Noga, winner of the 2006 Friend of 4-H Award for the Cactus Country district

This year’s Friend of 4-H award went to the very deserving Ron Noga. Ron has been a leader for 10 years with the Seven Persons 4-H Beef Club, and remains active with the club. Ron attends Leaders’ Conference annually, was awarded a trip to Manitoba as a delegate for the Southern Region and has held the position of Treasurer for District Beef Council for the past six years.

In total, 19 scholarships and awards were presented to deserving members of the district—congratulations to you all! And thank-you to the Young Guns Equine Club for a job well done. 🍀



Country Critters Canine 4-H Club Members

Country Critters Canine 4-H News

This has been a busy year for the Country Critters Canine 4-H Club! There are 16 members this year with Pat Martens remaining the Club Leader and Della Kyncl continuing to be co-leader and trainer.

The club helped out at the annual Turkey Dinner at Rugby Hall in November. It was a huge success with over 450 people attending. Everyone did well at the club’s interim Obedience Trials on December 5.

On December 2 and 3 Country Critters helped out at the Calgary Kennel and Obedience Club All Breed Dog Show, held in Calgary. The Critters had one of the 3 silent auction tables, as well as a 50/50 crate draw. Money raised from the 50/50 draw was donated toward the purchase of a bulletproof vest for one of the RCMP Canine Unit dogs.

On January 30, the club donated a care package of food, clothing and other dog related items worth approximately \$225 to Colleen Patience, a volunteer with the Red Deer based Chinook Winds Greyhound Rescue Association.

Last year we had a great time with our Fun Day, in which we invited all the Canine 4-H Clubs from our region to join us in some friendly competition. We had Obedience, Rally-O, and Showmanship. There was an agility course set out for anyone that wanted to play on the equipment and many fun events for the members to try their hand at. This year, our two Jr. Leaders are organizing a Regional Canine Fun Day where we will be giving out ribbons and awards on May 12. This event will take place at Rugby Hall, in Mountain View County. This will be a great prelude to our final competition in Calgary, at 4-H on Parade on June 3. Anyone interested in attending our Canine Regional 4-H Fun Day can contact our club leader. 🍀

FUN FACT

Scientists with high-speed cameras have discovered that rain drops are not tear shaped but rather look like hamburger buns.

Jumping Pound 4-H Club Doing Well

BY TAYLOR GILES

CLUB REPORTER

The year has gone by so fast—we already have Public speaking under our belts! Our club also held a curling day at Madden Curling Club, which was an event enjoyed by all who attended.

We will be judging bulls at the Calgary Bull Sale to practice our judging skills and we plan to clean the Jumping Pound Hall for our community service.

Our Achievement Day will be on May 26, 2007 and then it's off to 4-H on Parade! ❀

Millarville Saddle Sores

BY KARLEE MACDONALD

CLUB REPORTER

On January 6 and 7, our 4-H club participated in a Public Speaking and Curling workshop in High River. During the public speaking portion we were given information with pointers on writing a speech. We also practiced an impromptu speech. We were given 15 minutes to write a 1 minute speech on a topic we picked out of a basket. After public speaking we picked up our curling brooms and hit the ice. Curling is a blast, but not as easy as it looks. Those rocks are heavy!

On January 13, our club had our winter workshop. Mr. Kelly gave us instructions on how to put our pieces of wood together to make a tack box. We constructed one big box with another smaller box inside. There are runners inside the bigger box so that the smaller one slides back and forth. What a great winter project. This day was a day to remember. Thanks to Mr. Kelly and all of our wood cutters.

On January 27, we had a meeting and ride. During our meeting we had a guest speaker, Kathleen Whitfield. Kathleen gave a presentation on bits and bridles. She showed us different kinds of bits. There was even a bit that was supposed to taste like apple to the horse! Yummy! We learned about the horse's head and what kind of bit to use on a horse with a small tongue compared to a large tongue. Kathleen had some horse skulls with her to demonstrate the fitting of bits. After the slide show was finished she went around and talked to us about the bits that we were using on our horses. Thank you Kathleen, we really enjoyed your presentation. We sure have been learning a lot! ❀

A Variety of Fun for Light Horse 4-H Club

BY HALEY & ANNE SWITZER

To quote an old seasonal song, "oh the weather outside is frightful"... but the Medicine Hat Light Horse 4-H Club braved the cold to gather bottles in Redcliff on January 6th. The bottle drive is a fund-raising event to help with the costs of riding clinics, projects and workshops. On January 14th, the members then gathered warmly inside at Steiner's Hot Tubs and Rental for their annual Winter Project event to make their horses' 'stall signs'. Project Leader, Don Hart, led the members through the 3 hour process of staining, torching, and varnishing. After the signs were completed and set aside to dry, members were entertained with a fun-money casino (courtesy of Bob and Armand) in which they got to buy from the gift table....then finishing up with a pot-luck supper of ham, scalloped potatoes and all the trimmings. All-in-all, it was a fun-filled sociable afternoon.



