

Alberta

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FALL 2008

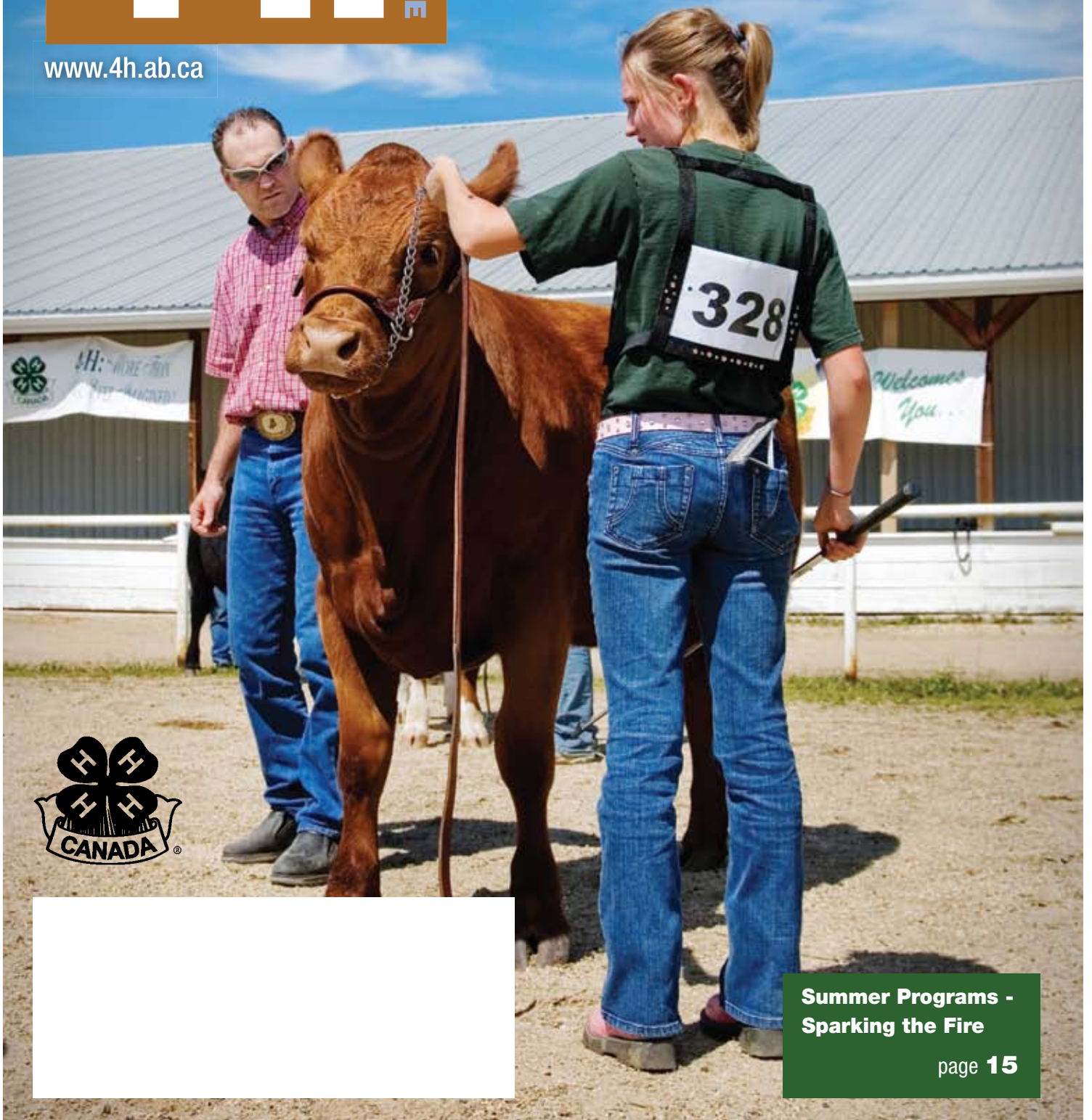
4-H

MAGAZINE

Focus on 4-H Celebrates 10 years

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www.4h.ab.ca



Summer Programs -
Sparking the Fire

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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

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4-H Specialist – Communication and Marketing

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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:

February 27, July 25 & October 24

Distribution to public:

April 1, September 1 & December 1

Advertising Inquiries

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

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Correction – In the spring edition of the *Alberta 4-H Magazine* the article entitled, “Stettler Multi Species Judging Competition” states that it was written by Kari Bergerud. In fact, it was Lindsay Grover who wrote the piece - our apologies for the error.

on the cover

4-H member Cathryn Thompson of the Riviere Qui Barre 4-H Beef Club proudly shows her heifer, Miss Tulip, to Judge Byron Brandl during Focus on 4-H.

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



After a week of being in the office, I quickly learned that in addition to editing out the grammatical errors on the word documents that would come in and go out of my pod, I would also have the amazing opportunity of getting to travel to provincial summer events, trying to capture the spirit of the youth involved in these programs.

I have spent the last four months surrounded by people who know the difference this program makes, as well as those who are yet to notice their own newly-developed skill set that will put them far above others their age. I have had the opportunity to get to know fellow summer staff members and witness the spark that each of them brings to the summer programs.

I accredit much of my success outside of the 4-H program to the skills that I have acquired from being involved in it; therefore, I was more than happy to spend my summer spreading the word about 4-H, as well as getting to understand what the program offers outside of the club experience.

Having missed out on a handful of provincial activities as a member, I spent my summer catching up on these experiences. Wielding a video camera, note pad and a digital camera, I set off to capture as much I could. The Provincial Beef Heifer Show proved to be more than I could have imagined. I was wiped after just two days of attending – kudos to the members who participated in the four-day event! Your growing expertise and passion for the beef industry bodes well for the future. Those members attending the Provincial Dairy Show put my typical weekend routine to shame with their rigorous milking and chore schedule. Not to mention the members who attended summer programs at the 4-H Centre, or was a delegate at their regional camp. If it were at all possible to bottle and sell your energy and enthusiasm, I would be headed for early retirement!

The fall issue of the 4-H Magazine is, of course, bursting at the seams with exciting information, recaps and photos from the summer programs, and be sure to check out the Fall Program Booklet. I know it would be heartbreaking to find out you missed the deadline for any of the popular events that are held though the winter months.

Thank you to everyone who submitted their articles and photos for this edition. Again, the submissions outdid the available space so we have once again created the on-line supplement where everyone can view the articles that could not be included in the magazine. To view them please visit www.4h.ab.ca

These past four months have been outstanding! Thanks for making my summer that much more enjoyable.

Becky Zadunayski

GUEST EDITOR

COMMUNICATIONS AND MARKETING ASSISTANT

Contact List

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

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Contest

Navigate the 4-H Web Site with Cleaver

Contest Deadline: October 15, 2008

Ever wonder what Cleaver is up to when he is not busy showing up at your regional and district events, shaking hands and kissing babies? His schedule has been so hectic this last year that he feels like he is not keeping up with what is going on with 4-H, so he has decided that in his down time, he is going to cruise through the information on the pages of the new 4-H web site.

For the next 6 months Cleaver will be surfing around on **www.4h.ab.ca** and we want you to find him! Between the 5th and 15th of every month (beginning on May 15 and ending on October 15) he will make an appearance on a particular web page. To find Cleaver and complete the entry for that month you will be asked a question and the answer is located on the page when Cleaver is located. He might be on the main page or perhaps a Regional page or maybe he has gone to read up on the Legacy Fund. It's anyone's guess! To get the question on where Cleaver is located for the month, go to the **4-H Calendar** and check out the entry Navigate the 4-H Web Site with Cleaver for that month.

All you have to do is make sure that you visit the 4-H web site between the 5th and 15th of every month (and any other time that you just want to see what's new with 4-H), fill out the application and state the answer to the question posed each

month. Only one submission is allowed per navigator. The entries with the most correct answers will be entered into a draw. The diligent navigator whose name is drawn will be rewarded with a Future Shop \$100 gift certificate.

Please mail the application (postmarked by October 15, 2008) to the:

**4-H Branch
Room 200, 7000 113 Street NW
Edmonton, Alberta
T6H 5T6
Fax: 780-422-7755**



Official Entry Form

Only one submission per person will be eligible to win.

Please mail the application (postmarked by October 15, 2008) to the:

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Edmonton, Alberta
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Fax: 780-422-7755**

NAME _____ AGE _____

MAILING ADDRESS _____

CLUB NAME _____

CITY/TOWN _____

PHONE _____

EMAIL ADDRESS _____

ANSWERS:

MAY 5 – 15 _____

JUNE 5 – 15 _____

JULY 5 – 15 _____

AUGUST 5 – 15 _____

SEPTEMBER 5 – 15 _____

OCTOBER 5 - 15 _____

SIGNATURE OF PARENT OR GUARDIAN (OR 4-H MEMBER IF AGED 18 AND OLDER) _____

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

National News & Events

National Updates

BY KEN LANCASTLE

COMMUNICATIONS AND MARKETING MANAGER – CANADIAN 4-H COUNCIL

Greetings from the Canadian 4-H Council. Here are a few things to be on the lookout for Be on the look out for a lot of really exciting things to happen in this fall and winter.

In September, the Canadian 4-H Council will be launching their new, national magazine called *L'avantage 4-H Advantage*. The full-colour magazine will help showcase 4-H activities across Canada and will be distributed to members and alumni countrywide.

The name, *L'avantage 4-H Advantage*, was the result of a national 'Name the Magazine' contest. After more than 60 creative entries being submitted by 4-H members and leaders across Canada, it was Annabelle Denson, an assistant leader with the Silver Sage Riders near Calgary, who suggested the chosen name.

"The title of the new magazine reflects the advantages that all 4-H members receive," said Bob McAuley, president of the Canadian 4-H Council. "Through the range of programs offered by 4-H clubs, members gain an advantage in practical skills and experiences that they can transfer to other stages of their life. This includes when many choose to join again as leaders and supporters of 4-H clubs and projects."

If you would like to receive the new magazine, please go to www.4-h-canada.ca/advantage to sign-up today.

Every November is National 4-H Month, and last year's 'Show Your 4-H Colours' event helped to kick it all off. The event was so successful that it is going to happen again this year, kicking off National 4-H Month on November 5, 2008.

This year, Bayer Cropscience is sponsoring 'Show Your 4-H Colours' day, with events being planned across the country to

Attention 4-H Members, Alumni, Leaders, Volunteers, Families and Friends...

Mark November 5, 2008 on your calendars as once again 4-H will be turning the country green with WEAR YOUR 4-H COLOURS DAY.



showcase 4-H pride in Canada. Wear green to work, to school and at home, and Show Your 4-H Colours on November 5!

Look for more information on the national website www.4-h-canada.ca and the Alberta 4-H site, www.4h.ab.ca, over the coming months.

The Canadian 4-H Council is pleased to welcome two new staff members to the national office. Janet-Lee Ferris and Ken Lancaster both joined the office in June, and have been busy throughout the summer.

Janet-Lee will be providing support to the Program Manager and the Communications and Marketing Manager. She joins the Canadian 4-H Council after working with the Canadian Forces, and with Agriculture and Agri-Food Canada.

Ken joins the 4-H Council as the new Communications and Marketing Manager. Previously Ken worked with the Railway Association of Canada; he has also worked as a monthly newspaper editor for papers across Ontario.

Welcome aboard Janet-Lee and Ken!

And finally, be watching for improvements to the national website in 2009. The Canadian 4-H Council is looking to make some changes to its site to create a more user-friendly experience with better access to information. 🍀



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Provincial News & Events



4-H representatives with The Honourable Mr. and Mrs. Kwong.

Alberta Girls Parliament (AGP)

BY HANNAH TURNER

CLUB SECRETARY

Alberta Girls Parliament was a wonderful experience, enriched by many wonderful friends and topped with a mountain of new knowledge. My experience at AGP was so much more than I had expected that it has become the highlight of my 4-H camp-career. During this program I learned about parliamentary procedures, debating procedures and even the proper way to Polynesian dance. During a spectacular tour of the legislature, the art of Parliamentary procedures came alive.

Sitting in the chairs of Alberta's government building made the parliamentary procedures even more exciting. We toured the Alberta Legislature, including the palm trees at the top and the Lieutenant Governor, the Honorable Norman Kwong's, office. It was very cool to learn about our province's history through this beautiful building. We talked with the Honorable Dr. David McNeil, who is the Clerk of the Legislative Assembly, and learned about his job in Parliament, as well as the jobs of others, such as the Honorable Ken Kowalski, the Speaker of the House. This tour was very informative and enhanced the whole experience.

As this was a Girl Guides camp I was expecting to be an outsider; however, this was completely not the case. In fact, I, with the three other 4-H representatives, fit in perfectly. It was remarkable – If we were not wearing uniforms one would not have been able to tell the difference between the two groups. This was especially evident during the mock debates that allowed everyone to give their opinion as well as learn how to become better public speakers. The mock debates also allowed us to see both sides of a topic and learn that there is always going to be people opposed to an idea.

Camp has got to be fun and we definitely did our share of fun things such as shopping at West Edmonton Mall. During the

shopping trip we captured many fantastic photos beside various statues. There was also a lot of frenzied buying as we tried to hit all our favourite stores in a short 3 ½ hours. The Polynesian dancing just about had our advisors rolling on the floor in stitches since it is really much harder than it looks. We also showed our true colours in a hilarious talent show. I'll just say that it truly made my day. With our free time we enjoyed a little sport with a game called 'Keep The Volleyball Off The Floor.'

In conclusion, the Providence Renewal Centre provided beautiful accommodations and mouth-watering food, which made the experience even more memorable. I had a fantastic time at the 37th session of Alberta Girls Parliament. All of the girls who attended were dedicated to doing a good job and making a difference in this world, and it showed with the huge smiles and encouraging notes that were exchanged daily as we learned of the Parliament and debating procedures. I would recommend AGP to every young woman who is interested in learning about the parliament, and debating. This was an experience of a lifetime. Thank you to Alberta 4-H, the Girl Guides of Canada, the advisors and the Providence Renewal Centre for providing me with this opportunity. 🍀

4-H Foundation of Alberta: Call for Directors

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

The 4-H Foundation of Alberta operates the Alberta 4-H Centre and has financial responsibility for a number of Alberta 4-H funds. We also administer the Alberta 4-H scholarship program, coordinate a number of provincial fundraising activities, assist 4-H groups with grant applications and contribute to sponsor recruitment and retention.

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

Each year the 4-H Foundation of Alberta Board will elect four directors to a two-year term. Interested individuals are asked to fill out an application form. Everyone applying is then interviewed by the Alberta 4-H Partners Nomination Committee, which consists of representatives from the 4-H Branch, Council and Foundation. The Nomination Committee then makes a recommendation to the Board of Directors.

The application deadline is January 15, 2009 with interviews being conducted at a later date.

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

A current listing of the 4-H Foundation of Alberta Board of Directors can be found at www.4h.ab.ca

Ambassador Report

BY ADELEEN BAYES

4-H AMBASSADOR

The Awards Breakfast that ended the 2008 Selections Program was just the beginning for the 14 newly-selected 4-H Ambassadors for the Province of Alberta. It also marked the end of term for the 2006-2008 Ambassadors. Congratulations on all that you have contributed to 4-H and your community through your role as an Ambassador. The following weekend the 14 new Ambassadors earned their roles during an intense initiation ceremony put on by the Ambassador group selected in 2007. We were shepherded through the town of Wetaskawin by our senior Ambassadors while wearing our hideously uncomfortable, albeit comical underwear. No doubt the new Ambassadors are prepared for anything after that little escape, but let's not push it, for sanity's, and humility's sake. Cameron Horner (Ambassador Coordinator) did, however, attempt to impart some wisdom to the newly named Ambassadors, and the group came away much better informed, educated and prepared as a whole. It's more than likely that you have seen an Ambassador or two at many events during the summer. We've represented Alberta's 4-H Youth at the Calgary Stampede, Wainwright Stampede, and Westerner Days just to name a few! 4-H on Parade, the Provincial Beef Heifer Show, and Horse Classic were also well populated with Ambassadors, as were other parts of Canada and the United States as Ambassadors and other spectacular 4-H members alike headed off on their award trips from Selections. From all the Ambassadors, enjoy the rest of your summer, because once September hits it'll be back to the books for us all! 🍀



Ambassadors discussing 4-H program marketing ideas.



Nothing stops a group of Ambassadors from having fun.

SAFETY TIP

Work with another person when handling livestock.

Calgary Region Member Wins 2008 Premier's Award

BY CAMERON HORNER

MARKETING AND COMMUNICATIONS SPECIALIST

Congratulations to Myranda Stewart of Strathmore who was named the 2008 Premier's Award Winner!



Myranda Stewart being presented with the Premier's Award trophy by Mr. Richard Marz, MLA for Olds-Didsbury-Three Hills.

Stewart, a nine-year member of the Cheadle 4-H Club, was chosen from among 90 of the province's top 4-H members as the 2008 Premier's Award winner. The Alberta 4-H Program's most prestigious award was awarded during the 51st annual 4-H Selections Program at Olds College, May 2-5.

"The Premier's Award selection process has, by far, been my best 4-H experience," said Stewart. "The system for selecting the recipient is, in itself, the greatest and most valuable experience I have gained."

Throughout her 4-H career, Stewart has stood out in Alberta's 4-H program, demonstrating the highest standards of leadership, communication and personal development skills. Throughout her nine years in the program, she has held numerous executive position in her club while excelling as a District Key Member.

In addition to her Premier's Award Winner duties, Myranda will be carrying out her roles and responsibilities as one of 28 Alberta 4-H Ambassadors. Please look for Myranda at various events being held throughout the province.

Congratulations once again on a job well done! 🍀

SAFETY TIP

Wear clothing that will protect you from the elements.

4-H Members Have Something to Say

BY CAMERON HORNER

MARKETING AND COMMUNICATIONS SPECIALIST

Thirty-eight excited and nervous senior 4-H members attended the Provincial Communications Competition on April 12 in Red Deer. Once everything was set up, people were settled in, rules and regulations clarified, members and their families mingled and enjoyed the last bit of relaxation before the event got under way.

Following a fabulous hot lunch, members then went to their respective speaking areas for a quick run through of how the competition will proceed. There was time for one final deep breath and the Provincial Communications Competition was under way.

The 14 members competing in the Public Speaking division of the competition were required to present a four to six-minute speech on a given topic, which was then followed by a two to three-minute long impromptu topic.

This year's prepared speech topic, "What makes a community?" allowed the speakers the opportunity to talk about the topic on various levels. A common interest in all of the speeches was how individuals felt about their own community, as well as how they were involved within their respective communities.

Kayla Getzinger of Stony Plain and a member of the Lakemere 4-H Beef Club earned the title of 2008 Public Speaking Champion with her prepared speech "With Gifts." Kayla was presented with the Grant Fletcher Memorial Award and will be Alberta 4-H's representative at the Canadian Youth Speakers for Agriculture competition held in Toronto this November.



4-H Regional Specialist Rob Smith presents Kayla Getzinger with the Grant Fletcher Memorial Award.

In addition, the 24 individuals participating in the Presentations competition were required to either give an eight to 10 minute demonstration or an illustrated talk on the topic of their choice. The 14 teams, representing all 7 regions, spoke on various topics including the winning topic, "What goes in... must come out" as demonstrated by Amanda High and Emily Puch of the South Country Judging 4-H Club.

"The level at which the 38 members presented their given topics is truly amazing," boasted Regional 4-H Specialist Rob Smith. "The poise, confidence and determination that every



Winners in the Presentations competition pose for a photo (l to r: Hilary McKee, Danielle Dombusch, T.J. Fenton, Emily Puch and Amanda High).

participant spoke with is something everyone should be very proud of. Even when faced with daunting questions or brain-rattling impromptu topics these participants show why they are among the best communicators in Alberta."

Being involved in the 4-H program results in immeasurable personal growth, but for those who strive to challenge themselves beyond their limits, competing at the Provincial Communications competition is a true indication of the willpower and courage members develop through their participation in 4-H. ♣

Province wide Horse Enthusiasts attend 4-H Horse Classic

BY JANET KERR

SPECIAL PROJECT COORDINATOR

With 78 members from 17 Alberta 4-H light horse clubs plus over 40 volunteer leaders on hand, the 2008 Provincial 4-H Horse Classic was a resounding success. Many new faces and clubs were evident at this year's event held July 30 – August 1 at Olds College. In its 14th year, the 4-H Horse Classic program attracted members from throughout the province.

"The way this program is run, it encourages participants to use their knowledge and experience as much as possible. We are able to have three industry/project clinics during the program because of generous support Apache Canada Ltd., Eqvalan, Gas Alberta, Lammler's Tack and Western Wear and Penn West Energy Trust. The programming at Horse Classic actively develops 4-H members' skills by testing horse knowledge and working on team and individual activities," says Ashley Eckel, 4-H Specialist.

Some contests are designed for individuals and others for teams. Everyone who registered for the event was automatically entered in the hippology contest, which tested members' equine knowledge through four phases - quizzes, judging, identification stations, and team problem.

The top four members—based on individual hippology points—qualified for the Denver Western 4-H Horse Classic Award Trip, January 8 – 11, 2009. Haley Scott from the Blindman 4-H Lighthouse, Shelby Crick from the Blindman 4-H



Members had a great time showing off their design skills during one of the numerous activities at this year's Horse Classic.

Lighthorse, Jennifer Ruskowsky from the Lakedell 4-H Lighthorse and Luke Wrubleski from Lakedell 4-H Lighthorse are this year's trip recipients..

Haley Scott from Blindman 4-H Light Horse was the top category three member in the hippology contest. Top category two member was Katie Garber from the Milk River Multi and Cassandra Crick of the Blindman 4-H Light Horse was tops in category one. The top category two / three hippology team consisted of Haley Scott from Blindman 4-H Lighthorse, Hannah Smith from Lobstick 4-H Beef & Multi and Ambur Henderson from Midnight Express 4-H Light Horse.

The top category one team included Cassandra Crick from the Blindman 4-H Lighthorse, Austin Perreault from Leslieville Trail Trotters, Taylor Scheidt from the Midnight Express 4-H Light Horse and Morgan Sorensen from Big Valley Rusty Spurs.

In the horse bowl team final, Jennifer Ruskowsky, Jennifer Wrubleski, Jonathan Wrubleski and Luke Wrubleski from the Lakedell 4-H Lighthorse Club placed first and Carson Blackhurst from the Bits N Spurs, Dalyce Unruh from the Circle V 4-H Multi, Austin Perreault from the Leslieville Trail Trotters, and Katie Garber from Milk River Multi were runners up.

Print Marketing class winners were: Category One, Kayley Dueck of the Coaldale 4-H Equestrian Club, Category Two, Holly Hughes from Calmar Heart of the Country and Category Three, Janelle Cameron from the Lakedell 4-H Lighthorse.

Marketing competition winners were as follows: Category A was Isabella de Goeij from Lakedell 4-H Lighthorse, Category B was Jessica Perreault from Leslieville Trail Trotters, Category C was Megan Greenwood from Lobstick 4-H Beef & Multi, Category D was Matthew Paton from Leslieville Trail Trotters, Category E was Lindsey Grover from Big Valley Outriders and Category F was Brittany Kroening from Lakedell 4-H Lighthorse.

A new activity was piloted at this year's Classic. Winners of the Amazing Race were Jennifer Brehaut from the Willow Creek Wranglers, Kassity Lalonde from Lobstick 4-H Beef & Multi, Erica Henderson from Midnight Express Light Horse and Jerred Procee from the Coaldale 4-H Equestrian Club.

For more information regarding Horse Classic please contact Ashley Eckel at (403) 742-7547 or visit www.4h.ab.ca.

SAFETY TIP

Work in well-lit areas.

Sparking the Fire

BY BECKY ZADUNAYSKI

COMMUNICATIONS AND MARKETING SPECIALIST

When 80 delegates stormed the 4-H Centre on June 30, eager to meet up with old friends and anticipating getting to learn new things, it sparked the beginning of 4-H's summer programs season, which is a season that mostly occurs at the Alberta 4-H Centre. The Leadership Through Counseling Seminar (LTCS) program kicked off a week of building awareness, skills and friendships, and saw delegates spending five days learning what it takes to be a leader and a mentor to the junior and intermediate campers that they would soon be counseling at various camps throughout the summer.

The theme for Alberta 4-H's 2008 summer programs is "4-H... The Fire Within!" This theme has a great connection to what each delegate will take away from the summer programs that they attend. The 80 delegates who took in the five-day training program will each hold an important role in developing and encouraging members to seek out that internal flame. The program acts as a training module within a camp-like setting for senior 4-H members. LTCS delegates have a blast participating in activities such as archery, outdoor cooking, crafts, dance or canoeing and while each activity is fun, each is designed to coach delegates in the techniques and strategies that they will need to know when it is their turn to be the leaders.

"I have always wanted to become a counsellor and finally having the opportunity to learn what it takes to make sure everyone walks away with a positive experience makes me appreciate my camp experiences even more." commented LTCS attendee Heather Polasek, Alberta 4-H Ambassador from the Peace Region. "It is a great opportunity for me to give back"

Over the five-day training program delegates learned what it takes to effectively fuel the fire that is the spirit of 4-H summer camping programs. Whether it is encouraging members to actively participate in group discussions or preventing possible incidents from occurring, Laura Hagstrom, LTCS organizer, assures us that there is much more going on than campfires and beachfront activities. As delegates work in groups to complete tasks, they are effectively working on building a strong team of leaders. With the main goals of every 4-H program being safety and fun, delegates spend time before each skill session working on ways to ensure both of those objectives are met.

In addition, delegates are taught First Aid, risk assessment and management, as well as activity planning, implementing and debriefing as a means of complementing a skill that all 4-Hers are well-versed in: having fun.

LTCS was sponsored by Alberta Agriculture and Food, Agrium, Altalink, UFA, Peavey Mart.

SAFETY TIP

Make sure all dugouts are fenced.

Effective Fundraising and Member Participation

BY SUSANN STONE

4-H FOUNDATION OF ALBERTA

Alberta 4-H Clubs have been very successful with two fundraisers in their communities: tire recycling and electronics recycling. Both initiatives have had great responses from the members of the community.

We have received many positive comments from 4-H clubs that have participated in these two projects regarding the success of the fundraising and the community's warm reception; however, we often find that clubs are not receiving the maximum participation from their 4-H members and leaders. Here are few pointers to help you along:

1. Set a club goal – what are the funds going to be used for? Don't let the funds sit in the bank account. Some Ideas:
 - Club tour
 - Fees for the entire club to participate in a regional or provincial event
 - Educational tours or clinicians
 - Trip to the Alberta 4-H Centre
2. Vote on the type of fundraiser your club wants to participate in at a club meeting, prior to the start of the fundraiser.
3. What is the budget? How much do you need to raise?
4. Set a time line – stick to a start date and a completion date for collection
5. Define roles – ensure all members and leaders know the details of the programs. Review the information package at a club meeting and review what your club is working towards often.

6. Set a few reward challenges for the actual recycling – who can find the biggest tire? Who can collect the most big screen TVs? Who collected the most items?
7. Follow-through with the goal – ensure all members who did the dirty work have an opportunity to participate.
8. Have Fun!! – fundraising should not be a chore; make it fun and your participation will be maximized.

Points to keep in mind:

- Tire and Electronics recycling have been set up to clean up your community, raise funds and provide goodwill, all the while creating awareness of the Alberta 4-H Program and the opportunities it provides at a local level.
- Service your community the best that you can, help those who may not have the opportunity to deposit their items for recycling.
- Let your community know how thankful you are to them for providing items for recycling. Example: club reports, signage at achievement days or community events, thank you note to your local landfill.
- Be sure to follow the program guidelines in order to receive your funding in a timely manner.

Tire Recycling and Electronics round-ups will run again this fall, from October 1 through to November 30, 2008. Please call to register your club and ensure that you have the most recent program forms and details. For more information, please contact the 4-H Foundation of Alberta at 1-877-682-2153, or email susann.stone@4hab.com 🍀



The Rimbey 4-H Club is one of the many clubs using tire recycling as an effective fundraising event.

Low Ropes Challenge Course at the Alberta 4-H Centre

BY SUSANN STONE

4-H FOUNDATION OF ALBERTA

At the Alberta 4-H Centre, Alberta 4-H Members ages 9 to 20 and 4-H Leaders attend various camps and programs over the course of the year. Low ropes are exciting way of exploring the themes of trust, support, interdependence, consensus building, leadership and personal accomplishment at an individual level or in a group atmosphere.



Members try out the new and exciting Low Ropes Course at the 4-H Centre.

Through the use of low ropes' elements, participants can experience challenge and mastery in adventurous activities that are engaging both physically and mentally. The low ropes' elements listed below offer a wide variety of options, including varying levels of challenge, complexity and commitment. These themes align with the diverse age, goals and objectives of the Alberta 4-H Programs. With the new edition of the ropes course to the Alberta 4-H Centre, Alberta 4-H is able to create and sustain a safe and effective adventure program.

Low Ropes Course Goals

1. To create increased opportunity for participants to practice leadership skills including: teamwork, communication, cooperation, decision-making and conflict resolution.
2. To create new opportunity for participants to challenge themselves.
3. To present a novel and challenging environment for personal growth and development.
4. To create opportunity for participants to experience success.
5. To build self-confidence and team skills.

The low ropes course is made possible by the generous contribution of EnCana Cooperation for the building and training. Fortis Alberta provided a reduced rate on the utility poles for the course. 🍀



SAFETY TIP

Use sun protection when outside.

Popular Show Keeps Getting Better

BY BECKY ZADUNAYSKI

COMMUNICATIONS AND MARKETING ASSISTANT

In its 32nd year, the Provincial Beef Heifer Show continues to not only challenge members to do their best, but it also provides opportunity for 4-H members to develop and enhance new and existing skills. Olds Agricultural Society was home to over 120 members and cattle for the four-day event, running July 7 to 9. "This show has been around for 32 years now, and just keeps getting better and better," said volunteer organizational committee member and longtime exhibitor Amanda High.



Members work feverishly to finish grooming their calves in the allotted time.

For a second year now, the "You're Hired" segment for senior members was highly popular. Giving senior members yet another opportunity to develop life skills, the competition featured three possible job placement opportunities. Each member participating was required to submit a resume and go through an interview. After completing the interview process members were then allowed to ask questions on their performance and were given feedback on how to improve their interviewing skills.

But it wasn't just the senior members who were getting help developing skills during the four-day event. The team grooming event for junior and intermediate members had teams of two pitted against the clock in an effort to groom an animal, while utilizing each other's skills and knowledge, in only ten minutes. Ambassador volunteer Kari Bergerud was amazed by the skill development members were getting during the event, "It was great to see juniors being so passionate about learning. It made volunteering that much more exciting - I felt like I was learning along with them."

Tuesday morning's Showmanship class gave 4-H members the chance to see the show ring through another pair of eyes in the Show Team Judging contest. Exhibitors signed up for the chance to act as ringmen, or judge for a group of "volunteer" animals and show people.

SAFETY TIP

Keep farm chemicals in a locked room.

Rural Alberta's Development Fund Supports Alberta 4-H

Rural Alberta's Development Fund (RADF) is an independent not-for-profit company that was created to support rural Alberta communities and promote growth, prosperity and quality of life in rural Alberta.

RADF is dedicated to increasing the capacity of rural Alberta. The projects they invest their funding in are projects that address rural challenges and opportunities. Alberta 4-H is pleased to announce the new partnership between RADF and the 4-H Foundation of Alberta.

On July 18, 2008 the 4-H Foundation of Alberta Board of Directors had the pleasure of meeting Bob Clark, Board Chair, Rural Alberta's Development Fund and Valerie Golka, Project Officer - Central and Northeast Alberta, RADF. Both Bob Clark and Valerie Golka understand the value of the 4-H program in rural Alberta as they have experienced the program as both a member and a volunteer.



Valerie Golka and Bob Clark of RADF present Carole Tkach the 4-H Foundation of Alberta with a certificate of recognition.

Mr. Clark was a 4-H dairy project member and many members of his family are volunteer 4-H leaders. Valerie Golka, who takes pride in her earlier years as a 4-H member and later as a leader, has been reunited with her rural roots and looks forward to seeing the successes of the Alberta 4-H Program. Clark and Golka presented the 4-H Foundation of Alberta with a certificate of recognition for funding of \$960,000 over four years.

"Supporting the Alberta 4-H Development Project is key to developing the leaders of tomorrow in rural Alberta. The Alberta 4-H Program provides opportunities for young Albertans to gain the skills they need to compete and succeed in today's marketplace. Providing this funding will expand those opportunities," says Bob Clark, Board Chair, RADF.

RADF is proud to be a funding partner of the Alberta 4-H Fund Development Project, as it will contribute to collaboration, growth and improved quality of life in rural Alberta. RADF's support will enable the 4-H Foundation of Alberta to become self-sufficient. A new funding model for Alberta 4-H will nearly triple its program income in 10 years by increasing corporate partnerships that will reduce dependence on government funding. A newly created governance model and operational



Everyone needs a break now and then from all the work that goes into the show.

"It is inspiring to see members continue with their heifer projects and return with mature cow projects," Brittany Ashley, 4-H Summer Assistant, commented on the number of animals and members present at this year's event.

Wednesday's Conformation classes proved to highlight the talent and dedication that 4-Hers possess. Alissa Hagel, Irricana 4-H Beef & Multi Club, had the Supreme Champion Crossbred Female while Anthony Murphy of the Lakedell 4-H Beef Club had the Reserve. West Carstairs 4-H Beef Club's Shallaine Daley exhibited the Supreme Champion Purebred Female with her Grand Champion Simmental while Kristen Goad of the Clondonald 4-H Beef Club showed her Grand Champion Red Angus to Reserve Supreme honours.

The prestigious Grand Aggregate Awards were presented to Daley and Murphy in the Junior and Senior Divisions respectively, while John Murphy, also of the Lakedell 4-H Beef Club, won the Intermediate Aggregate Award.