Medicine Hat Light Horse members on public speaking day

On January 27, Doug Renschler held an Equine Massage Clinic at Waldner's Arena. Doug talked about the importance of 'stretching' the muscles on your horse before riding and 'cooling' the muscles after the ride, too! He also covered such topics as massaging, saddle fitting, cinch placement and tightening, and movement with a proper fitting saddle verses movement of an 'improper' fitting saddle. It was a most enjoyable clinic where everyone (adults, too!) learned something they didn't know before. Thanks Doug!

March will see the members attending the Spring Trade Show to assist organization of Big Brothers and Sisters in some face painting! ❀

Country in the City – Cactus Country 4-H District

BY CHERYL STENGER

DISTRICT REPORTER

This past July the Cactus Country 4-H District teamed up with the Medicine Hat Exhibition and Stampede's "Country in the City" to showcase rural life, which gave our urban neighbours a chance to check out what rural life and 4-H has to offer.

Leaders and members set up a booth promoting all aspects of 4-H including a heifer, sheep and Cleaver the Beaver. 4-H members manned the booth over the four-day exhibition. The temperature was hot to say the very least, but the visitors showed interest with their many questions and getting close to the livestock was a big hit! ❀



Cochrane Safeway gets a thank-you from (left) Rebecca Walters, Amber Beeby, Chad Cena, Carolyn Djakovic and Annessa Good

Throwin' Down the Challenge—Big Hill West Light Horse 4-H Club

BY REBECCA WALTERS

CLUB REPORTER

It's a brand new year for Big Hill West. We started out by happily welcoming four new members to our club. The first activity that we had on the club schedule was our traditional Candle Making and Selling event, which we do for our community service requirement. It was a great year for selling candles as we accomplished in selling every last one of them, thanks to the patrons who shop at the Cochrane Safeway. The \$1,363.88 we collected was then donated to the Mustard Seed. Our new members enjoyed participating with us in this activity.

At our January business meeting, our club discussed and voted to support the **\$90 for 90 Years** Campaign. Not only did we vote to support the campaign and donate \$90, but also we voted to donate another \$90 in celebration of our Club's 25th Anniversary for a total of \$180! **Big Hill West sends out a challenge to all Alberta 4-H Clubs to try and match our donation.**

This year, as I mentioned, is the 25th Anniversary of the Big Hill West Club. We are looking for all members, leaders and trainers who were ever a part of Big Hill, Big Hill East or Big Hill West to come and celebrate by attending the 25th Anniversary party, which will be held on Sunday, June 10, 2007. For further information you can contact April Walters at (403) 241-1867 or by email at aprilw@telusplanet.net.

Another activity that we had fun together was participating in our public speaking competition. We had some members participate in presentations as well this year and it was a big success. The speeches were fantastic and we had to do a tiebreaker in the presentations twice. All the judges were thanked, given a gift and a hand made card. They were all happy to come out and be a part of our competition.

Finally, we wrapped up the winter activities with an Inter-club Horse Bowl Clinic with the Airdrie Flying Hooves 4-H Club. It was a fun evening checking out the ID stations and especially getting to practice using the buzzers when answering questions. 🌸

The Name Might Change but the Fun Stays the Same—Outlaws 4-H Horse Club

BY JULIA FRUSON

CLUB REPORTER

Hello from the newly named Outlaws 4-H Horse Club! We have recently changed from the "Didsbury Outlaws" to "Outlaws 4-H Horse Club" to accommodate our members from Wimborne, Olds, Didsbury and Carstairs.

Dean Peachment teaches Western Horsemanship, MariLou Ziggengaggle teaches English Horsemanship and Shianne Kendze and Staci Hannah teach rodeo. They are great instructors who teach us how to ride and have a lot of fun with it too.

In November, Maggie and Nicole Dube organized a fun ride, which meant dressing up both our horses and ourselves and playing games on horseback. We had everything from a knight in shining armour to the Grim Reaper to a bumblebee!

In our December meeting, our club had an in-service by Dr. Kate Sawford on equine dental care that was very informative. For our community, we collected gifts, cookies, new clothes and juice boxes for the Ministry of Social Services in Didsbury to make Christmas a little more fun for kids in our community. We also enjoyed a club party including sleigh rides as well as a Secret Santa gift exchange at John and Denelda Campbell's farm.