A new "Friend of the Provincial 4-H Beef Heifer Show" was recognized for the first time since 2005. Colleen Prefontaine of Bon Accord was named to this exclusive list based on her 15 years of committed volunteerism to the show. She was among the very first on the volunteer-based organizational committee and has been a mainstay at the program for the past decade and a half. "Colleen is the heart and soul of this show and Alberta's 4-H beef female project," says Rob Smith, Regional 4-H Specialist and program coordinator. Finally, the "Gerald Kujala 4-H Spirit Award" was presented, in its inaugural year, to Aidan Jamieson of the Bow Valley Beef & Multi 4-H Club for his positive attitude, sportsmanship, dedication and perseverance.

"We have an unusually large number of first time exhibitors and it is always refreshing to see expressions of enlightenment to match the smiles of joy at the Provincial Beef Heifer Show," Smith remarked. "We have a great mix of both guys and girls from every region across the province, with more current members playing an active role as program organizers. Their life skills at this point put the future of the Provincial Beef Heifer Show in great hands."

Sponsors of the 32nd annual Provincial Beef Heifer Show were Apache Canada Ltd., Penn West Energy Trust, AMA Insurance, Alberta Beef Producers, Gas Alberta Inc. and Alberta Agriculture & Rural Development. Olds Agricultural Society is a Beef Heifer Show 'Supporter'.

For more information on the Beef Heifer Show, please call Rob Smith at (403) 948-8501. 🍀

SAFETY TIP

Make sure all corrals, gates and fences are in good working condition, free of protruding pieces of metal or wood.

practices, plus a new fund development organizational structure will support this new direction. Increased self-sufficiency will position Alberta 4-H to engage in new and innovative funding for programming.

“This unique opportunity allows Alberta 4-H to integrate the next generation of Fund Development individuals to ensure continuing relationships with existing and new corporate, government and other partners. These partnerships are important to ensure Alberta 4-H remains a vibrant organization for rural youth to be a part of for many years to come. By becoming more self sufficient 4-H will remain a great opportunity to grow and strengthen rural Alberta communities,” asserted Bruce Banks, CEO, 4-H Foundation of Alberta

Expected results include:

1. Greater stability and self-sufficiency.
2. Less dependence on government funding.
3. Development of new program funding for rural Alberta youth.

For more information on the Alberta 4-H/Rural Alberta’s Development Fund contact Bruce Banks at 1-877-682-2153 or banks@4hab.com. For more information on Rural Alberta’s Development Fund, visit www.ruralalbertasfund.com

4-H’ers Investigate Their Future at Selections

BY CAMERON HORNER

MARKETING AND COMMUNICATIONS SPECIALIST

“We often travel down the road of life unaware of where we’re headed. Because of this, we sometimes forget to stop to look around to evaluate where we are at and the direction in which



4-H members enjoyed the outdoor activities at Selections.

we are going. This can result in our failing to create a plan for ourselves.” That was the message given to the 90 senior 4-H members at the 51st annual 4-H Selections Program held May 2 -5 in Olds, Alberta.

“Today’s youth are constantly faced with challenges and many situations they need to investigate,” commented program chair and 4-H Branch Head Marguerite Stark. “The theme of this year’s program – ‘CSI: Provincial 4-H Selections’ – provided the opportunity for individuals to investigate their future.”

During the weekend, delegates looked at the near future realities of moving out, budgeting costs of living on their own and managing change. Delegates also looked at career choices, and the skills and abilities needed in choosing their work environment.

In addition, 45 4-H members were chosen to represent 4-H at major educational programs throughout North America during the 2008/09 year. Fourteen 4-H Ambassadors were also selected to serve a two-year term promoting 4-H and youth involvement in Alberta.

2008 AMBASSADORS

Peace Region	Dean Kosheiff, Fairview
	Heather Polasek, Sexsmith
Northwest Region	Jenna Huot, Vimy
	Brittany Miller, Calmar
Northeast Region	Kari Bergerud, Edgerton
	Owen Burdek, Lac La Biche
West Central Region	Cody Coleman, Innisfail
	Luke Wrubleski, New Sarepta
East Central Region	Stacey Benjamin, Stettler
	Josh Foot, Red Willow
Calgary Region	Adeleen Bayes, Trochu
	Myranda Stewart, Strathmore
South Region	Lindsey Meredith, Claresholm
	Stephanie Parker, Lethbridge



National 4-H Conference Award recipients pose for a photo with 4-H Hall of Fame member, Bob Boulton.

4-H Programs... The Fire Within

BY BECKY ZADUNAYSKI

COMMUNICATIONS AND MARKETING ASSISTANT

Junior Camp – Striking the Match

With so many junior members attending their first 4-H camp, this summer was all about lighting that internal 4-H fire. With junior camps being the initial step to a successful summer program experience, camps are formatted to instill the basic skills needed for delegates to move forward in their 4-H career as well as their day-to-day lives. Throughout the week members also had the opportunity to learn skills of a different sort; whether it be canoeing, archery, enjoying the sun at the beach front or learning what it takes to build a really fast slip 'n' slide, there was fun to be had.

Combined Camp

Framed by the theme “Fanning the Flames,” members attending the Combined summer camping program were presented with opportunities to take the interest in 4-H initially sparked in Junior camp, and fuel it into a blazing fire. Delegates are given new exposure to specific skills, such as teamwork, leadership and self-awareness, all of which are valuable to their learning and their skill set development. Members attending Combined camps took part in various skill sessions such as learning how to craft a chia pet and putting forth their leadership skills to help plan daily activities. With these new skills, Combined delegates can work on fanning their 4-H flames into a brilliant blaze.

Intermediate Camp

At the Intermediate summer camping program delegates came equipped with the excitement and enthusiasm necessary for creating a bonfire of personal development, learning and most of all, fun. Skill sessions, games, mini-Olympics, decision-making workshops and appreciation sessions on 4-H, agriculture and the environment were just some of the activities that kept delegates busy. Combine all of these things and you will ignite an experience that truly was an unforgettable roaring inferno.

People Developing People (PDP and PDP Plus)

Aptly themed “Carrying the Torch,” the PDP program is designed to switch the focus of building skills within delegates to focusing more on personal development. PDP gives delegates the opportunity to look within themselves and recognize that it is the various strengths that roar inside of each delegate that causes their torches to burn brighter than ever.

At PDP, delegates will gain a greater understanding of the responsibility needed to successfully keep that fire burning. The focus of PDP is to foster and grow strong community leaders, giving delegates new ideas to take back and implement in their communities. Delegates will learn new ideas on how to make positive changes in the world around them and will be given the tools they need to carry their torch into their communities to be a leader. 🍀

SAFETY TIP

Stay away from moving parts of equipment.

Alberta 4-H Web Site – Resources Available On-Line

BY CORINNE A. SKULMOSKI

ELECTRONIC/DESKTOP PUBLISHER

Are you ready for the new 4-H club year? Do you have all of the resources you need for your club's start-up, or are you prepared for your new job as a member of your 4-H club's executive? The Secretary Record Book is available on-line as a PDF or Word document. Do you know where to find resources that you can download from 4-H web site?

We have most of the resources that you can order through the 4-H Club Supply Catalogue (and that is available on-line too) available on-line, plus more!

How do you get to the Resources section of the web site?

On the 4-H web site main page www.4h.ab.ca select the category

Resources Log-In

located on the top left beneath the 4-H logo. You will be taken to a page that asks you to log in (these are case sensitive so no capitals or spaces):

alberta4h (USERNAME)

cleaver (PASSWORD)

The resources are broken down under the following categories: Communication, Promotion, Meeting Management, Member Opportunities, Club/Family Opportunities, Leader Opportunities, Club Resources, Organizational Development and Project Manuals and Record Books. I encourage you to take some time and browse through all the resources available here.

All of our resources are available as a PDF, which makes printing/downloading the resource easy. Adobe Acrobat Reader is required to view, print or download these files. If you do not have the reader, a free copy can be downloaded from Adobe www.adobe.com/products/acrobat/readstep2.html.

Comments and suggestions about the 4-H web site can be directed to corinne.skulmoski@gov.ab.ca. Are you or your club interested in receiving a monthly e-mail on updates on www.4h.ab.ca? Please e-mail corinne.skulmoski@gov.ab.ca and you will be added to our e-mail listing. 🍀



SAFETY TIP

When riding an ATV, always wear protective equipment: helmet, goggles, over-the-ankle boots, long sleeve shirts and long pants.

ALBERTA 4-H CENTRE

RR 1 Westrose AB T0C 2V0

Have you ever been to the Alberta 4-H Centre?

Your club can enjoy a weekend
at the 4-H Centre for special 4-H Club Rates.

4-H Clubs:

- Energize your club at the beginning of the year and get to know the new members
- Schedule a club meeting on a weekend retreat
- Invite a neighboring club or the district to join your club
- Beat the winter blues, spend a weekend with your 4-H Family

For more information about the Alberta 4-H Centre
and what it can offer your club

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



South Region

Members Enjoy Horsing Around

BY GINNY SMITH
4-H PROGRAM ASSISTANT

Demonstrating the ease of harnessing a “mini” (as in a really tiny pony) for Pony Chuckwagon racing was just one of several sessions at the 2008 6th Annual Southern Regional Horse Learning Day. Other demonstrations included “Loading a Problem Horse,” practicing equine chiropractic techniques, saddlefitting and judging horses. There was also a craft session where participants learned how to create goodie bags for their favourite pony, as well as make jewelry boxes, pet rocks, leather crafts and horseshoe wall hooks. Trevor Panczak, a local country singer, entertained more than 100 members, leaders and parents over the lunch break. Everyone agreed that this had been a great opportunity to expand their knowledge in various aspects of the equine industry. ♣



Members in attendance at the 6th Annual Southern Regional Horse Learning Day were treated to a wide variety of techniques and tips.

OLDS COLLEGE

www.oldscollege.ca/visit

4-H

Elkwater Combined Camp 2008

BY CATRIONA RICHMOND

4-H SUMMER PROGRAM COORDINATOR

On July 13, 2008, 43 delegates from the south region arrived at Elkwater Provincial Park for a rustic experience.

Delegates and staff were treated to Alberta 4-H's only tent camp. Sleeping outside with the wind rustling in the leaves was a truly great experience. It was not only the tents that made this the most unique 4-H camp though! Throughout the week the entire camp made a new, rather hairy friend. No, it was not the unshaven Kenny Davey (although he was a great friend), rather our neighbourhood squirrel who joined us for many meals and snacks.

Highlights of the week included meeting new friends, playing Capture the Flag in the trees and of course, the dance! The hard work put into the week by all of the counsellors paid off and was proven by the constantly smiling faces of each and every delegate.

A special thanks goes out to our Camp Mom Sally Storch, who displayed her incredible face painting talents on many of the delegates. As well, thanks to our cook Shirley Jago for her hard work and her support for the staff.

Elkwater Combined 2008 was a great success and proves that not having showers really isn't so bad after all.

On behalf of everyone that was involved with the Elkwater camp, our thoughts go out to families who were affected by the July 15 storm. 🌿

4-H Beef Learning Days

BY CAROL HIGH

4-H LEADER

On May 17, 2008 the South Regional 4-H Heifer Show committee introduced a Beef Learning Day in Taber. It was a resounding success and they are still hearing great comments.

The day started at 1 pm with 45 members present. Amberley Sperry with the CClA gave a presentation on the tagging system and answered lots of questions. Once that was done members broke into two groups and rotated them between stations.

In addition, we had Tyson Hertz & Steve Lasby carry out a clipping demonstration along with Ricki Fleming giving members advice on showmanship, tying animals and other show etiquette. Members also received valuable hands-on showmanship experience and got tips as well.

After an hour at each station the members rotated and then once the second rotation was done the members gathered together for a grooming demonstration.

It was great to see so many eager 4-H members taking notes and asking questions. Some have reported back that the hand outs have become great reference sheets and have come in very handy while getting ready for their own Achievement Days.

This will become an annual event and without the support of Apache it would not have been possible. 🌿

4-H, EnCana and the WPCA – TEAMING UP!

This year's stop for the EnCana WPCA 4-H Mentorship program happened in Lethbridge, June 13 -15, and was a huge success as indicated by the comments gleaned from the four participants:

"Out of all of my 4-H experiences, I would have to say that the WPCA EnCana Mentorship Program has been one of my highlights! Through the program I have gained a whole new perspective on the chuckwagon lifestyle. I have learned so much about the sport and all of the work that goes into taking care of the horses and the athletes. I have become very close to the families I have met during my time spent on the track. In addition, I would like to thank EnCana and the WPCA for giving me this amazing opportunity."

Stephanie Parker, Coaldale 4-H Equestrian Club

"The WPCA mentorship program has truly been an amazing experience. I learned so much and met some truly incredible people. One of the highlights of being part of this program has been getting to meet some unbelievable athletes, and seeing how well they are taken care of. I never realized how pampered those horses were! EnCana and the WPCA have given me the experience of a lifetime and some unforgettable memories, and for that I extend a huge thank you."

Stacey Parker, Coaldale 4-H Equestrian Club

"This was my third year in the EnCana WPCA 4-H Mentorship program, and for the third year, I had a great time. I liked working with the chuckwagon horses, learning more about the horses and the chuckwagons, not to mention all of the work that goes into making everything happen. It is one of the best things that I have gotten to do in 4-H. Thank you to EnCana, WPCA and the 4-H Foundation for setting this up for 4-H members. Thank you to Shane Cartier (the driver I worked with this year) for being a part of the mentorship program. It was fun!"

Stuart Smith, Lethbridge-Coaldale 4-H Beef Club and Coaldale 4-H Equestrian Club

"I had heard how great the EnCana WPCA 4-H Mentorship program was from past participants, and now that I have tried it, I have to say this was absolutely great! I wish I had done this before! I met many wonderful people and learned new things about the horses involved. This has been a great experience and has provided some wonderful memories. Thank you!"

Emily Wall

Coaldale 4-H Equestrian Club



4-H members Stuart Smith, Stacy Parker, Emily Wall and Stephanie Parker thoroughly enjoyed their time spent with the WPCA.

Calgary Region

4-H on Parade – Bigger and Better

BY BECKY ZADUNAYSKI

COMMUNICATIONS AND MARKETING ASSISTANT



Horse projects were just one of the many on display at 4-H on Parade.



Bryson Jones from the Balzac 4-H Beef Club waits to enter the show ring.

Even Mother Nature could not thwart the enthusiasm of more than 700 4-H members who participated in the 32nd annual 4-H on Parade, held May 30 to June 1 at the Calgary Stampede Grounds.

The event, which is thought to be the largest of its kind in Canada and third largest in North America, showcases poultry, rabbit and cavy shows, steer and heifer shows, demonstrations of small engine, computer and other life skills projects, sheep trimming, sheep and steer sales, showmanship, agility dog trials, horse shows, all spread over three days. And that's not even touching on the extracurricular events like the always-popular lip- sync competition.

"It was a wicked, wild and sometimes wet few days," beamed Rob Smith, Calgary Region's 4-H Specialist, "but with the event now a memory, it is regarded by 4-H members and leaders, volunteers, organizers and sponsors as one of the most successful ever!"

The stats back up Smith's statement: the event saw more than 80% participation from Calgary region clubs, over 100 official 4-H volunteers and more than 2000 projects and entries on display. Add that all up and you have an event that was at least 10% bigger than the 2007 edition.

A big thank you goes out to the Calgary Stampede, a vital partner in the production of 4-H on Parade. Without their generosity this event would not enjoy the tremendous success it currently does. Calgary Stampede's Agriculture Manager, Robert Wise added these comments: "I want to tell everyone how much I truly enjoy working in partnership with such a professional, knowledgeable and cohesive group of people. I compliment you all on the enormous number of tasks and wide variety of responsibilities that you conduct for 4-H on Parade."

"Any way you slice it, 2008 4-H on Parade was a huge success, so congratulations to all of you for coming out and showcasing 4-H in the city of Calgary," concluded Smith.

Even though the 2008 edition of the event has only recently concluded, plans are already being made to ensure that 2009 will be even better. 🍀

East Central Region

BY ASHLEY ECKEL

REGIONAL 4-H SPECIALIST

East Central Events

AUGUST 22-24

Key Member Training

Multi Species Judging in Veteran

Over 35 members came to the East Central Judging Competition held in Veteran, Alberta on March 8 to test their knowledge on market steers, chairs, tote bags, horses and saddles. Congratulations to this year's winners:

JUNIOR:

1 st	Carissa Schuetzle – Altario Beef
2 nd	Reanne Schuetzle – Altario Beef
3 rd	Tyler Madge – Paintearth Multi

INTERMEDIATE:

1 st	Laura Lee Davis – Consort Creative Hands
2 nd	Raylene Rosenau – Dryland Multi
3 rd	Tyler Chiliak – East Sounding Creek Beef

SENIOR:

1 st	Scott Guenette – Consort Beef
2 nd	Allison Chiliak – Needles and Pins
3 rd	Tevis Shirliffe – Stainsleigh Beef

Thank you to everyone who helped to make this event happen. This was my first event as the 4-H Specialist Intern and I had a lot of help from many great people! Also, thanks to the fantastic sponsors that helped make this event a success!