In January we joined Prairie Partners for a fun afternoon at a multi-judging workshop, followed by hamburgers, pop and dessert for all. We then hosted a public speaking clinic and invited Prairie Partners to join us. 🌸

SUDOKU CORNER

Try your hand at the new rage in games. The aim is to fill in the grid so that each row, each column and each 3 x 3 box contain the numbers 1, 2, ..., 9. Simple as that!

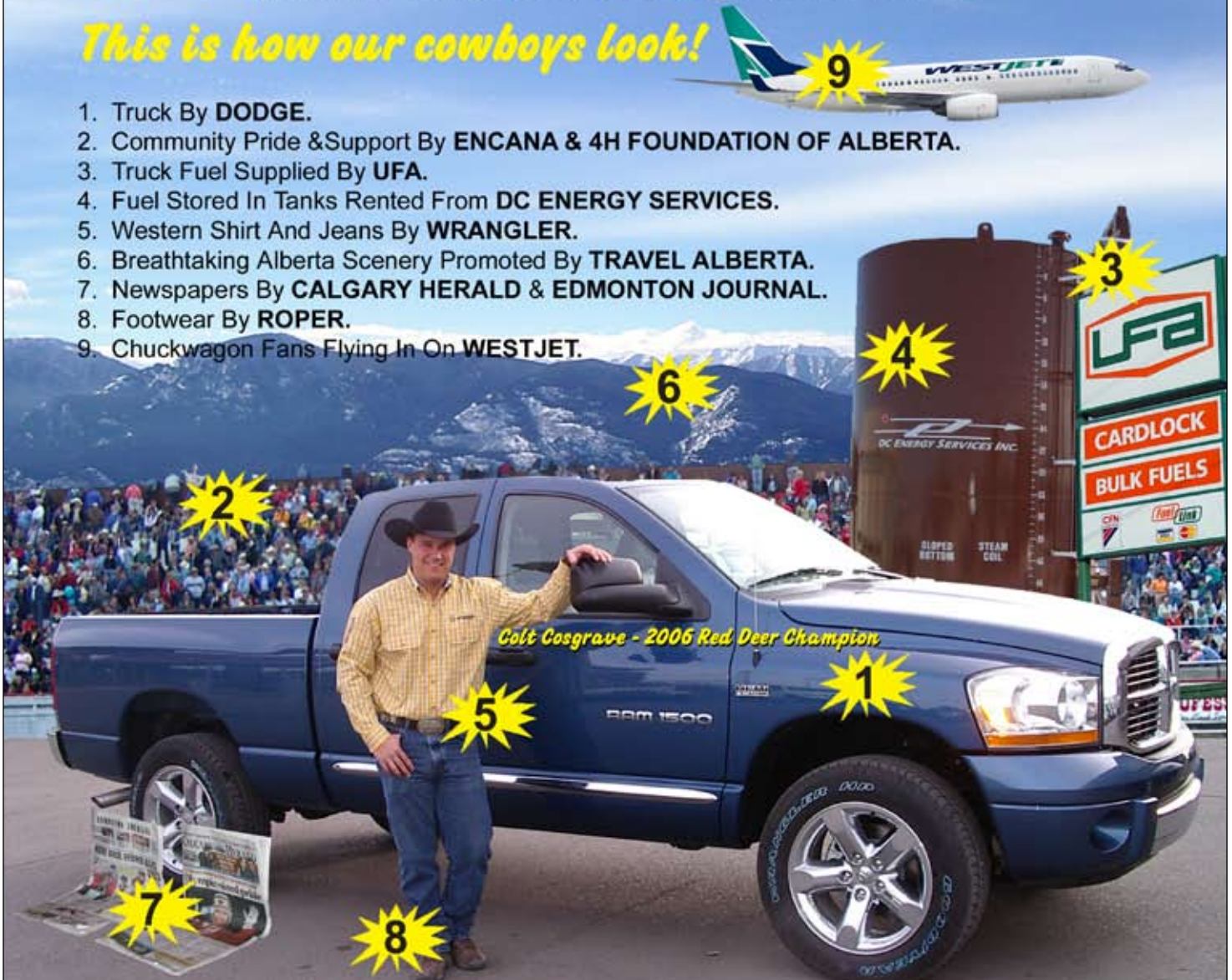
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			4	1	9			5
			8				7	9

Solutions on page 39

THE WORLD PROFESSIONAL CHUCKWAGON ASSOCIATION thanks our CORPORATE PARTNERS.

This is how our cowboys look!