East Central Rodeo Results

The East Central Rodeo Circuit finished up on Sunday, June 29 at the Halkirk Rodeo Grounds. This was the fourth of four rodeos. The Big Valley Outriders hosted the first rodeo at Big Valley on May 11, while the second was hosted by Neutral Hills 4-H Rodeo Wranglers on June 21 at Gooseberry Lake. The final two wrapped up in Halkirk with Coronation Range Riders on June 28 and Castor 4-H Club on June 29.

Belt buckles were presented for high point awards in each of the age divisions (junior, intermediate and senior). A buckle was also given out for the Overall High Point.

Congratulations to all belt buckle recipients and high point award winners! This year's award winners were:

JUNIOR:

Barrel Racing	Toni Pickerell
Pole Bending	Toni Pickerell
Goat Tying	Desiree Kelts
Keyhole	Toni Pickerell
Breakaway Roping	Roper Gorgichuk
High Point	Seth Neufeld

INTERMEDIATE:

Barrel Racing	Kelsey Simpson
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Jeremy Boulding & Dallas Priddell showing off the finer points of Team Roping.

Pole Bending	Elliott Mabbott
Goat Tying	Elliott Mabbott
Keyhole	Kelsey Hallett
Breakaway Roping	Jaydon Smith
Steer Roping	Brant Jones
High Point	Elliott Mabbott
SENIOR:	
Barrel Racing	Jenna Nibourg
Pole Bending	Cassie Hillmer
Goat Tying	Tessa Mabbott
Keyhole	Tessa Mabbott
Breakaway Roping	Jeremy Boulding
Steer Roping	Kennan Hedley
Team Roping	Jeremy Boulding & Dallas Priddell
High Point	Tessa Mabbott

Thank you to all those that helped to make this a great rodeo season! It is all the hours of work, effort and dedication from parents, leaders, members and friends that make events like this happen! Thank you to all of our generous sponsors. 🍀

West Central Region

BY ASHLEY ECKEL

REGIONAL 4-H SPECIALIST

Multi Species Judging in Clive

On April 26, nine clubs and 82 members came to Clive, Alberta to test their knowledge of dairy cattle, horses, beef cattle, seeds, consumer decision-making and a mystery class.

Congratulations to this year's winners:

JUNIOR:	
1 st	Molly Dyck of Blindman Light Horse
2 nd	Dustin Cressey of Red Deer West
3 rd	Kelsey Will of Blindman Light Horse.

INTERMEDIATE:	
1 st	Lindsey Salomons of Blindman Light Horse
2 nd	Kathleen Murphy of Central Lacombe Beef
3 rd	Cassandra Crick of Blindman Light Horse.
SENIOR:	
1 st	Michelle Schuurman of Lacombe Dairy
2 nd	Ashley Zuidhof of Lacombe Multi Beef
3 rd	Allison Zuidhof of the East Lacombe Multi Beef.

Thanks to everyone who helped to make this event a great success. We would not have these great programs without all of the work that the leaders, members and parents put in to making it happen. Thank you to Lee Simanton and Cassandra Lougheed who did an amazing job organizing this event. A huge thank you also goes out to our great sponsors who make these events happen!

West Central Regional Horse Show

On May 30-June 1 the West Central Region held its 25th Annual Horse Show and celebrated their 25th year. The Red Deer West-erner once again played host to the event, which is one of 4-H's largest horse shows. As a means of marking the 25th anniversary, clothing was sold with the West Central logo embroidered on it. Commemorative anniversary brushes were also distributed to all show participants. Congratulations to Ashleigh Carroll of the Noble Riders 4-H Club who won the logo contest and whose logo was used on our 25th Anniversary clothing.

One hundred and ninety-six 4-H members, representing 19 clubs, participated in 185 classes and showed more than 250 horses during the three-day event. Friday kicked off the show with all the English Classes, including such classes as Dressage, Jumping, English Equitation and Hunter Hack.

Saturday was another busy day for all. Classes in the two main rings included Western Pleasure, Western Horsemanship and Reining. The judging class, where members got a chance to evaluate jumper prospects, concluded the competition for the day; however, the dance was the final event on Saturday.

Sunday's competition, which involved matched pairs, drill teams and command classes for both members and adults, was an entertaining way to wrap up the weekend. This year we had the chance to see four teams compete in the drill competition. It was a great competition with the Silver Valley Outriders coming out on top and Bits N Spurs taking second. The final events included barrels, pole bending and key hole for the level 4-7 riders. The level 1-3 riders participated in Thread the Needle, walk, trot, run and dream weavers.

An award presentation was the finale of the show, which took place on Sunday. The most prestigious award of the show is the Club Spirit Award, which is voted on by the club's leaders and members who are participating in the show. It acknowledges a combination of sportsmanship, participation, stall decorations and cleanliness of the stall area. Results in this category are always close and this year's congratulations go to Blindman Light Horse, with the runner-up being the Bits and Spurs Club.

Overall this was a successful event and a big thank needs to be given to the amazing organizing committee of volunteers, as

well as to the parents and leaders who made this event happen! There is a lot of work put into this show by many great people! A big thank you also needs to go out to Whitgan's Creations and Gifts who did an amazing job embroidering all of our clothing orders and brushes for this event. Our thanks and appreciation also goes out to the many sponsors who supported the show, and to the Red Deer Westerner and their staff who are great hosts for the event.

West Central Heifer Show

From June 27-29, the West Central Region held their first Beef Heifer Show in over 20 years. The show took place on a warm and sunny weekend at the Benalto Agricultural Grounds. The show kicked off on Friday with registration and fun events including ID stations, timed events and a marketing competition.

Saturday, starting at 9a.m., marked the first day of the show. The morning kicked off with the dry show, which consisted of grooming and showmanship. In the afternoon members took part in the judging competition and tested their knowledge on many interesting topics including heifers, chickens, rabbits and hats. Everyone seemed to really enjoy judging the chickens! Following the judging, members took part in the marketing competition and presented to the judges. Everyone did a great job!



Participants of the West Central Beef Heifer Show expressing their 4-H spirit.

Sunday was the final day of the show and it included the following classes: Heifer Calf born in 2008, Purebred Yearling, Purebred Two-Year Old, Purebred Three-Year Old, Male Calf born in 2008, Commercial Yearling, Commercial Two-Year old, Commercial Three-Year Old and the Herd Class.

I would like to once again congratulate our high point Aggregate winners who earned points throughout the show:

Junior- Dakota Townsend
Intermediate- Brayden Paget
Senior- Nichole Jones

A special thanks to Sheena Jones who organized this event and who put a lot of work into making sure that this show happened again. She did an amazing job and I am sure that everyone will be looking forward to next year's Beef Heifer Show. Also, thank you to everyone who came and helped make this event happen. We also owe a special thanks to the Coleman family who supplied us with the great food and fun – judging animals! Thanks to our judges who did an amazing job, and all of our great sponsors!! 🍀

West Central Events

AUGUST 22- 24

Key Member Training

Northeast Region

BY LEILA HICKMAN

REGIONAL 4-H SPECIALIST

We have had a busy spring and summer in the NE, and it has remained manageable because of the efforts of our Quebec Exchange student, Jacqueline Ung. Jacqueline joined the me in the office May 12 – August 8th and did a great job...

NE Project Oriented Events

Horse Show

Held separately this year from the NE Horse Camp due to date conflicts, this event was an excellent opportunity for those interested in practicing at an early show and getting the “show season” off to a good start. The Wainwright District pulled together and offered the horse members in the NE Region a fantastic day of learning and displaying of knowledge.

Getting Ready for the Show

In 2006 the Chipman Agriculture Society approached the 4-H about holding an event at their facility that would help to teach members some proper techniques and protocols to take when preparing and managing show cattle. With the concentrated efforts of the Lamont District and the Joseph family, this popular event has continued to grow and was this year added as a NE supported event. With approximately 70 members participating in the day long beef workshop, this event is both unique and educational for the beef members.

Horse Camp

This popular project specific event is a unique program for the horse members in the Northeast region. This year's event was held at Vermilion Ag Society grounds from July 9 – 12 and spread out with a variety of events. The organizing committee headed up by Yvonne Churko of Bonnyville District all did a terrific job of keeping the program moving and enjoyable. While the sky poured down and even threw a bit of hail on the participants, spirits stayed high and the program was a resounding success.

UFA Slo-Pitch Tournament

This one day event is a major highlight as a kick off to summer. This year, it was held on the last Saturday in June in Tofield. This ball tournament is a fantastic family oriented event. With a range of ages in participants and cheerleaders, the day was well spent. Approximately sixty-five people, on four different teams, played ball and enjoyed the companionship. On behalf of the region we would like to thank the Beaver District and more specifically the good folks of Tofield Beef club for all their hard work, organization and great food!

Moose Lake Camps – 2008

Camp is the highlight of the summer for many 4-H members and for one hundred and forty members from across the Northeast, they called Moose Lake home for a week. Both our

camps, the Junior and Intermediate programs, were full even before the deadline in May! This awesome response is thanks to the keen attitude of the members, and also to the Northeast Regional council's dedication to supporting this regional camping program that allows our camp to be offered at a significantly reduced rate. The summer staff team met the campers with great enthusiasm and we would like to thank the counselors that took a week of their life to give back to the 4-H program. On behalf of the NE we would like to thank Diana from the Parkland Conservation Farm for her time and efforts in coming to both weeks of the program and sharing her passion and excitement of conservation with the members.

CONTEST Reminder - Parade Float / Promotion Photo Contest

If you and your club are out promoting 4-H and your club in the region this year, make sure you take a picture and either email or send it in to the Regional 4-H Office in Vermilion for a chance to win!! One entry per time, but clubs can attend multiple events, and send in multiple photos, for multiple chances to win. The draw will be made at the Annual Regional Council meeting in February. So go and promote and don't forget the picture!!

Northeast Events

SEPTEMBER 15

Deadline for Regional Project Book competition

NOVEMBER 1

Next Regional Council Meeting will be held at the Vegreville Ag Society Office starting at 1:00 pm. Both the Regional Horse and Beef Committee will be meeting at 10:30 am.

NOVEMBER 15

NE Forum

NOVEMBER 28 - 29

Fall Fling

Northeast Regional 4-H Horse Camp

BY SHELLEY EISENREICH

CLUB LEADER

This year's horse camp was an awesome event. On July 9-12, fifty-six members from across the Northeast region gathered at the Vermilion Agriculture Grounds to hone their riding skills, meet new friends and most importantly, have some 4-H fun! Wednesday evening started off with a Parade of Clubs, followed by *Survivor*-themed group activities. The following morning, camp was in full swing with a variety of both Eng-

lish and Western classes. From driving to jumping, gymkhana, trail, drill team and more, there was something for everyone! After a long day in the saddle, a very informative packing demonstration along with more group activities kept members laughing and entertained.

Despite the hailstorm on Friday, spirits remained high. A delicious supper was followed by yet another group challenge that showcased some pretty wild dance moves! Saturday saw additional out-of-saddle classes such as scrap booking, woodworking and leatherwork. The day concluded with closing remarks and a fantastic performance by the drill team. Organizers of this year's horse camp would like to congratulate all members in attendance for their positive attitudes and commitment to learning to do by doing. We would also like to thank our many sponsors: Vermilion Ag Society, B&R Eckel's Transport Ltd, Nilsson Bros, UFA, PEAC, as well as a number of other friends of 4-H who graciously gave of their time to help us out. Without this support our camp would not have been so successful! 🍀

Northwest Region

BY JOCELYN MCKINNON

REGIONAL 4-H SPECIALIST

Northwest Summer Camp

A full program registration resulted in 65 eager 4-H campers and 10 4-H counselors and staff "Fanned the Flames" during this year's regional combined camp at Camp Mackinicholea. A sandy beach on Long Island Lake and terrific meals make this camp special. For several years Irene Panting and her sister Carol Cook, have prepared home cooked meals for the campers featuring fresh vegetables and homemade buns. Thank you to Irene and Carol for making this special effort each year. This combined camp ran from August 19 to 23.

4-H Fair

This popular event with life skills projects, 4-H members and leaders is scheduled for November 29, 2008. With the Athabasca District hosting the event for the first time, there will be busloads of clubs traveling north on Hwy 2, on their way to enjoy a full day of activities. Typically the day opens with snacks, games and introductions. Each participant takes two workshops and can show items in a bench show. These activities provide leaders and members with a fountain of ideas for projects to do during the club year. The day ends with ice cream sundaes and recognition of the day's achievements. Registration forms are distributed to club contacts and can also be found on the 4-H website.

Record Book Competitions

Each year dozens of record books for beef, horse, life skills and other animal projects advance to the Northwest regional level of competition. The regional project committees are responsible for these contests and devote effort to ensuring that the appropriate guidelines reflect the current record books and the wishes of the participating clubs and districts. All three committees updated their guidelines in 2007, with the beef project currently revising the beef breeding scorecard. Horse record



Horse Camp members pose for a group photo.

books are evaluated in June at the Regional Horse Show with first to sixth place for each of three age categories being recognized. The life skills and other animals project books advance July 31 to the regional competitions. First and second books in project and age categories are recognized. The beef competition has eight award categories, with books for this year's regional level competition being due September 30, 2008. Awards for the competition are portfolios, bags and certificates.

Member Achievements

Congratulations to all of the members who advanced beyond the Northwest Region to provincial-level competition in the following programs: public speaking, presentations, judging, project bowls and shows and award trips.

Kayla Getzinger of Lakemere 4-H Beef will be representing Alberta 4-H at Canadian Youth Speakers for Agriculture, a public speaking competition, in Toronto in November.

Northwest 4-H Regional Council

November 22 at Villeneuve Hall is the Annual Meeting of the regional council and project committee meetings for horse, beef, and life skills and other animals. Each year the region sets aside \$4800 for safety grants and scholarships. The next deadline for safety grants is November 1, 2008.

Focus on 4-H 2008

The 10th annual Focus on 4-H program featured sunny days, five different project shows or workshops, and tractor and judging contests. Members thoroughly enjoyed themselves – on post-program evaluations, 100% of the members replied that they had had fun at Focus on 4-H.

The Parade of Clubs enabled the 34 clubs to learn about one another through introductions. Thank you to the individuals who delivered welcoming comments on behalf of the Town of Mayerthorpe, Servus Credit Union, the Focus on 4-H Committee, the 4-H Program and 4-H Members. The bright light green Focus on 4-H t-shirts, which were sponsored by Servus Credit Union, added to the colourfulness of the parade.



Teamwork makes a light load at Focus on 4-H.

The judging contest on Friday evening included classes of lawn chairs, picture frames, beef and horse so that members could try their consumer decision-making and judging skills. Top judges received certificates of achievement. Thank you to Sonex Construction for sponsoring the judging portfolios for all the judges.

The bike and tractor rodeos on Monday had several members and adults trying their skills while attempting to negotiate around a tricky course. Another bit of feedback received was that members would like to see it run all weekend. Thank you to ConocoPhillips, Fairbairne and Martin Farm Equipment for sponsoring this event.

A new event this year was the 'Campsite Contest.' Clubs were asked to identify their campsite with signs or banners and then decorate them as they saw fit. Thank you to all of the clubs who participated. The top clubs were R.Q.B. Rancheros 4-H Multi, Knight Riders 4-H Horse and Cadence Creek 4-H Horse.

Friday night at the Mayerthorpe Pool was a great event. The pool continued to be a popular, well patronized throughout the weekend. The large group games and evening dance proved to be such successes that the members were asking for more opportunities to do either throughout the entire weekend. Strathcona 4-H Rein Riders won the lip sync Golden Mike Award with their rendition of "To All the Girls I've Loved Before."

Testament to the excellence of members' involvement in the program is the Heart and Hustle Award. Each project area selects a member who puts a lot of effort in participating, helping and making the show a success for those around them. This year's recipients were:

Tanysha Van Hecke, Life Skills; Caleb Corcoran, Canine; Meranda Clark, Horse; Alicia Zinyk, Beef; and Nolan Cunningham, Sheep.

Life Skills projects offered members a choice of 12 workshops such as rhubarb leaf garden stepping stones, barn board signs, sun catchers, beading, pysanka, woodworking, painting and food projects. The drop-in sessions allowed members and adults to show up anytime during the day to do a quick craft from a variety of choices. Over eighty members "dropped in" Sunday morning to try their crafting skills, but with adults recruited at the last minute to help, all participants went away with finished projects.

The Regional Beef Heifer Show introduced member aggregate awards this year. It was a closely competitive award, with a junior, intermediate and senior member being recognized. A tremendous list of sponsors contributed towards class and overall prizes for the show.

The Sheep Show, judged by former 4-H member, Michael Brown, noted an increased number of participants and entries this year. A highlight was the sheep race where teams had to race their sheep across the ring, dress them and race back. Thanks to the Lac Ste Anne leaders who stepped up to run the show and to the Alberta Sheep and Wool Commission for the donation towards recognition gifts for all the members who participated.

Every year, the Focus on 4-H Canine show introduces new events to entertain the members, as well as involve them in another aspect of the canine project. This year's 2008 event was Rally-Obedience, with agility workshops and competition, costume classes and obedience trials rounding out the show. Compliments of Conoco Phillips and Fairbairne, each member received a gift bag, a picture with their canine project and a listing of the events in which they participated.