1. Truck By **DODGE**.
2. Community Pride & Support By **ENCANA & 4H FOUNDATION OF ALBERTA**.
3. Truck Fuel Supplied By **UFA**.
4. Fuel Stored In Tanks Rented From **DC ENERGY SERVICES**.
5. Western Shirt And Jeans By **WRANGLER**.
6. Breathtaking Alberta Scenery Promoted By **TRAVEL ALBERTA**.
7. Newspapers By **CALGARY HERALD & EDMONTON JOURNAL**.
8. Footwear By **ROPER**.
9. Chuckwagon Fans Flying In On **WESTJET**.



Colt Cosgrave - 2006 Red Deer Champion

GRANDE PRAIRIE STAMPEDE
May 30 - June 3, 2007
Grande Prairie, Alberta

NO. AMERICAN CHUCKWAGON CHAMPIONSHIP
June 21 - 24, 2007
High River, Alberta

CALGARY STAMPEDE RANGELAND DERBY
July 6 - 15, 2007
Calgary, Alberta

WPCA DODGE PRO TOUR CHAMPIONSHIP
August 2 - 6, 2007
Strathmore, Alberta

MEDICINE HAT EXHIBITION & STAMPEDE
June 8 - 10, 2007
Medicine Hat, Alberta

PONOKA STAMPEDE
June 27 - July 2, 2007
Ponoka, Alberta

EDMONTON'S CHUCKWAGON DERBY
July 20 - 24, 2007
Edmonton, Alberta

BATTLE OF THE NORTH
August 8 - 12, 2007
Dawson Creek, British Columbia

ROCKY MOUNTAIN TURF CLUB DERBY
June 15 - 17, 2007
Lethbridge, Alberta

COLONIAL DAYS FAIR
July 11 - 13, 2007
Lloydminster, Saskatchewan

BADLANDS DINOSAUR DERBY
July 27 - 29, 2007
Drumheller, Alberta

DODGE WORLD CHUCKWAGON CHAMPIONSHIPS
August 18 - 19, 2007
Red Deer, Alberta



Glidin' High—Chipman 4-H Beef and Multi Club Celebrate with the Edmonton Soaring Club

BY JESS HAINSTOCK

EDMONTON SOARING CLUB INFO SUPPLIED BY DAVE PUCKRIN

For the past 50 years the Edmonton Soaring Club, which is based just outside of Chipman, Alberta, has been living with their heads in the clouds. Literally. The club was established in the mid-50s when some local Edmontonian flying enthusiasts decided that a soaring club was needed in order to help develop an awareness of gliding. In 1957, the Edmonton Soaring Club (ESC) was incorporated as a non-profit society.

To mark its anniversary, the Soaring Club approached another non-profit community organization that is having a birthday celebration as well. The Chipman 4-H Beef and Multi Club have been around for 62 years, and are also celebrating Alberta 4-H's 90th anniversary this year. Tentatively set for June 30, 2007 the two clubs will come together for what will be a day of zooming, floating and gliding—and nothing says birthday like being thousands of feet in the air.

"The kids were ten feet off of the ground when we told them about this opportunity," reports Della Joseph, who is the leader of the Chipman 4-H Beef and Multi Club. "But if we had thought that the members were happy then, you should have seen them after the Soaring Club asked if we would like to have a BBQ with them after. They didn't know what to do with themselves!"

Hoping to celebrate their 50-year presence by doing something for the community, Dave Puckrin of the Edmonton Soaring Club approached Della to see if her club would have any interest in spending the day out at the Chipman airfield, inviting both members and leaders to take part in the festivities.

The principle of 'soaring' in a plane is not altogether different from flying in a plane, other than soaring (or gliding as it is sometimes called) is done in a motor-less craft. The aircraft 'floats' as a result of finding the perfect atmospheric lift after having been released from being towed by a powered airplane. It is a principle based on basic aerodynamics that Otto Lillienthal discovered and published in a book after having



A group of students from Grant MacEwan College, Edmonton, out at the airfield learning the ropes

observed storks gliding effortlessly over a roof. He did this about a hundred years ago, and it has been a honed and modified technique ever since.

The Edmonton Soaring Club and the Chipman 4-H Beef (Multi) Club share more than just their longstanding community roots and their non-profit status—both clubs are also run 100% on the dedication and expertise of their volunteers. "As much as we wanted to give the 4-H club members a treat, we also wanted to reward the leaders because we understand the commitment that is involved with being a leader. That sort of devotion should be acknowledged."

Della agrees. "The quality of youth who enter this program make it so very easy to be a volunteer, but when you think about the Alberta 4-H organization having survived on this mentality for the last 90 years—that is certainly something to be proud of!" And Della has her own reasons for being proud of her club, which in the past year has doubled in size going from eight to sixteen members and branching out from just being a Beef club to now being a Multi club as well. "It's just so exciting to see the interest in 4-H really take off," Della says of the club's enrollment.