The Regional Horse Show offered a mix of Western, Gymkhana and English classes for members to demonstrate their

skills. Ribbons and horse prints were given from first to sixth place. A few fun classes at the end of the day kept members competing on an entirely different basis. Thank you to Doug Wickham who returns each year to announce for the horse show and special events, and to the judges and clubs who provide volunteers for the rings and show events.

Focus on 4-H is fortunate to have some wonderful sponsors who support the overall program and individual activities that happen during the weekend. Thank you to all of the clubs, companies and individuals who donated items, and also to the purchasers at the silent auction. Thank you to the Mayerthorpe Agricultural Society, especially Jason French and the Town of Mayerthorpe for the facilities, the Lac Ste Anne 4-H District for the concession, and the volunteers for the program.

A group of dedicated volunteers meet throughout the year to get the format of the program in place, and to operate the different events. A number of others came forward at the event to help out as needed. With a few exceptions there were enough volunteers to make the program a success. Plans are underway to make the program even better in 2009. 🍀

Peace Region

BY KATHERINE BARKWELL

4-H SUMMER ASSISTANT

It was a busy summer up here in the Peace. Thanks to everyone who came out to the programs, or traveled to the provincial ones!

Public Speaking

It's now older news but we want to publicly thank AltaLink for their support of the regional communications program. Without it, the regional competition would not have been a success. We also wish to offer a public congratulations to all of our winners: **Presentations** – Jennifer Alexandre/Ryan Gauthier and Jodi Ross/Karin Pike (senior); Kaylee Hawley/Lindsay Wells and Amanda Wild/Christina Sasseville (intermediate). The alternate senior presenter was Jacy Johnson. **Public Speaking:** Blake Lange and Jessica Kuester (senior); Mary-Lynn Kuester and Amanda Albers (intermediate). Alternate senior speaker was Kelsey Marquardt. We know that it takes a lot of courage to get up in front of everyone, so hats off to you!

Selections

The Peace Region did well at Selections 2008. Out of the eight delegates that attended, three won trips and one was named as an alternate. Heather Polasek of the Clairmont Multi Club and Dean Kosheiff of the Fairview Light Horse Club were named as the new Ambassadors. Congratulations everyone! After a great year, Jolene Noble of the Three Rivers Beef Club in Manning also handed her Premier's Award trophy on to

Myranda Stewart of Strathmore. Thanks for your excellent work representing the 4-H program in Alberta, particularly the Peace region, this past year Jolene.



Cara and Lee Noble from the Three Rivers 4-H Beef Club showing off their 'prize'.

Horse and Heifer Show

This year our region decided to try something a little different. We had a stand alone Horse & Heifer Show on the last weekend of June at the Peace River Agricultural Grounds, and by all accounts it was a success. Highlights for fun included the costume classes and the 'Showmanship Swap,' in which beef and horse members taught one another the basics of showing a different species, and then traded animals! Grand champion and Reserve champion beef female for the show were both owned by Cara Noble from the Three Rivers 4-H Beef Club. High point horse member in Level 1 (beginner) was Danielle Nagy from the Peace River 4-H Multi Club and in Levels 3 and 4+ (advanced) Kaylee Hawley from the Smoky River 4-H Forever Club in Falher was the winner. Congratulations everyone!



Katharina Agapow and Radar from Peace River 4-H Multi.

Summer Camps

Once again this summer, we hosted two weeks of camp at Camp Artaban, where the near-75 junior and intermediate members in attendance had a blast. Attendants all had a blast "Striking the Match" to their future and working to ensure that their lives would be "All Ablaze". It's always great to watch members starting to build their own networks of 4-H friend, who will be friends for a lifetime. Thanks to the 4-H summer staff, the senior member counselors and the camp parents and cooks for planning and delivering excellent programs, as always.

Key Member

The region is excited to have more key members than ever! Watch for them leading workshops, answering questions and being a members resource source at district and club functions around the Peace. We look forward to having you on board. 🍀



4-H and UFA: Ordinary people generating extraordinary results

By SARAH SULLIVAN

It seems there's always been an incredible relationship between Alberta 4-H and UFA Co-operative Limited. It just goes to show that when two groups with a common goal come together, the results can be extraordinary.

UFA recognized the quality leaders that were emerging from our 4-H clubs over ninety years ago. Since then, they've committed to helping further develop young leaders and continue to believe in the benefits of the 4-H program. UFA's confidence in 4-H came through louder than ever last November. Rather than supporting a variety of programs and making several small donations to clubs throughout the year, UFA announced a donation of one million dollars to Alberta 4-H over five years.

Since the million dollar partnership was announced, 4-H and UFA have been working together to develop new programs, most recently, the UFA 4-H Alumni Volunteer Service Recognition. 4-H alumni returning to their rural roots want to be active volunteers in their communities. One restriction facing them is their debt load from financing an education, starting their careers and raising families. These potential 4-H volunteers therefore end up working more and volunteering less in their community. This program recognizes five young 4-H alumni between

the age of 20 and 35 who pursue post-secondary education, return to their rural roots and enhance their community as a 4-H volunteer for at least two years. Each year, UFA and the 4-H Foundation of Alberta will award each recipient a \$2,000 UFA gift certificate for their contribution. This is just one more way that UFA is recognizing the value of 4-H members and helping to build the future capacity of volunteers in rural Alberta. (Please see the UFA 4-H Alumni Volunteer Service Award Nomination form on page 24 of the Fall Program Booklet.)

There are also plenty of other awards available for current 4-H members. High school and university students are urged to keep their eyes peeled for UFA scholarships and awards. Every year students receive scholarships from the co-operative acknowledging their dedication to rural communities and academic success.

In addition to the UFA 4-H Alumni Volunteer Service Recognition, each year UFA's investments reach each of the 400 clubs with a total of \$60,000 for their Achievement Day celebrations, \$10,000 towards Awards of Excellence and \$40,000 in gift certificates to be used for each club's community enhancement project. The remaining funds will support all the leadership and development training

across the province. Instead of requesting local donations from UFA Farm Stores or UFA Petroleum agencies, know that support now comes from a central location and in much larger amounts. The partnership means more leader training, community enhancement projects and ultimately, stronger rural communities. Equally important, the long-term commitment allows long-term planning and constant opportunities for growth within 4-H.

The rising leaders that grow with 4-H and contribute to Alberta's rural communities are the real reward. That being said, since UFA's dedication to 4-H opens all sorts of opportunities for our members, our challenge is to promote UFA within 4-H clubs and our communities by recruiting leaders and members, having fun and continuing to grow 4-H.

From a distance, 4-H's partnership with UFA may seem ordinary. Look closer and find the future leaders of our rural communities. Look even closer and see accomplishments that are nothing short of extraordinary.



FUN AND GAMES

A man was driving down a country road one day at 45 miles per hour when suddenly he noticed a 3-legged turkey running at the same speed beside his truck. Though he thought this odd, the man decided to speed up so he wouldn't cause an accident with the turkey.

The man sped up to 55 miles per hour, but low and behold, so did the 3-legged turkey. The man then sped up to 65 miles per hour only to again be equalled in speed by the 3-legged turkey. As the man watched in amazement, the turkey suddenly made a sharp left turn and took off down a side road toward a small farm.

JOKES!

The man quickly also made the left turn and followed the turkey to the small farm, parking out front. Looking around the man found the farmer around back in the midst of many 3-legged turkeys. After greeting the farmer, the man asked him why he was raising 3-legged turkeys.

"Well we figure," said the farmer, "that with an average family of 3 people, only 2 can have a turkey leg with an average turkey. But with a three legged turkey, each member of the family can enjoy a turkey leg for of their own on Thanksgiving."

"That's pretty wise," said the man, who then asked "Well how do your 3-legged turkeys taste?"

"I don't know," said the farmer. "We've never been able to catch one."

Q. What sound does a grape make when an elephant steps on it?

A. None. It just lets out a little wine.

Q. What do you call 10 rabbits walking backwards?

A. A receding hare line.

Q. There are 10 cats in a basket and one cat jumps out. How many are left?

A. None. They are all copycats!

BRAIN TEASERS!

1. How far can a dog run into the woods?
2. A farmer has 17 sheep. All but 9 were sold. How many did he have left?
3. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, how many haystacks would he have if he combined them all in the center field?
4. If you had only one match and entered a room in which there was a kerosene lamp, an oil heater, and a woodburning stove, which would you light first?
5. There is a house with four walls. Each wall faces south. There is a window in each wall. A bear walks by one of the windows. What color is the bear?
6. A man was driving a black truck. His lights were not on. The moon was not out. A lady was crossing the street. How did the man see her?
7. What can run but can't walk?

Answers: 1 Halfway, then he would be running out of the woods 2 9 sheep 3 One. If he combines all of his haystacks, they all become one big stack. 4 Light the match first. 5 White. If all the walls face south, the house is at the North pole, and the bear, therefore, is a polar bear. 6 It was a bright, sunny day 7 Water



WORD SEARCH!

solutions on page 35

Fictional Animals

- | | |
|----------------|-------------|
| ARNOLD | LASSIE |
| BAMBI | MICKY MOUSE |
| BARNEY | RIN TIN TIN |
| BENJI | SCOUT |
| CHAMPION | SILVER |
| CHARLOTTE | SNOOPY |
| DAFFY DUCK | SYLVESTER |
| DUMBO | THUMPER |
| FLIPPER | TRAMP |
| GRENDL | TWEETY BIRD |
| JIMINY CRICKET | WILBUR |
| KING KONG | WOODSTOCK |

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

Disney Movies

- | | |
|----------------|----------------|
| ALADDIN | PETES DRAGON |
| CANDLESHOE | PINOCCHIO |
| CINDERELLA | POLLYANNA |
| FANTASIA | ROBIN HOOD |
| FREAKY FRIDAY | SNOW WHITE |
| JUNGLE BOOK | THAT DARN CAT |
| LITTLE MERMAID | THE ARISTOCATS |
| MARY POPPINS | THE LION KING |
| MIGHTY DUCKS | THE LOVE BUG |
| OLD YELLER | THE RESCUERS |
| PARENT TRAP | THE SHAGGY DOG |

Travel & Exchange

4-Her's Take Montana by Storm

BY ADELEEN BAYES

THREE HILLS 4-H WRANGLERS/4-H AMBASSADOR

Jenna Huot, Vance Kremp, Luke Wrubleski, and I, accompanied by our chaperone, Janet Kerr, took Montana by storm on July 7, 2008. Our first day was spent in Glacier National Park, where an intense snowball fight ensued at the Logan Pass Visitor Center, followed by White Water Rafting, and to top it all off, Huckleberry milkshakes! That night in Kalispell, we stayed in the craziest of hotels. The girl's room had an intense jazz/blues theme, and the boy's room hailed Al Capone and The Sopranos.

Our second day in Montana was dedicated to driving from Kalispell to Bozeman. Along the way we stopped in Missoula for a tour of the Historical Museum at Fort Missoula and lunch. That night the Montana 4-H Congress – Find Your Element was kicked off in style at the Montana State University Campus with a very intense and well-planned opening ceremony, followed by the first of three dances.

The next morning we toured around campus to observe the ongoing State Level Competitions. In the afternoon, we put on a communications workshop, while Janet judged the State Final Demonstrations. We connected with a lot of Montana 4-Hers, and had a blast getting to know them better that night at the International Dinner. Miss Montana was our guest speaker that evening, and showcased her intense belly dancing skills... much to our dismay. That night at the dance, Luke took part in the 2nd round of the dance competition, meanwhile Jenna, Vance and I learned how to Jitterbug from our new friends! We also got to attend a birthday party for Janet with the State Officers (equivalent to Alberta Ambassadors.) We made some lifetime friends that night and with only one day of the conference left, we made sure to make the best of it.

The final day of the conference we listened to an address by the Governor of Montana and watched a demonstration by a crazy physics professor, who lay between a bed of nails and chest plate lined with nails while a brick on top was smashed with a sledge hammer. In the afternoon we enjoyed the hot weather with our new American friends outside during a BBQ and carnival. The banquet that night was intense. Many of the girls wore their prom dresses, and the guys looked pretty spiffy as well. The highlight of the night, however, was when the DJ played Paul Brandt's "Alberta Bound" for us. Most of the 450 attendees had never even heard the song, but we just stood shouting out the words as loud as we could.

The next morning we said our final good byes, and left Bozeman. We headed for the Lewis & Clark Caverns, where we toured 326 feet below the earth's surface through the maze of caves. After lunch at the L & C Tourist Center we headed for the Old Prison and Auto Museum at Deer Lodge. There was a lot to see, and many stories to be told. We had supper in Helena, and we were just about to hit the interstate after touring

through the old streets of Helena, viewing the architecture, when we saw a carousel. We immediately turned off into a parking lot, for one of many of our parking lot tours, before we successfully found the carousel. We enjoyed a ride and some ice cream, while we listened to the live band outside. We finally reached Great Falls at 11:30 p.m., where we practically fell into bed. The last day in Montana was spent perusing the Charlie M. Russell Museum, his house, and cabin, as well as the springs, fish hatchery and water falls. We reached Lethbridge around supper, where we enjoyed a gourmet supper at The Keg. All in all, the trip was a wonderful experience, and we can't wait to head back to Montana to catch up with all of our new friends! 🍀



Trip delegates (l to r) Luke Wrubleski, Addy Bayes, Jenna Huot and Vance Kremp.

4-H'ers Go North – To The N.W.T.

BY RITA-MARIE LEASK

CREMONA 4-H CLUB/4-H AMBASSADOR

This year at Selections, I, along with 15 other 4-H members, was chosen to attend the 4-H Alberta / Northwest Territories Agriculture Development Tour. This trip would prove to be a memorable experience for all of the attending delegates. We began the trek in Edmonton, heading north and staying the first night in Slave Lake where we toured an original homestead and working bison ranch. We saw a herd of bison up close and discovered what homesteading would have been like in the area. The next morning we learned everything that there is to know about the vegetation near Slave Lake.

On Day Three we arrived in Manning and toured an exotic bird farm before driving to High Level. When we arrived, we set up our tents and went back into town for a dip in the pool. We crossed the border between Alberta and the Northwest Territories at the 60th parallel early the next morning. Carrying on to Hay River, we learned about farming in the NWT, and how few full-time farmers there really are. After touring local greenhouses and a sawmill operation we were treated to a fish bake on the beach. It was excellent to meet some of the farming families in the area and relax in the sand. After a dip in the lake, everyone took full advantage of the free showers!

We had quite a ways to travel on Day Five, so we rose early. Crossing the Mackenzie River only scared the few who had chosen to sleep, and were then awakened only to realize that we weren't on land anymore! The long trek to Yellowknife ended mid-afternoon at the Fred Henne Territorial Park. After a

SAFETY TIP

Post-emergency contact numbers by all phones.

bite to eat we headed back into town for a bus tour with a very interesting individual as our guide. Staying two nights in Yellowknife relieved everyone of that dreaded morning packing. We woke later than usual—dare I say as late as 8:30?—and toured the Prince of Wales Museum. Afterwards we headed to the older part of town and many of us had lunch at the historical Wildcat Café. We were given free rein for the afternoon, which resulted in time spent in souvenir shops or buying sunglasses and red lipstick. That night a group of us stayed up until about four in the morning. It's really hard to sleep when the sun doesn't truly set. We ran over the rocky terrain for what seemed like hours until finally, because Nathan was too tired to continue on, we headed for a few short hours of sleep. The good news? We got to drive nearly all day the next day, so we slept in slightly uncomfortable positions at the back of the bus, careful of how much of our face was showing, so we could avoid being coloured with permanent markers.



Even 4-H Specialist Mark Shand looks good on a Harley Davidson.



One of the many stops along the way – the Prince of Wales Museum in Yellowknife.

We arrived at Gorge Territorial Park and for the second time on the trip, I actually showered. While we may have looked clean, we were far from it. The scent of campfire smoke doesn't wash out easily. It stayed light incredibly late that night as well, and as the sun began to set we decided to take a walk to a creek about two kilometres away. The darker it got, the more we began to remember the bear warnings, and started to fret a bit. When we were halfway there a group of us chickened out and headed back to camp. The rest, however, continued to scare us by throwing things into the bush or jumping out of the trees. After we were safely deposited back in front of the campfire, the others continued with the hike.

Another day of long driving ensued and when we arrived in Dunvegan we were all willing to get out and stretch our legs for a quick and painful (for Kristina and I) game of mini golf before supper. As we finished cleaning up the evening meal, it began to rain, leaving few choices of where to go. We decided that the bus would be driest (minus the leaking back window) and promptly grabbed a laptop and a couple of movies. Eventually the rain ended and we slept in damp tents.

The next morning we had the opportunity to tour the Harley Davidson facility in Fairview. We saw all the latest models and a plethora of diagnostic devices used for training. The rest of the day was spent touring historic Dunvegan and riding the bus. When we arrived in Whitecourt for the night, the rain

was pouring. We decided against setting up tents immediately and cooked supper in the camp kitchen. When the rain let up, tents were set up and a swim in McLeod Lake was had. The final evening ended sitting around the stove in the camp kitchen, singing along with the music.

While there were ups and a few downs (Brad putting mousse on Marina's face when she was asleep, our tent being knocked down by the boys every morning, the loss of pillows due to someone's strategic placement and various pranks played on the bus each day) this trip was one of the most enjoyable and interactive camping trips you could ever imagine and I would recommend that it be placed high in your Selections trip choices. I am sure that I will always have fond memories of everyone on the trip and all of the wonderful tour guides and sponsors.