The Edmonton Soaring Club is a member of a larger worldwide parent organization, which is called the Federation Aeronautique Internationale. In Canada there are approximately 40 gliding clubs, with over 1300 active pilots. The day o' gliding will take place on June 30, 2007 and will act as a celebration for the Soaring Club's 50th anniversary; as well as acting as the Chipman's 4-H Beef and Multi Club's wind-up day. 🌸



At the end of a gliding lesson, Chipman ESC airfield

4-H Clothing

All details and an order form is available on the 4-H website (www.4h.ab.ca) or by calling the 4-H Foundation of Alberta (1-877-682-2153).

ORDER BY JUNE 5TH FOR DELIVERY IN EARLY JULY.



BRAND NEW ITEMS INCLUDE: Mens Baseball Shirt, Unisex Zip Up Sweater, Ladies T-shirt and Mens & Ladies Long Sleeve Button Up Shirt

FUN FACT

The ancient Greeks had a fascination with the planet Mars. They attributed the planet to Ares, their god of war, because of its red colour.

SUDOKU SOLUTION

5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

from wikipedia.com



(L – R) Jennifer Ruskowsky, Anthony Murphy, Jessica Ruskowsky and John Murphy compete at the U of A Judging Competition

Wetaskiwin 4-H District Report

BY ANTHONY MURPHY

DISTRICT REPORTER

It has been a busy winter for the district. December 2 saw many members come out to the Alberta 4-H Centre. There were workshops for judging presented by members and various games and activities. Parents and leaders also got together and discussed future activities.

February 10 was the annual Multi Species Judging Competition at the Lakedell Ag Center. Members judged animals and then presented their reasons to the official judges. Beef, horses, dogs, grains and even slippers were judged. Following a great lunch, the official judges gave their placings and reasons for each class.

U of A 4-H and Intercollegiate multi species judging was held at the Panee Memorial Agriplex in Hobbema on March 3. The district was represented by several members. Luke Wrubleski from the Lakedell Lighthouse competed as an individual and placed 2nd overall senior. The Lakedell Beef club sent a team of Jennifer Ruskowsky, Anthony Murphy, Jessica Ruskowsky and John Murphy. Not only did this team come out on top for 1st place, individually they also excelled. John and Anthony were overall individual winners in the junior and senior category respectively, Jessica won the overall oral reasons and 3rd individual senior, and Jennifer won several classes including, horse, hay, and the mystery class. It was a great experience; we even met an intercollegiate team from Quebec who won their respective category. 🍀

FUN FACT

Women blink twice as many times as men do.

Congratulations to the Winner of the Cleaver on the Move Contest!

For the past 6 months, Cleaver has been spending his time exploring the Alberta 4-H website, www.4h.ab.ca. He appeared on a different page each month, between the 15th and the 25th. Using your superb investigative and web browsing skills, it was up to you to track Cleaver's movements through the website. We received 17 correct entries to the contest, and from those entries, drew one winner.

Mike Marshall from the Crafty Crew 4-H Multi Club is the lucky winner of a digital camera.

Thanks to all who submitted entries. Keep surfing the website for information on events, application forms, and more contests.

ANSWERS:

September – http://www.4h.ab.ca/about/travel_exchanges.shtml

October – http://www.4h.ab.ca/about/programs_provincial_calendar.shtml

November - <http://www.4h.ab.ca/about/grants.shtml>

December - <http://www.4h.ab.ca/partners/foundation.shtml>

January - http://www.4h.ab.ca/news_events/press_releases/index.shtml

February - <http://www.4h.ab.ca/about/scholarships.shtml>



Alberta Hereford Association

For the past 10 years the Alberta Hereford Association has provided a breed association award to all 4-H members who show a Hereford or Hereford Influence project. A matted print by artist, Lorraine Mack Liboiron, has been distributed across the province. Hundreds of them are presented each year. In addition to these prints, the Alberta Hereford Association would like to announce that 4-H members who win championship honours at the club, district or regional levels can receive an additional promotional item from the AHA simply by submitting a photograph of their champion project to the AHA office.

THE CONTACT INFORMATION FOR THE AHA OFFICE IS:

Michele Rutledge, Manager

Box 570

Hardisty, Alberta T0B 1V0

phone (780) 888-2813

fax (780) 888-2814

email: abherefords@xplornet.com

website: www.albertaherefords.com

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Environmental funding for farmers and ranchers

Must have an EFP to qualify

Up to **\$50,000 per farm** is now available to Alberta farmers and ranchers for on-farm environmental improvements through the Canada Alberta Farm Stewardship Program (CAFSP). More than \$10.4 million in direct producer funding has been allocated so far.