Thank-you everyone who made this trip possible and enjoyable. It is an experience I'm sure none of us will forget for a very long time. 🍀

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Club & District Articles

Cadogan Light Horse Achievement Day

BY DEBBIE GANSER

PROJECT (LIGHT HORSE) LEADER

June 1, 2008 proved to be a gorgeous day for the annual Cadogan 4-H Light Horse Achievement Day. All 12 members did a great job with their horses and fun was had by all. In fact, to try and explain how much fun would take too long!



Kelsey and Julie participate in the Cadogan Light Horse Costume Class.



Trail with Katrina and Lady.

Our costume class presented some very unique costumes and was definitely one of the many highlights of the day. And of course, no achievement day would be complete without a wonderful barbeque to wrap up the day's festivities.

A big thank you to all of the families and friends that helped to make the day a very special one for all the members. 🍀

Big Hill West Light Horse 4-H Club

BY REBECCA WALTERS

VICE-PRESIDENT

Big Hill West was honoured to be part of the Giddy Up for Wishes event, where Martha Birkett rode different horses across Canada, starting from Ottawa, Ontario on March 30 and finishing in Cochrane, Alberta on July 1, to raise awareness and funds for The Children's Wish Foundation.

This honour came about when the club was discussing what charity to raise funds for this year in order to fulfill our Community Service obligation and Sarenne Wallbridge suggested that we should do it for Giddy Up for Wishes. After some discussion the members voted that this was a great charity to support. As is club tradition, we made bees wax candles and then sold them prior to Christmas at the Cochrane Safeway to raise the funds for the charity we choose. This year was our 7th year making and selling the candles.

At the time of selling the candles, Giddy Up for Wishes was still a secret as Martha Birkett was not going to officially announce the ride until the end of February, and so we had to tell people that we were raising funds for The Children's Wish Foundation. The members were amazing sellers – all of the candles were sold within a day and a half and we were able to hand over a cheque to Martha at her send-off gala on March 19 for over \$1000.00!



Big Hill West 4-H members riding with Martha Birkett.

Martha was so surprised with our donation and our excitement for her ride that she invited some of the members from Big Hill West to ride into Cochrane with her on July 1. Sarenne Wallbridge, Rebecca Walters, Melissa Olson and Amber Beeby represented Big Hill West and we all had an awesome time riding with Martha.

Check out the website for Giddy Up for Wishes at: www.giddyupforwishes.com. Martha Birkett's daily journal entries are very interesting to read.

Since our riding sessions ended in June, our club members have been concentrating on riding and studying for the 4-H Regional Horse Show in Olds and Horse Classic, which we really enjoy participating in during the summer months. The members going hope to do well, but for sure we know we are going to have a lot of fun! 🍀

Cherhill 4-H Multi-Club News

BY JUSTIN DOUGLAS

CLUB REPORTER

The 2007-2008 club year seemed to fly by. District Multi-Judging was held April 5 at the Darwell Cow Palace. After sending eight members to Regional Multi-judging, Lindsay Kucharchuk made the Provincial Judging Team.

Our club's Life Skills Achievement Day was held May 24 at the Cherhill Community Hall. There were approximately 25 awesome project displays, from quilting to foods to woodworking

to veterinary sciences. Guests were treated to a special dessert and were able to see everything that was accomplished throughout the year.



Members of the Cherhill 4-H Multi Club are all smiles as they prepare to participate in the Cherhill Fun Days parade.

Our community service was done on Friday, May 30. We cleaned the Cherhill Legion Hall, the Community Hall and picked garbage around the hamlet of Cherhill. The Beef Achievement Day was held June 2 at the Mayerthorpe Agriculture Grounds.

The next meeting will be held September 19, 7:00PM at the Cherhill Legion. For more information please contact Dorothy Carlson at 780-785-2506. ♣

SAFETY TIP

Have First Aid kits and fire extinguishers in all machinery, equipment, barns, and houses.

SAFETY TIP

Always have a "No Riders" rule on farm machinery.

East Lacombe Multi 4-H Club

BY ALEX WOODROW

CLUB REPORTER

Another year has finished for the East Lacombe Multi 4-H Club. Our District Beef Achievement Day was on May 11 and 12 at the Lacombe Ag Society. Sunday, May 11, was Female Day and our club had 35 animals there. In addition on May 12 we held our Steer Conformation class.

This year we also participated in the tire, battery and electronic recycling programs. We collected 1933 tires, 56 electronics and \$200 worth of batteries. This was a great fundraiser for our club and it also helped clean up the neighbourhood yards.

Five members from our club received diary awards this year and a special congratulations goes to Victor Zuidhof, who received his Platinum Award of Excellence this year as well.

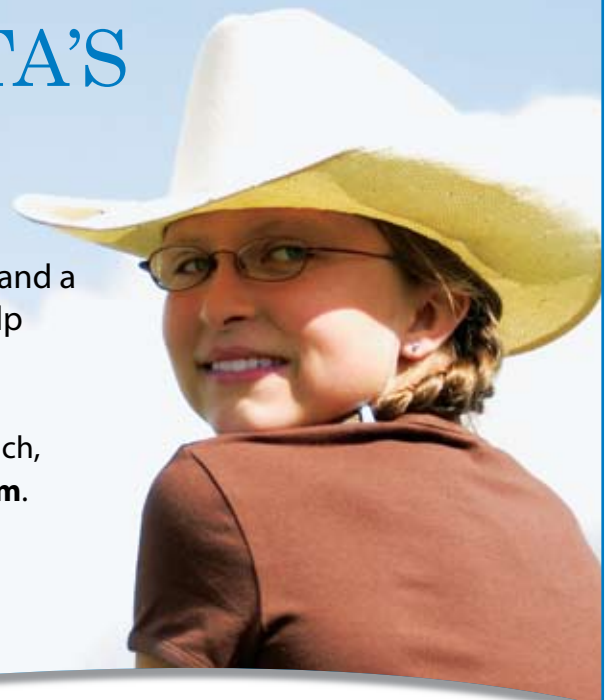
Between July 6 and 9, 11 of our club members participated in the 4-H Provincial Female Show in Olds to wrap-up the 4-H year. We showed 14 females and all members took part in many activities over the three days.

Overall it was a great year and next year we look forward to celebrating our 90th year as a club! ♣

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Paintball Project Ends Year with Special Guest

BY TERRY LOGAN

HORIZON 4-H MULTI CLUB - PAINTBALL LEADER

Bunkers inflated. Check. Grass freshly mowed. Check. 4-H members geared up and ready for action, you bet. The Horizon 4-H Multi Club paintball project wound their project down with skill and style.

On July 5 at a course that was prepared by the 4-H members with borrowed equipment from Splatters Paintball, our paintball project had a special skills session. Special because the person who was doing the teaching was professional paintballer Josh Davey, who plays with the Edmonton Impact. The members were thrilled to learn new skills to strengthen their game. However, the best part of the day was when the members got to play a game with Josh and employ all of their new skills. Josh challenged participants to spot the opposing players and to strategically plan the shots to take them (the opposition) out.



(l to r) Jenna Logan, Marissa Logan, Calvin Maffret, Ivan Michel, Jason Smith. Josh Davey is behind members watching their dives.

Everyone remembered to keep low and there was a lot of talking to teammates to communicate the positions of opposing players. Several of the members took turns playing with the paintball guns that Josh brought, which the members enjoyed as these guns were lighter and faster to use. The afternoon session ended with the members getting autographs and asking questions about playing professionally.

We learned that the thought surrounding paintball being a new sport is changing and that the new woodsball style game, which our members also tried this year, is not where the sport is headed. Tournament style of playing is where the game is now. Professional players are in football stadiums with inflatables. Paintball is a sport that is growing rapidly as it is great exercise and appeals to young adults as it is very challenging. With the proper gear on it is a very safe sport to play. Our members enjoyed this new project and the skills they have learned. We hope that other clubs will start paintball projects so we can pass on what we have learned and of course, get together to play. 🍀

Moos on the Moove Attend Provincial 4-H Dairy Show

BY KATELYN CREST

CLUB REPORTER

On July 15-17 4-H dairy members from all across Alberta came to Red Deer, Alberta to compete in the 62nd annual Provincial 4-H Dairy Show. Here, 62 members from Green Acres, Mountain View, Lacombe, Rollyview and Moos on the Moove 4-H Dairy clubs took part in this action-packed three-day long event.

For the second year in a row, Moos on the Moove also won the "Overall Aggregate Club" award, as well as the champion club herd for the fourth straight year.



Moos on the Moove Top Aggregate Club: (l to r) Lee Morey, Chad Crest, Casey Morey, Janine Bikker, Katelyn Crest, Jos Bikker, Maryje Bikker, Erin Loogman.

In the Aggregate Awards Lee Morey was awarded top junior aggregate; Katelyn Crest won top intermediate aggregate with Casey Morey taking third place and Chad Crest tied for third for top senior aggregate. 🍀

Two New Challenges

BY SHAYLIN EXSHAW

CLUB REPORTER

Can you believe that the Lobstick 4-H Beef and Multi Club tried two new projects this past year? Well, yes we did, and those who tried these new projects—Foods and Swine—had a blast.

The Foods Leader was Lori Sutherland who helped the members learn about nutrition and making different types of meals. Nine members took part and on achievement day, chose a person that they wished to cook for. Plus, they helped in the kitchen during lunchtime and gave some of the parents a break. Mrs. Sutherland said she had a great time with this project it helped her get the FUN back into cooking. The members really enjoyed getting together to share their ideas and learned a lot from one another.

The other project was Market Swine with the leader being Sta-

cey Gendron-Exshaw. There were 8 members involved and I would say that the highlight of our year was going to the Pig Science Centre at the Uof A (if you want to do swine with your group please go to see this - it's worth the time). Instead of hauling our pigs to a show and sale we had to find a buyer and do the negotiations ourselves, and so my pork was sent to the N.W.T. where they say it's very tasty! The pigs were all hauled to Barrhead Custom Meats where the butcher was able to give us a basic grading for our own records. Our achievement day consisted of 2-3 minute long public speaking presentations on one item related to pigs that we had learned about during the year.

Lobstick has several other projects – beef, horse, woodworking, and scrap booking; however, the '08-09 season will prove to see many changes as several of our leaders are stepping down. This goes to show that we need to appreciate the time that leaders dedicate to 4-H clubs and members.

So, let your club try a new project - it's worth many laughs, and trust me the motto, "learn to do by doing" very much applies. 🍀

Newell District 4-H Junior Council

BY HAILEY BOLEN

CLUB REPORTER

Wow, what a busy year the Newell District Junior Council has had! Between meetings, a 'Curl and Twirl' Christmas party and many workshops, we have been very active.

Our biggest event was on June 29 when we held our 4-H Extravaganza at the rodeo grounds in Brooks, AB. It was a bake sale, garage sale and a mini-carnival. Some of the events included goofy golf, mini golf, ring toss and there was a petting zoo and a pie-throwing booth. The Junior Council had a lot of help with the Extravaganza's set-up from many of the surrounding clubs – thank you to everyone who helped out.



Anke Hermus and Hailey Bolen get ready to receive another pie to the face, delivered by Katie Bolen.

Along with the carnival we raffled off two sides of beef as we were donated a steer prior to this fundraiser and so we decided to sell tickets so we could raffle off the beef. A portion of this money went to Martha Birkett (Giddy up For Wishes) who was riding horses across Canada in order to raise money for the Children's Wish Foundation. During the carnival, Junior Council and everyone who helped to sell tickets were glad to present Martha with a cheque for \$4,666.70!



Cheque presentation to Martha Birkett from the Newell District Junior Council.

This year has been very successful for the Newell District Junior Council. Thank you to everyone who has participated in the events. See you next year! 🍀

Coaldale 4-H Equestrian Club

BY KAYLEY DUECK

CLUB REPORTER

Since January our club has been very busy. In addition to our two judging competitions, February saw a large number of our members braving the cold weather to attend a fun and entertaining night at the Regional 4-H Hockey Night. We also had a learning day at the Magrath Agriplex, which was full of fun with our horses. Horsemanship clinics were held in March, followed by a busy April. The finals for our Team Penning happened, plus we hosted a 4-H Invitational Gymkhana and Team Penning Jackpot. Again, the weather wasn't the best, but all of the members enjoyed themselves.

As May and June arrived, we were again fighting with Mother Nature; on the nights when it wasn't raining we got together to practice for our Regional Show. Our club's achievement day was moved indoors to the Magrath Agriplex. Even with a few minor setbacks, everyone had a great day and we would like to thank all of our sponsors and supporters for making it as much. 🍀

SAFETY TIP

Make sure all shields and guards are in place before using equipment.

Crafters Find an Artsy Way to Help Their Community

BY LOUISE VEENSTRA

4-H MEMBER

During the past year, the Taber 4-H Crazy Crafters have once again found a way to combine their crafting skills with their desire to help others in the community. The club members decorated blankets by sewing fabric designs on them, and then donated these blankets to a local shelter.

As well as donating the blankets, the club participated in Project Porch Light, a project designed to encourage people to switch to more energy-efficient fluorescent light bulbs, by distributing the fluorescent bulbs around town. The club also made a donation to the Arts Council of Taber.

The Crafters have big plans for helping their community next year, and I am sure that they have found yet another artsy way to do so. 🍀



The Taber 4-H Crazy Crafters once again helped out their local community.

SAFETY TIP

Shut off power before repairing or unclogging machinery.

SAFETY TIP

Be physically rested and mentally alert before operating any machinery.

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Millarville Saddle Sores

BY NEVADA ROWE

CLUB REPORTER

Once a year we have a district Fun Night, which was held in High River this year. Fun Night is when our club gets together with all the other area clubs and we entertain everyone with a show, a dinner and a silent auction. A lip sync show, put together by members of the 4-H group, is a great way for people in the 4-H community to get to know one another. This year, my club's (the Millarville Saddle Sores) lip sync song was "Skater Boy" by Avril Lavigne. Congrats and thank you to everyone who did a great job performing at lip sync this year! As well, our club was also presented with a 25 Year 4-H Membership Award.

We had to cancel our 4-H events last week due to nasty weather. Despite it being disappointing, it was a great call by our leaders because the conditions were very dangerous, and no need to put you and your horse in danger by going on the roads outside. But the events to look forward to being rescheduled are Cattle Penning at the Black Diamond Land & Cattle Company, Inc., and our great 4-H rides at the Millarville Racetrack that are taught by our amazing instructor, Mrs. Gail Fuller. More exciting news about upcoming events is that if the weather holds up (keep your fingers crossed!) we will have our level testing to see how much we have achieved this year with our horses. We also do our level testing to determine what level we should compete being at for 4-H on Parade. Safe driving, happy trails and keep an eye out for more news regarding our club's activities. 🍀



"Skater Boy" Lip Sync.



Millarville Saddle Sores receive their 25 Year Award.



(from l to r) Nevada Rowe, Shaelynn Brogden, Justin Davis, Charley Hasselaar and Myles Hamm.

SAFETY TIP

Ensure that work areas are free of debris and tools as they can result trips or falls.

SAFETY TIP

Make someone aware of where you are if you are working alone.

WORD SEARCH

SOLUTIONS

H	O	T	T	E	S	A	T	C	O	S	B	H	A	F	B	O	T
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Features

4-H Members – Where Are They Now?

Name: Kelsey Foat

Club: Cremona 4-H Multi club

Number of years as a 4-H member: 9 years

Project(s): beef show steer, beef carcass and beef cow/calf



Kelsey Foat – Successful recording artist.



Kelsey Foat – Successful 4-H member.

What was the highlight of your 4-H career?

While there were several highlights, two stand out especially: earning a Platinum Award of Excellence and earning a spot on the beef judging trip to Denver, Colorado.

What are you doing now?

I graduated from Mount Royal College in the Land Administration program, and presently work for Canada Land Services as a Surface Land Administrator. Also, I have continued to sing, write and record country music. I actually just finished recording my second album, which has a single on it that I have most recently released to radio.

What skill do you use every day that you gained through the 4-H Program?

The skill I use everyday is the ability to communicate clearly, confidently and articulately, which is an ability that I learned through years of public speaking. Also, from my experience with 4-H record books, I am very detail-oriented with the information I record in written documents.

How would you describe the 4-H Program to someone that is unaware of its benefits?

I would describe 4-H as a fun (and FUN is the key word in this experience!), hands-on learning experience that promotes self-awareness, confidence, responsibility and mentors you in the development of life skills in daily decision-making and leadership.

Kelsey can be contacted @ 403-618-0722 for booking information for your next community event or fundraiser, or by visiting www.kelseyfoat.com 🍀

A 4-H Year with Smokey

BY DORTHEA MILLS

4-H MOM

I was a member of 4-H for 12 years. As a direct result of 4-H, I graduated from Mount Royal College with a diploma in Communication Arts and Broadcast News (all of those years of public speaking really paid off!). Immediately after college I started working at a TV station and had bigger-than-life dreams of becoming the next Barbara Walters or Oprah Winfrey. New York was my goal.

Funny how life changes...