More than 4,900 Alberta producers have completed their own EFP and they have already submitted more than 3,000 applications for funding.

A wide range of on-farm improvements in 26 categories qualify, including:

- new GPS technology for field equipment
- the relocation of corrals from within riparian areas
- the decommissioning of unused farm wells
- the building of storage for fuel, fertilizer and crop protection products.

More details on completing an EFP and the steps to access CAFSP funding are available at www.AlbertaEFP.com or by calling **1-866-844-2337**

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Alberta

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Features

Join the Celebration— Alberta 4-H Turns 90!

BY JESS HAINSTOCK

4-H MEDIA RELEASE COORDINATOR

In 1917 Alberta 4-H was looking a lot different than it does today. Instead of 32 projects, there was one—swine; rather than there being more than 400 4-H clubs province-wide, there was one—The Olds Junior Pig Club; instead of being known as Alberta 4-H, in 1917 Mr. W.J. Elliott initially called the organization the Boys and Girls Club.

The organization did not yet have a motto, a vision or a mission. It was not yet regarded as the number one youth organization in the province. It would be seven years before a second club was added to the 4-H portfolio and the Alberta 4-H Centre was nothing more than an idea bouncing about in someone's head.

Fast-forward to 2007 where Alberta 4-H has been inspiring, enhancing and mentoring the youth of this province for the last 90 years but contrary to how most people react to getting older, Alberta 4-H wants to celebrate! Starting with the **\$90 for 90 Years**, Alberta 4-H is hoping to contribute \$90,000 to its Legacy Fund, which is an account that is owned by the entire 4-H family and held in trust by the 4-H Foundation, based on the donations received from 4-H members, leaders and communities.

But it doesn't stop there! The initial \$90,000 raised will then hopefully be matched by 4-H's corporate partners. The collective sum will be put into Legacy Fund account where it will collect interest and provide the resources needed to

create travel, workshop and exchange opportunities for members and leaders within the community and the country.

Being that 4-H has 90 years of memories to recall, **9 Decades of Stories** is an initiative that focuses on collecting these anecdotes. Do you remember a 4-H sponsored event in your community, perhaps encountered 4-H members on their annual Highway Clean-Up and community beautification projects or were somehow helped by the organization—we want to hear these stories! Send them to us at info@4h.ab.ca. The stories will be compiled into a booklet, with the best ones appearing on the website.

And don't be surprised if you see a lot of white and green this summer in your community. A team of 4-H summer staff Marketing Assistants will be concocting new and creative ways to market the 4-H program. Be on the look out for banners, signs, newspaper articles, and perhaps an appearance of the Marketing Team at a community event near you.

The Alberta 4-H organization officially became known as 4-H in 1952, two years prior to adopting "Learn to do by Doing" as its motto; however, regardless of the various names throughout the past 90 years, Alberta 4-H has always been committed to creating fun experiences and life-changing opportunities for its members and leaders. It is an organization that prides itself on giving its members the skills that they need to become the leaders of tomorrow, while instilling an appreciation for hard work, respect and a reciprocal appreciation for the communities that so willingly support the 4-H organization. Visit www.4h.ab.ca for more 4-H information and ideas on how to get involved in the celebration! 🌸



1917 - Member of the Boys and Girls Pig Club



2007 - Alberta 4-H Ambassadors



1961 - 4-H Uniform

QuickStart: Project Based Learning through 4-H for High School Credits

Alberta 4-H is working with high schools all over the province to generate high school credits through participation in 4-H projects that have similar objectives as the Career and Technology Studies program modules, Leadership or Special Projects.



Materials have been made available to 4-H Specialists and our resource contractor as a means of introducing the concept to Alberta's schools. This initiative is very attractive in smaller schools or schools that do not have access to specific knowledge areas that are being provided by 4-H club leaders.

There are several project areas that have been outlined for a QuickStart reference for educators.

They are as follows:

- **Agriculture** – an introduction to Agriculture and its benefits, farm implements, farm produce, animal husbandry and welfare. Most 4-H clubs are able to provide the leadership for these modules.
- **Community Volunteerism** – members complete 20 hours of community service in a teacher-approved community locale.
- **Quilting by Design** – incorporates elements of design and fashion studies.
- **For the Mechanically Inclined** – learning to disassemble and reassemble a small engine.
- **Equine Studies** – outlines a horse rescue project that was donated to a local riding school.
- **The Green Certificate Program** – a variety of ag-related learning pathways. Projects available in Beef, Sheep, Dairy and Field Crops.

If you would like more information sent to you for presenting to your 4-H club and your school, please call (780)422-4444 (toll free at 310-0000) or email info@4h.ab.ca. 🌸

FUN FACT

The largest known hailstone to have fallen was in Germany in 1925, which weighed close to four and a half pounds.

Working with Media

BY LIZ WEBSTER GODDARD

One of the best ways to promote your club and the great things you do is to hook up with local media. Work with media to draw attention to what you offer. This should be **mutually beneficial**. The media get a strong story. You get positive exposure.

Think from the perspective of the editor. What makes this story of interest to their readers or listeners? What is special or unique? **Why** should they give your story air time or column space?

Do not ask for free advertising. The media are looking for news. If your story is published, it will bring attention to your work.

Do not submit the exact same story to two papers or stations at once. Duplicate publishing would be embarrassing for them.

Give them lead time. Be thoughtful of their deadlines and staffing.

Have your facts ready. Make their job as easy as possible. Have details and names clearly printed or typed.

Dedicate a contact person. Provide full name, phone numbers and e-mail address.

Describe a photographic opportunity to them. Encourage your participants to cooperate fully with the media staff.

Follow Up. Call your media contacts a day or two before your event to remind them of how covering this event will meet the needs of their audience.

Feed and water them. Media people work odd hours and miss meals.

Never threaten or blackmail the media. Suggesting you will cancel a subscription or change your station will not increase coverage for your projects!

If at first you don't succeed... Ask media people for what kind of stories they are looking for. How can you work together another time?

Thank the media for their work. Your courtesy will make you memorable. (and it never hurts to bring cookies!) 🌸

FUN FACT

The windiest place in the world is Mount Washington, New Hampshire, USA. The highest wind was on April 12, 1934 when it reached 231 mph.

Alberta 4-H 90th Anniversary Caribbean Cruise

BY MARYANNE SANDBERG

LONG TIME 4-H LEADER AND VACATION LOVER

On January 27, we set sail on the Star Princess cruise ship, from Port Everglades in Fort Lauderdale, Florida for a 7 day Caribbean cruise which would take us to Ocho Rios, Jamaica, Grand Cayman, Cozumel, Mexico and around the Princess Cays (in the Bahamas) and back. The ship was amazing - it was like a small town. There were 3 dining rooms and the food was amazing. The rooms and the service on board were absolutely splendid – we were so spoiled. There was something for everyone (young or old) to do while at sea – swimming in any one of the 3 pools, bingo (ask Dixie Crowson about her luck), dancing lessons of any kind, computer courses, shopping, fabulous shows and entertainment, spa massage, ceramics, ping pong, cyber golf, shuffleboard, cards, and last but not least a Casino.

After 2 nights at sea, we arrived in Ocho Rios, Jamaica where we could disembark. Some of the things to do: go shopping or go on different tours: Plantation tours & tea, Jeep tour of the countryside, climbing Dunn's River Falls, and more. Our next stop was Georgetown, Grand Cayman, a beautiful town where there are as many banks as there is in Switzerland. We could see some evidence of the last hurricane damage- 2/3 of the island was covered by salt water. Many trees died and were just starting to recover, a pile of about 10,000 wrecked vehicles, etc. Here some of us went to Hell (an actual tourist place), the turtle conservatory, swimming and snorkelling with stingrays and porpoises, or SHOPPING, etc. Cozumel, Mexico was our next destination, where we docked at the Punta Langosta berth. There were so many things to do and see here, including fun on the white sands of Passion Island where the Corona commercial was filmed!!

The next morning, everyone met for a breakfast meeting and a fun session with Dr. Maryanne Sandberg. It was a great way for all to mingle and meet each other as a group. After a few more nights at sea, we set sail back for Fort Lauderdale where we boarded our plane bound for Canada.



Dixie Crowson with local native dance group at Cozumel

Hearing some of the old tried and true landlubber farmers state that they would do another cruise was true testament to how much they enjoyed it!!! And some of them are going again on the next 4-H cruise to the Mexican Riviera. If you get a chance, next year's cruise is to the Mexican Riviera from February 3 – 10.

Thank you to the 4-H Foundation of Alberta and ITS Travel for arranging this inaugural 4-H cruise for the 90th Anniversary of 4-H in Alberta. It was a blast! 🍀



The whole group aboard the Star Princess

Be On-line and Know that You're Fine

Alberta 4-H has a website, which is an easy way for members and leaders to access the relevant club, program and event information we have on-line. However, we would like to make sure that our members, leaders and parents are aware of how to be safe when you are on-line.

The on-line world, like the rest of society, is made up of a wide array of people. Most are decent and respectful, but some may be rude, obnoxious, insulting, or even mean and exploitative. Children get a lot of benefit from being on-line, but they can also be targets of crime, exploitation and harassment in this as in any other environment. Trusting, curious and anxious to explore this new world and the relationships it brings, children need parental supervision and common-sense advice on how to be sure that their experiences in "cyber-space" are happy, healthy and productive.