I now live on a farm at Retlaw, Alberta. Retlaw is a ghost town - a far cry from New York City. I work with the Horizon School Division as their Communications and Information Coordinator; however, I don't think any job could more rewarding than the new position I started this year: I became a 4-H Mom. My daughter, Kaitlyn, was one of 22 members of the Retlaw Prairie 4-H Beef Club. For a ghost town, its club is thriving!

Kaitlyn was a little apprehensive about joining. I told her that she would meet lifelong friends, enjoy all of the programs and activities and have a lot of fun. I never mentioned the feeding of her 4-H project animal. I thought I'd surprise her with that one. And surprised she was.



Kaitlyn with her steer Smokey.

Somewhere along the line she thought my husband, Duane, and I were going to feed her calf, Smokey. Every morning it was a fight to get her out of bed at 6 am to go feed Smokey. Each night she needed to be reminded to go feed Smokey. The only time when she was in a hurry to get out and feed Smokey was when she was asked to put away her laundry.

For Duane and I, the months seemed to drag by. The constant reminders of how "she didn't eat until Smokey ate" started to wear us out. Many times I thought to myself, "Gosh Duane, just go feed that calf," but we stuck to it.

As the 4-H year continued, Kaitlyn started to participate in all that 4-H has to offer. She enjoyed Winter Snow Fest, All-Species Judging and club bowling. She loved Highway Cleanup and brought home pockets full of treasure. She even went to her public speaking competition with the flu. She placed sec-

4-H in Ardmore School – WOW!

BY LORETTA BERGO

ARDMORE SCHOOL



Members and leaders of the Retlaw Prairie 4-H Beef Club.

ond and I cried. I was overwhelmed with pride and excitement for my daughter, who was exhibiting the same passion for communications that I had.

She just came back from 4-H summer camp where she had the time of her life. I just came back from the 4-H Specialist office in Lethbridge where I picked up all her belongings that she had left behind at camp.

Slowly, the arguments about feeding Smokey seemed to dwindle. They were instead being replaced with, “I petted Smokey today while he was eating,” or “Smokey let me scratch his ears.” Kaitlyn started going out to play with Smokey. I helped her start to lead him. She started spending a lot of time out there.

Soccer season started. She knew about the “no game until Smokey was fed” rule. Evening chores were no longer a hassle; however, mornings remained an issue.

As parents, Duane and I persevered. The mini-show came and went. Smokey was an angel. You couldn't have asked for a better steer. Kaitlyn became excited about the Show and Sale. The day finally arrived. We washed, we groomed, we waited... we showed last. Finally it was Retlaw's turn. Smokey was fantastic until we put on the show halter. He tossed his head from side-to-side repeatedly. I assured Kaitlyn that he would be fine and left her with my brother, Clancy, who would be helping in the ring. Things started out smoothly and I, the 4-H Mom, had the camera and started clicking. From there things kind of went downhill. Smokey tossed his head continually. Kaitlyn got stepped on. She poked herself in the eye with her show stick (Uncle Clancy took that). Her neighbour's calf slammed into hers. She got stepped on again. She started to cry. But she did not leave the ring. Instead, she continued to show off her months of hard work and accomplishments.

I continued to cry. My heart went out to her, not because she was kind of battered, but because right there in front of me in the show ring, Kaitlyn showed me something she had learned: responsibility.

After all those months, 4-H had taught Kaitlyn responsibility.

I don't live in New York City. I'm not the next Oprah Winfrey. I'm a 4-H mom and my daughter is a 4-H member. We are part of 4-H and right now in my life... nothing can top that! 🍀



Students showing off their 4-H club shirts.

The initial year of our two-year 'student-body-turned-4-H-club' pilot project is now complete and what an experience it was. Each club member was given the opportunity to participate in three projects over the course of the school year, which was divided into three separate terms. In each term, members would choose one project to complete from a list of a possible four – these projects were then offered three times per week as a school option. The members had to meet the same requirements as any other 4-H club member would, the only difference is that the club members at Ardmore School completed theirs during school time. The projects that were offered this past year included exploring 4-H, small pets, photography, outdoorsman, business, crafts, performing arts, gardening and nestboxes – quite a variety for a small school such as ours.

The members were also required to participate in a communication activity, an act of community service and the club achievement day. Public speaking intimidated many of the members at first; however, now many of them have thanked



4-H member proudly displaying her project.

their leaders as they are realizing just how beneficial this skill will be to them. Our school hosted several different community service activities for the members to become involved in, which included Operation: Christmas Child, the collecting of food items at Christmas for local families in need, and finally, we cleaned our entire town to show the pride we have in our own area.

On June 12, the school staff and students ventured into the unknown: our first annual 4-H Achievement Day. Each member was given a display board and table space and was asked to create a display in order to show their completed projects to family and friends. We opted to showcase all of the work that the “learn to do by doing” mentality had produced, rather than judge it. With nearly 90 members displaying their work, it was an incredible sight. The members were able to proudly show their projects and knowledgeable answer questions from family, the press, the 4-H Branch and invited guests. It was a spectacular day!!

Now, it is with great enthusiasm (even more than last year) that we all look toward next year. The leaders are planning projects to offer while members discuss what they would like to take. As we begin this second year, we all have our eyes wide open and certainly know what to expect – the fear of the unknown will be replaced by the knowledge that we can do anything and survive. A part of this program’s survival includes raising funds for member fees, and in the 2007-08 club year, EnCana provided major sponsorship, along with assistance from the Ardmore School 50’s/60’s Reunion and Northern Lights School Division #69 – thank you all for helping to make this year happen.

During our Achievement Day program, EnCana proved once again, their strong support of 4-H by sponsoring our school club for the next three years and we truly thank them - with-



Regional 4-H Specialist Leila Hickman admires a member's project.

out their help, this opportunity would never have been possible. They have taken a chance on us and we intend to make them proud.

Now that summer is finally here, what better way to celebrate then by going to 4-H summer camp? Over the course of the summer, we have several members that have decided to take advantage of a scholarship program that was offered through our school made possible by a donation from Canadian Natural Resources Ltd (CNRL). Some of the funds that were provided are being used to send members to summer camp and leaders to development opportunities that will help them deliver a successful program. We thank CNRL for this opportunity.

At this time, I would also like to thank all of our school staff and the project leaders, who all were new to the 4-H program. These people brought a passion that was second to none; they provided support and worked as a team in true 4-H fashion. I salute you all! Finally, our school would like to thank the 4-H Branch and Leila Hickman, the Alberta 4-H Northeast Regional Specialist, for taking a chance on this concept and letting us run with it. It has been one of the best opportunities we could have been involved in and we plan to forge ahead in this journey, making it the best that it can be.

I truly encourage others to join us – it is an experience worth living. 🍀

Drive Away Hunger

The Story

Drive Away Hunger is a unique food drive concept that focuses on fighting hunger in rural Canada. The first Drive Away Hunger tour took place in 2004. A Farm Credit Canada employee in Ontario drove an open-cab tractor and trailer through the Listowel area for eight days.

Camping along the way, he collected donations and food for local food banks. The tour raised almost 60,000 pounds (27,200 kilograms) of food. The goal was 30,000 lbs (13,600 kg). This became the model for today’s Drive Away Hunger program.

Since 2004, Drive Away Hunger has collected almost one million pounds (450,000 kg) of food for food banks across Canada – over 725,000 lbs (329,000 kg) from rural Canada and over 220,000 lbs (99,900 kg) from our corporate office efforts in Regina, Saskatchewan.

This year, Drive Away Hunger tours will be taking place in Alberta, Manitoba and Nova Scotia. In addition, Farm Credit Canada will be collecting food in every office across Canada.

The Alberta Tour

Each month, more than 40,000 people use an Alberta food bank and 43% of them are children. Many food bank patrons live in rural communities.

FCC is committed to fighting hunger in rural Alberta. In recognition of World Food Day on October 16, employees at Farm Credit Canada will be using two tractors and trailers to collect donations of food and money for people who are hungry in Alberta.



The tour will take place October 15 through 17. We will launch simultaneously from Lloydminster and Red Deer and will finish in Camrose on October 17. Our goal is to collect 100,000 pounds of food for Alberta food banks.

From school children and residents who proudly donate food one bag at a time, to community partners and agriculture producers who generously donate equipment and large food donations, we work together and make a difference. Our partnership with local food banks ensures the food we collect goes to those individuals in our communities in need.

Alberta 4-H Clubs

Drive Away Hunger is made possible through the support of our employees, provincial and local food banks, community partners and people in the communities where we are driving away hunger.

Alberta 4-H Clubs have come on board this year to support the Alberta Tour. Each 4-H club in Alberta will take part in a challenge to collect the most food items and cash donations. The 4-H club that collects the most in the given timeframe will win a \$500 donation from FCC to be used as they wish.

Farm Credit Canada

FCC is Canada's largest provider of business and financial services to farms and agribusiness. Operating out of 100 offices located primarily in rural Canada, FCC employees are passionate about the business of agriculture. A healthy portfolio of more than \$13 billion and 14 consecutive years of portfolio growth are a reflection of our customers' success.

FCC balances corporate decision-making and performance

SAFETY TIP

Wear clothing free of strings, loose cuffs that could pull you into rotating parts.

with the values, norms and expectations of society. We operate in a responsible, respectful and helpful manner.

Contact Us

For more information about Drive Away Hunger and the Alberta Tour, contact April Aspden at the FCC office in Red Deer at (403) 340-4224 or April.Aspden@fcc-fac.ca.

For more information on World Food Day, visit www.fao.org/wfd2007/index-wfd2007/en/ 🍀

Hansen-Ness Planned Giving Supports Alberta 4-H and Rural Youth

BY SUSANN STONE

4-H FOUNDATION OF ALBERTA

Edward Ness was an active supporter of the 4-H program for more than twenty years. He was born and raised on a farm near Carmangay, in Southern Alberta. Upon the completion of his high school education, he began farming with his father.

During his years with the Alberta Wheat Pool, he was actively involved in the 4-H grain and garden clubs, as well as Club Week, 4-H scholarships, send-off banquets for national award trip winners, leadership workshops and public speaking. In 1980, for its 50th Anniversary, the AWP sponsored seven regional seminars for 4-H members, parents and leaders in order to discuss the topic: "4-H in the 80's." Mr. Ness organized these seminars and designed a commemorative pin for the participants.

Upon his retirement in 1982, Mr. Ness continued to be an active figure in the 4-H program. He was appointed Director of the 4-H Foundation and Vice President in 1982, and Chairman in 1984.

No job was ever too big or too small for Ed Ness. He had a genuine love for the 4-H program and recognized its potential for contributing to the development of young people. With a lifelong dedication to youth, Edward Ness contributed to the 4-H movement in many ways. Though Mr. Ness was never a registered 4-H member, he believed that he was a 4-H'er since he had to "learn to do by doing." Mr. Ness once stated, "4-H has given me more than I have ever given 4-H."

Lillian Hansen-Ness, wife of Edward Ness was also an active supporter of the 4-H program and assisted Edward with many of his 4-H endeavors. Lillian encouraged rural young people who sought further education, and wanted to support them in pursuing their post-secondary education.

Lillian and Edward Ness have since passed on; however, they left their legacy for the benefit of present and future Alberta 4-H members and rural youth. Together with Lillian's parents, Elmer and Ona Hansen, they transferred the residual of their estate to the 4-H Foundation of Alberta in the form of a memorial fund in the name of the Hansen-Ness Memorial Scholarship; this fund will benefit young people from rural Alberta in the



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RENEWAL

form of a scholarship. Their estate also entailed one section of farm land with 4-H providing the direction for the usage of the land, and the Hansen mineral rights on related farm land.

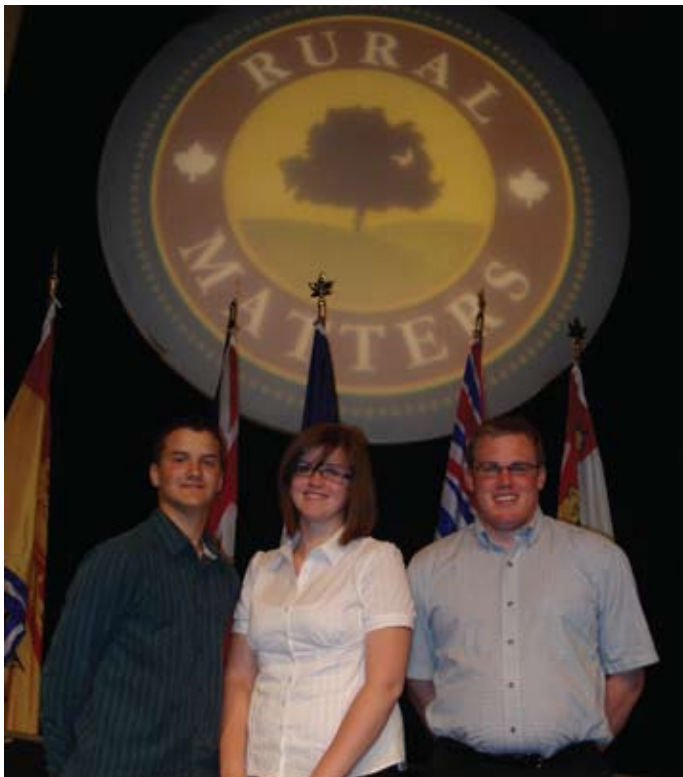
Assets, including land, mineral rights from an oil-producing well and cash, has a total value to date of \$1.85 million. A rental agreement has been made with a local area farmer for at least the next 3 years. The interest generated from this donation will be used to provide scholarships to rural Alberta residents who have to leave home to pursue a post secondary education.

Jerry (estate executor) and Margaret Hall, proud 4-H supporters, have dedicated many hours of their time working out the details and officiating this dedication. 🌿

Learning That Rural Does Matter

BY LINDSEY MEREDITH

4-H AMBASSADOR



Owen Burdek, Lindsey Meredith and Cole Andrew represented Alberta 4-H at the recently completed Rural Matters! Conference.

This summer, three Alberta 4-H Ambassadors had the incredible opportunity to witness and experience the first-ever *Rural Matters! Forging Healthy Communities National Symposium*.

Through July 5-8, Cole Andrews, Owen Burdek, and I were honoured to represent the rural youth of this province and Alberta 4-H at the national event, which was held at the Shaw Conference Centre in Edmonton, Alberta.

Over the three days, we attended a trade show, listened to numerous keynote speakers and were given the chance to ac-

tively participate in several workshops. The limits to the ideas uncovered were truly endless, as we networked, made friends, identified issues and provided input regarding our points of view as youth. The ideas were all collected and our discussions on rural sustainability will be put into a report issued in the fall and will then be used to lobby provincial and federal governments to implement the changes we discussed.

Some of the most interesting keynote speakers were Rex Murphy, from the CBC, Dr. Patrick Moore, founder of Greenpeace, and Chief Clarence Louie, Chief of the Osooyos Indian Band in the Okanagan. Chief Louie was simply great, as he has been instrumental in helping his band become one of the most progressive in the entire world. His most effective quotes were, "Blaming the government? That time is over," and, "When you finish high school, you either get a job, get a higher education, or go to an employment therapist!"

The most amazing part of the symposium was the fact that it brought all types of people together: youth, municipal officials, community leaders and anyone with an interest in preserving Canada's rural identity. As Rex Murphy so aptly put in his closing address, "There may be more money and more prestige in the urban centers... but without rural, there is no urban." 🌿

For a Good Cause

BY BECKY ZADUNAYSKI

COMMUNICATIONS AND MARKETING ASSISTANT

When Kelsey Cox entered the 11th year of her 4-H career, she knew right from the beginning that this year would be very different. Kelsey started her 4-H year knowing that she would raise her market steer project and donate all of the proceeds from the steer to the charity of her choice. Having had two friends and a family member benefit from the availability of the STARS air ambulance, Kelsey's head and heart were both in the right place when she pledged to donate all money raised from the sale of her steer to STARS.



Kelsey and her steer, Tazz.

A self-described "farm girl trapped in the city," Kelsey joined 4-H after having seen the endless opportunities for growth and fun, and after watching her brother participate in the program. While Kelsey has never actually lived on a farm, she

spends every spare minute with her 4-H project animals, which are kept at her uncle's family-run farming operation where Kelsey also plays a very active role.

Kelsey's natural connection with animals is what kept her coming back to 4-H year-after-year. She credits her continued involvement with 4-H to the program's ability to show youth the opportunities of agriculture and instill in them the knowledge that youth who are involved in the agriculture industry are the future. For Kelsey, being part of 4-H was never about getting the top dollar or winning, it was about being responsible for her beef project animals.

Kelsey spent the past year studying General Agriculture and Animal Sciences at Lakeland College. While away at school Kelsey found time to remain a 4-H member. When coming home on weekends, the first stop for Kelsey would be at her uncle's farm, to feed and work with her steer. "Most kid's dorm rooms were full of pictures of friends and family, mine, on the other hand, was decorated with pictures of me with my 4-H projects," commented Kelsey on her life away at college.

While most people would assume that after completing one year of college Kelsey would be more interested in keeping the money to offset the cost of post-secondary education, and yet the idea never crossed her mind. "It is better to give than to receive," Kelsey commented on her donation to STARS. "You never know when you or someone you know will need the services of STARS. I want to do my part so that I know that it is there if I do need it."