Having open communication with your children, using computer resources and getting on-line yourself will help you obtain the full benefits of these systems and alert you to any potential problem that may occur with their use. If your child tells you about an upsetting message, person or web site encountered while on-line, don't blame your child but help him or her avoid problems in the future. Remember — how you respond will determine whether they confide in you the next time they encounter a problem and how they learn to deal with problems on their own.

Before your children start exploring the new frontiers of the Internet, it's a good idea to make sure everyone understands what they should and shouldn't be doing on-line. One idea is to sit down together and draw up a family code of conduct for everyone to agree on. You can create a different contract for each child in your family with Internet usage rules set appropriately by age. Everyone signs his or her contract to show that they understand the rules you've set, and they agree to follow them when they go online.

For more information about On-line Safety – check out the 4-H web site, www.4h.ab.ca, under Links. ❀

Medicine Hat 4-H Light Horse Puts it On the Line

Thought that Wayne Gretzky was the only person who could have a trading card? Not anymore, thanks to the Medicine Hat 4-H Light Horse Club who have taken it upon themselves to create (drum roll please...) On-line 4-H Trading Cards!

That's right folks—we're taking 4-H to the masses!

To get a piece of the action, get your club to design your Trading Card (2.5 inches wide by 3.5 inches in height); make sure you add your City, Province, Country and the 4-H logo. You can make them as flashy or professional or silly as you want—just have it be something that you feel represents your club to the rest of the world!

Once you have designed your Trading Card, let the Medicine Hat 4-H Light Horse Club know by emailing them a copy of your card to labbies@shaw.ca. In return, they will email you a copy of their club's card and a banner to place on your website letting other clubs know that you are a participant in "On-Line 4-H Trading Cards!"

Once your club card has been received we will post it in our "On-Line Trading Cards directory with a link to your club's website, which is when the real fun starts. Anne Switzer, Assistant leader with the Medicine Hat 4-H Light Horse Club, explained that the "members thought it would be a fun and creative way to 'meet our fellow 4-H'ers', not only throughout our province of Alberta, but all across Canada, the USA, and everywhere else there are 4-H clubs!"

And what better way to celebrate 90 years than to "unite our HEADS, HEARTS, HANDS and HEALTH with other 4-H clubs around the world?" Switzer comments. We agree, which is why we want everyone to get involved with On-line Trading Cards and have members and leaders be thinking about cool initiatives that their club can start.

If your club has something brewing or an initiative that is already up and running that you want the province to hear about—send us an email along with photos at magazine@4h.ab.ca.

We can't wait to hear from you! ❀



Kudos to 4-H Members

This summer I had the pleasure of meeting five 4-H members, Jessica Grier, Jerrid Driedger, Ian Pratt, Kalynn Dobos, and Austin Majeau, working on the Speaking Your Way to Success communications training video. While in Edmonton, they were staying at St. John's Institute, the University Residence that I run. From the first introduction I was immediately impressed with how well spoken these individuals were. They were an absolute pleasure to have residing with us. As a substantially smaller residence near the University campus, I have the pleasure of getting to know all our students and I can certainly say that it is very rare that I meet youth like these 4-H members that are so mature for their age. They had no problem interacting with the other students residing at our facility and making themselves at home. I have noticed in my interaction with most 4-H members that there is a great benefit in being involved in your organization. The skills obtained through 4-H activities are integral to University life and future success. I applaud 4-H for helping to create such high quality youth leaders and would love to see more 4-H youth reside at our residence during the school year. As a small community based student housing facility, we would enjoy nothing more than to provide rooms and home cooked meals to make your stay in Edmonton feel a little more like home. Thanks for the opportunity to work with such amazing youth, and I look forward to meeting more 4-H members in the future.

Sincerely,

Amanda Shuya

Executive Director
St. John's Institute
ashuya@stjohnsinstitute.com

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

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

If your club needs shirts, jeans, hats, boots, or tack we can help you. Bulk buy special prices available for 4-H clubs! Contact your local store manager for details.

Special Shopping Nights for 4-H

Lammle's would love to hold a special shopping night for you and your club. Contact your local Lammle's store for details.

Lammle's proudly sponsors the provincial 4-H Equine Program. We also accept local requests for donations and sponsorships of your club. Please talk with the Lammle's Store Manager in your area for support.



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Thank You Alberta 4-H!

For 90 years you've been helping to shape the lives of many Albertans while preserving and strengthening our rural heritage.

Thank you for your commitment to the community, and helping to develop Alberta's future leaders.

Congratulations.

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