Her steer Tazz finished the 4-H year weighing 1138lbs and was purchased for \$4.75/lb by Mark Zeigler and Darrell Knie, who bought Tazz in memory of Kelsey's grandparents, Walter and Elsie Knie. Clearly understanding the 4-H Pledge, Kelsey has used her head, heart, hands and health for her club, community and country. 🌱

The Summer Staff Experience

BY LAURA HAGSTROM

PROGRAM SUMMER STAFF

Anyone who has held a 4-H summer staff position knows that it is more than just a job. It's a chance to make a difference in the lives of members everywhere. Summer programs are a hugely important part of the overall 4-H program, as well as any member's career.

I started attending 4-H programs in my first year of 4-H. I was a shy kid, but my sister was going to camp and I idolized her; so undoubtedly, I followed her. When I arrived at camp I was a bit scared but met some really fun people. My favourite people at camp were, of course, the counsellors. They were older and cool, but still loved to come back to camp just to make it more fun for the delegates. I made up my mind at my first junior camp: I was going to be a counsellor some day, and the kids would look up to me.

SAFETY TIP

Ride ATV's appropriate for your size and ability-level.

I attended LTCS (Leadership Through Counselling Seminar) in 2004. LTCS gives senior members the chance to learn many skills that will help them to become counsellors. That summer I enjoyed the amazing experience of counselling at camp. It was great to see everyone so focused on making sure that the delegates had a great time. I got to know the kids I was working with and worked alongside some amazing counsellors. I made some lifelong friends with delegates at the programs, and the other counsellors I worked with. The next summer I was asked to come back as Volunteer Staff at the People Developing People (PDP) program, which was a huge honour and a lot of fun.

In my first year of university, I applied for the Summer Program Assistant position. When I learned that I got the position, I was very nervous. I could only hope to live up to the image that I had of past summer staff, and attempt to fill their shoes. My first year was a huge learning experience, but I was lucky enough to have help from some great returning summer staff.

I have been Summer Program Staff for the past 3 years, and at the end of every summer, I always amazed at how much I had grown as a person, how many skills I had developed and how much I had changed. I've learned about leadership and mentoring, not only of delegates, but also with counsellors and fellow summer staff.

I've met some amazing individuals and have worked with people that have become some of my closest friends. This job has given me the chance to meet like-minded people who I can share my ideas and opinions with.

Working as a 4-H Summer Programs Assistant has been an experience of a lifetime. It has helped to shape me into the person I am and helped me to decide what I would like to do with the rest of my life. I am forever indebted to the 4-H organization, and will continue to do my best to give back to the program everything it has given to me.

The Summer Programs Assistant position starts at the beginning of May and concludes at the end of August. Applicants must have obtained at least one year of post-secondary education. If you are interested in spending a summer working as a Summer Programs Assistant, check for details in the Winter issue of the *4-H Magazine*, or on the website in late fall. You can also contact Mark Shand, Programs Specialist, at 403.948.8508. 🌱



2008 Program Summer Staff (from left to right): (Front Row) Alison Gardner, Catriona Richmond and Jessica Brousseau. (Back Row) Laura Hagstrom, Mark Blanchette, Erika Heiberg and Rita-Marie Leask.

Have you seen this logo?



The Alberta Agriculture and Rural Development Farm Safety Team has been traveling to rodeos and other agricultural events throughout Alberta this summer to create awareness of the new farm safety campaign. "The Safety Up" campaign is targeting new and young workers aged 17 to 25 to remind them of the importance of safety on the job so they can enjoy life off the job!

Why focus on new and young workers? Young workers have been identified as having a high risk of injury and death on the job. According to Workers Compensation Board, young workers in general are one third more likely to be injured on the job than those over 25. New workers are often unaware of the potential hazards of their jobs. In fact, over 50% of accidents involving young workers occur during the first six months on the job. It is important that new workers be aware of the risks they face on the job and the training needed.

In recent years there have been far too many fatalities occurring on farms throughout Alberta. There are approximately 14 to 24 deaths that occur per year on farms throughout the province. These accidents range from ATV crashes and rollovers to farmers being crushed or trapped by their equipment. Animal handling and water sources such as dugouts and irrigation ditches have also resulted in many devastating accidents and fatalities.

A series of "Safety Up" fact sheets have been created and can be accessed on our website at www.agric.gov.ab.ca/farmsafety. These fact sheets have also been handed out at various events throughout the summer along with other promotional items such as bumper stickers, air fresheners, farm orientation and safety training guides, farm survival guides and farm safety CD's.

Anyone attending the summer events had a chance to win one of many farm safety door prizes including backpacks, first aid kits and t-shirts. All names will be entered to the Safety Up year-end draw for some incredible prizes including great Safety Up logo wear. The draw will take place September 30 and the winner will be posted on Ropin' the Web. If you haven't entered yet, go online to www.agriculture.alberta.ab.ca/farmsafety and look for the "Safety Up" contest.

If you missed us at the many rodeos and summer fairs this summer, check out our website and remember to **Safety Up. Save yourself for the good times.** Stay safe on the farm so you can enjoy all that life has to offer. 🍀



Make sure proper placards are in place when transporting equipment.



Always wear proper clothing and accessories when dealing with chemicals.



Dust masks should be the order of the day when handling hay.

4-H Safety Tips

1. Wear proper footwear - no sandals around livestock, in wash-racks, etc.
2. No smoking in barns - no wait, 4-H members can't smoke at all (this is for parents).
3. Do not wrap lead ropes around your hand (or any other part of your body).
4. For horses - enter and leave the arena in a controlled manner.
5. Tie a red ribbon in the tail of your horse if it kicks.
6. Ensure all fence, gates, pens, etc., are functional.
7. Clearly label the "Off Limits" areas for spectators.
8. Ensure that a fire extinguisher is available.
9. Allow for adequate size of alleys, walkways, loading ramps, show rings, etc.
10. During shows, competitions, events, etc., make sure to have someone onsite who is certified to perform First Aid; ensure that a First Aid kit is available.



Never remove guards or shields from equipment.



Let the horse know when you are planning on walking behind them.

**Make it a Safe Farm. Know The Job.
Know The Hazards. Know The Drill.**

Ideas for 4-H Club Meetings

BY JANET KERR

SPECIAL PROJECTS COORDINATOR

Over the next few months 4-H clubs will be starting up and making decisions about what they will be doing during the next 4-H year.

As your meetings get going, why not take the time to play a game? These games can be done as a way of starting the meeting, and they are also a great way for members to get acquainted or re-acquainted. Begin the game at the start time of your meeting and those who come late will either have to join in or will miss the fun.

If you are looking for some game ideas, here are a few that have been taken from a website called Improv Encyclopedia (www.improvencyclopedia.org):

10 Fingers

All players stand or sit in a circle, holding all 10 fingers up in the air. One person at a time, start asking personal questions that take yes/no answers and whoever cannot answer “yes” to a question, drops a finger. The last person with a finger left up, wins. Good questions are things like “Do you have a cat” or “Do you like chocolate?” and so on.

Action Syllables

A great warm-up game that also helps a new group learn one another’s names.

Everyone must get in a circle. The first person says their name, making a gesture (an action) for every syllable. Mary has two syllables, so she does something like “Ma-” (wave right hand) “-ry” (claps her hands). Everyone repeats this. Then the second person calls their name, again with a gesture per syllable. The group repeats, and then repeats all previous names and syllables.

Band-Aid Tag

One person is “it”. Whenever someone is tagged by “It” they must hold a Band-Aid (their hand) on the spot where they were tagged. When someone runs out of Band-Aids (they get tagged three times), they are frozen until two other people come over to them and “operate.” An operation entails the two other people need to tag the ‘Band-Aided’ person at the same time and count to five.

Bobsledding Bodies

This is a physical team game. Form teams of four - six players. Teams sit in a line and wrap their legs around the person in front of them. Place masking tape about 10 - 15 feet away to mark the end line. On “GO”, teams must only use their hands to slide their way to the end. If a team breaks apart, they must get back together before they continue. First team to successfully cross the finish line, intact, wins.

Bumpity Bump

Fun game for a new group that is getting to know each other. All players sit in a circle. Give them time to ask the names of the players on either side of them. Once the names are known, the person in the middle goes up to a player and says “(name),

bumpity bump bump bump.” That person then has to say the names of the people sitting/standing beside him/her before the middle person finishes saying “bumpity bump bump bump.”

Variations

The person in the middle can randomly yell out “bumpity bump bump bump” and everyone has to find a new spot on the edge of the circle.

Smart Fellas

Everyone is in a circle. First person starts with saying, “one smart fella HE felt smart.” This is only said at the start of the round. The next person says, “two smart fellas THEY felt smart.” This is said on any number that DOES NOT have a three, or a multiple of three, in it (i.e. 2, 4, 5, 7, 8, 10, 11, 14, etc.). The next person must say, “three smart fellas THEY ALL felt smart”. This is said on any number that does have a three in it or a multiple of three (i.e. 3, 6, 9, 12, and 13 also, 15 etc.). If anyone incorrectly says the phrase (eg: “TWO smart fellas” or “they ALL felt smart”) then that person is out and the game recommences. Before you know it, the game becomes a tongue twister. For example: “One fart smeller he smelt fart.”

These are just a few ideas for games that you may want to include in your 4-H meeting. Often 4-H clubs use roll call to get to know each other, learn project skills or just have fun. At the first meeting of the year, ask members one thing they hope to do at 4-H this year. Make sure someone records the ideas so they can be used to help develop your club program plan. Other roll call ideas may include asking members to share:

- the funniest thing that happened this summer
- why should summer holidays be longer/shorter
- what their favourite movie/band/song is
- any other topic you would like to use

Over the course of the next club year there will be more game ideas posted on the 4-H website and more ideas for roll call.

In addition, we will be having contests that will be advertised in the regular e-mail blasts that are sent out by Regional 4-H Staff. The prizes for these contests will be great. Right now (early July) the ideas include gift certificates for music downloads and registration fees for 4-H programs. If you aren’t receiving these e-mail blasts and would like to get on the list, ask your club leader to include your e-mail address on the club registration form when it is sent in this fall. We will also be advertising these contests on the 4-H website so be sure to check there often as well.

SAFETY TIP

Always be on the lookout for aggressive behaviour in livestock and have a clear escape route when working in animal handling facilities.



Laura Hagstrom



Brittany Miller



Jolene Noble



Dana Zadunayski

Ask An Expert

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

CLEAVER – Official 4-H Tour Guide

Cleaver: What were some of the interesting things you did over the summer?

Fellow 4-H enthusiasts I hope that you got the chance to see me at one of my many stops this summer. My travels have taken me to some very interesting Albertan landmarks, including the world's largest mushroom in Vilna (as pictured below), Glendon's grandiose perogy, the larger-than-life beaver monument in Beaverlodge (one of my personal favourite stops!) and the UFO landing pad in St. Paul. And of course, my favourite summer activity: seeing all the smiling faces that are associated with 4-H activities!

4-H Leader: Dana Zadunayski

What can my 4-H club do to make our new 4-H year more fun?

Here are a few suggestions to help those business meetings stay fun: at the beginning of the year take the first ten minutes to play some 'Get Acquainted' games. This really helps the new members start to feel comfortable. Offer surprise and random rewards (candy?) to the members who volunteer, the first to make or second a motion, the first to begin stacking chairs, or, have a 'hot seat' or 'hot word' that the person who first sits or speaks that word receives a prize. Most importantly, keep the meetings short and concise and make sure everyone has a copy of the agenda and a pencil to make notes, this way everyone goes home happy and informed.

Ambassador: Brittany Miller

When my 4-H Club re-organizes this fall what sort of activities can my club play to help the new members meet everyone?

It's important to make new and old members feel welcome, and games and activities are the easiest way to get a new group to get to know each other, as well as have lots of fun. At the first meeting you could play a game called "On a Roll". What you do is you pass around a roll of toilet paper with these instructions: each person must take as much as he/she thinks that he/she needs and after every person has taken the amount of toilet paper they think they need, form a big circle. For every sheet of paper a person takes, they must say one fact about themselves, eg: "My name is Brittany." It's really entertaining when someone takes a lot of sheets! Hope you all have a great start to the new 4-H year!

Summer Staff: Laura Hagstrom

What is the best part of your job as summer staff?

It is hard to pick a favourite something about my job. One of the best things about being summer staff is getting to act like a kid every day at work. Whether it is in the office, planning all of the fun games and activities for the summer or spending a day at camp, I get to play and be outside. Working with members is also a real pleasure; seeing the smiles on their faces and watching them make friends with other kids at the programs is very rewarding. Even when I am tired, all I need to do is talk to some program delegates as they can always bring a smile to my face.

Past 4-H Member: Jolene Noble

How can a past 4-H member, who is moving away to post-secondary in the fall, stay connected and involved in 4-H?

Since the majority of members leaving for post-secondary are also leaving their clubs, many may think that they are leaving 4-H as well, and after all of the fun times we have had, leaving 4-H is not a very pleasant thought! The most obvious way to stay connected with 4-H is to join the Alumni club at your post-secondary institute. If there is not an existing club in your area, you could start one. This would be a great way to keep in touch with old 4-H friends, as well as make new ones. Another way to stay connected with 4-H is to become a junior leader at your club, or one near by, helping out with workshops and project-related events. In addition, there is always the option of working for 4-H as Summer Staff or at a Regional Office.



Cleaver the Beaver

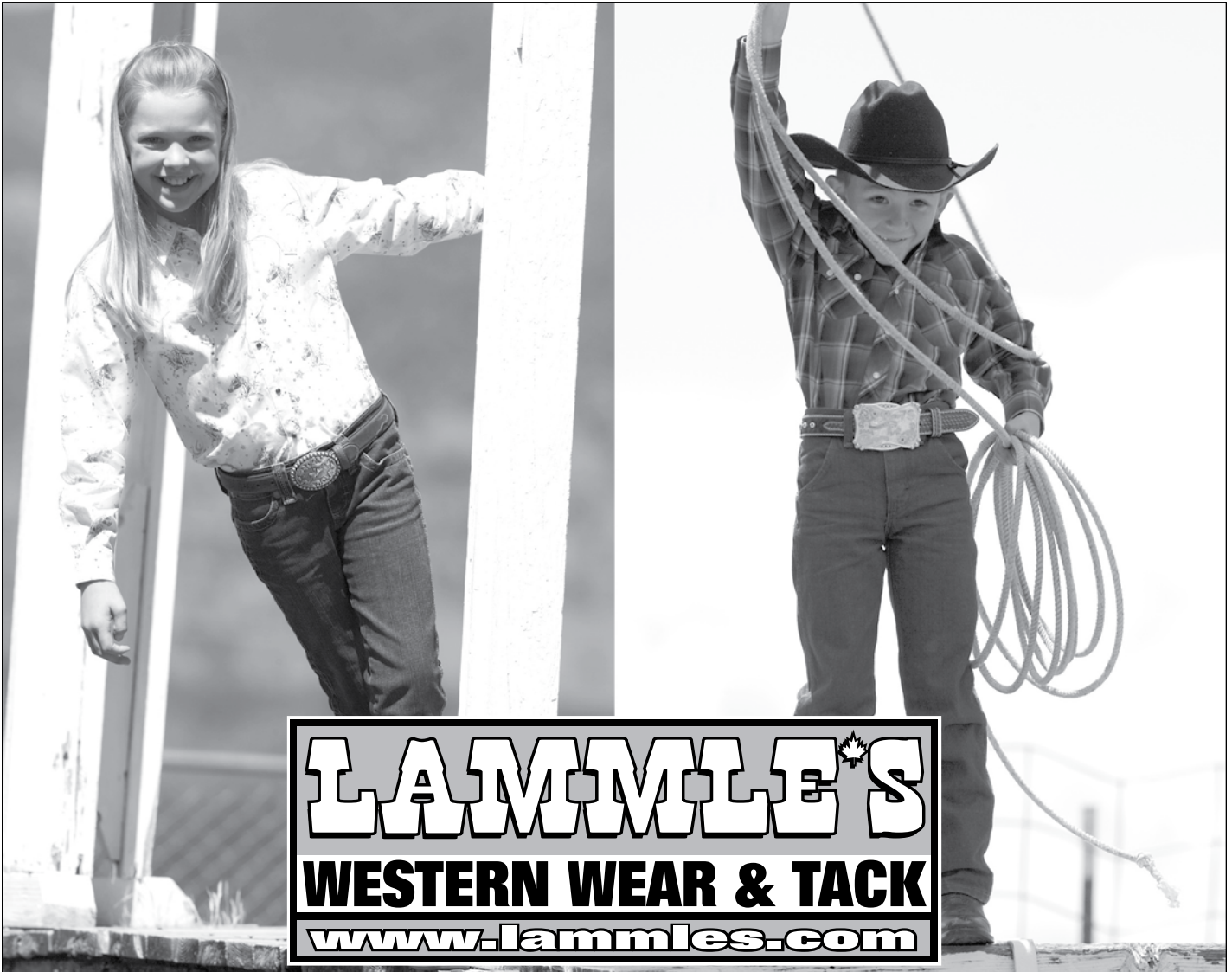
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