

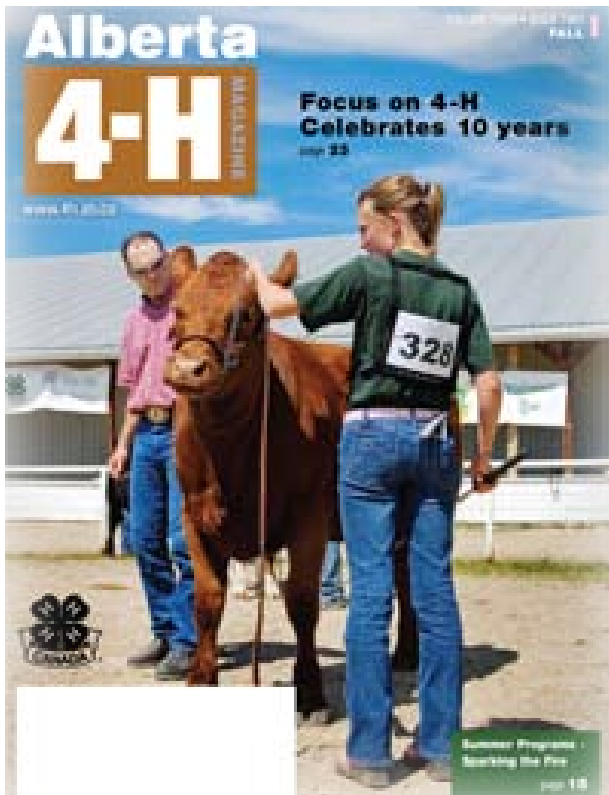
On Line Supplement to the Alberta 4-H Magazine

BY CAMERON HORNER

*Editor Alberta 4-H Magazine
Communication/Marketing Specialist
Alberta 4-H Branch*

Thank you to all who submitted articles to be published in the fall edition of the Alberta 4-H Magazine. Keep up the great job sending in articles. Due to a limit in the size of the magazine the following articles could not be published in the fall version.

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Trees for Our Community

BY BECKY ZADUNAYSKI

Communications and Marketing Assistant

With 17 4-H clubs thinking green, Trees for Our Community was a huge success. In the program's 24 years of operation, 4-H clubs around the province have taken advantage of this opportunity, all in an effort to better their communities.

By working together, 4-H clubs and the members have yet another opportunity to use skills of team work, patience and express their dedication and commitment to the communities they live in.

With the application process starting in March (applications are available in the program booklet of the winter magazine), 4-H clubs are able to request up to 100 trees. Following the arrival of the trees, clubs then choose to plant them in various locations throughout their communities, ensuring that the seedlings always have adequate water, sun and room to grow.

To all of the 4-H clubs that participated in this project, you have made your communities a greener and more vibrant place to live!

- Irma 4-H Beef
- Arrowwood River Wranglers 4-H Horse
- Dusty Plains 4-H Multi
- Daysland Community 4-H Club
- 881 Out Riders 4-H Horse Club
- Big Hill West Light Horse 4-H Club
- Killam 4-H Light Horse Club
- Red Deer West 4-H Beef
- Wolf Creek Outdoor Pursuits 4-H
- Rosebrier 4-H Multi
- Hanna Prairie Riders 4-H
- T&M 4-H Beef Club
- Stainsleigh 4-H Beef
- Shortgrass 4-H Beef
- Great North 4-H Beef
- Lakeland 4-H Multi Club
- 49'ers 4-H Horse Club

A huge thank-you from these clubs goes out to Tress Canada Foundation (www.treecanada.ca), Strathcona County, Alberta Pacific Forest Industries, Shell Canada, Edmonton Community Services and the Alberta Naturalization Network Society who partnered to provide Alberta 4-H with the seedlings that were planted.



4-H staff members Melodie Holthe, Cathrine Schribar and Terri Potter prepare the trees for delivery.

Mountain View 4-H Dairy Club News

BY MICHAEL HAENI

Club Reporter

An exiting two months has past, as has our club's achievement day. Our whole club participated in Multi-judging, a clipping competition and the show. Below are some of the results:

Junior Clipping

- 1st Jonas Haeni and Noah Iversen
- 2nd Evert Huyzer
- 3rd Trisha Rutley and Geetje Vandenbroek

Intermediate Clipping

- 1st Lars Iversen
- 2nd Michael Haeni
- 3rd Samuel Haeni

Senior Clipping

- 1st Laura Iversen
- 2nd Margriet Appel
- 3rd Edith Wouters

Junior Showmanship

- 1st Noah Iversen
- 2nd Nick Rutley

Intermediate Showmanship

- 1st Lars Iversen
- 2nd Michael Haeni

Senior Showmanship

- 1st Laura Iversen
- 2nd Arisjan Appel

Grand Champion Showmanship

- Grand- Lars Iversen
- Reserve- Michael Haeni
- Honorable Mention- Noah Iversen

Junior Champion

- Champion- Altaapple Dundee Aspen
- Reserve- Altaapple Starfire Pippie
- Honorable Mention- Innislake M Leader Cordoba

Our club also attended Provincials, where everyone did really well. Congratulations to Luke Iversen for winning Junior Showmanship, Lars Iversen for winning 2nd Overall Intermediate Aggregate and Jonas Haeni for winning 2nd Overall Junior Aggregate. You all did a great job.

Canadian Association of Petroleum Landmen - Steer Classic Raffle

Canadian Association of Petroleum Landmen (CAPL) hosted their 4th annual Steer Classic Raffle at the Calgary Stampede. From the Steer Classic Show at the Calgary Stampede the CAPL purchased the reserve Champion Steer, which they then donated to be used in the raffle. This year was a near sellout on the raffle tickets. CAPL has contributed all of the proceeds earned through sales to the Alberta 4-H Legacy Fund.

Each ticket was sold for ten dollars. Two raffles were developed with 1000 tickets printed for each. The grand prize was a side of beef and a \$400 gift certificate for the purchase of a freezer or another electronic device (prize valued at over \$2400).

Other prizes included:

- Print "Silent Waters" by Hazel Skavberg (McAra Printing) - value \$100
- Print "Heading for the Corral" (Midwest Surveys) - value \$400
- 1 Rodeo Prize (Altus Group) - value \$300
- 2 wine baskets (Amani Vineyards (Pty) Ltd.) - value \$75

- 2 Rounds of Golf for 4 (2009 season) (The Lakes of Murifield) - value \$400
- 2 White Water Rafting Gift Certificates (GeoLOGIC) - value \$75
- 4 football tickets (McNally Land Services Ltd.) - value \$150
- 4 hockey tickets (Season) (Focus Surveys) - value \$300

Thank you to CAPL for your ongoing support of the Alberta 4-H Program. For more information on the Steer Classic raffle please contact the 4-H Foundation of Alberta at 1-877-682-2153 or foundation@4hab.com

Setting Sail

By HELEN ANDREWS

Club Leader

Go on a Cruise? Sounds great! Excited? You bet!

Next step: book the trip with ITS Travel for the 2008 cruise featuring stops at Cabo San Lucas, Mazatlan and Puerto Vallarta, Mexico, leaving from San Diego.

Completed: plans are made, tours are booked and the time passes with the excitement mounting in anticipation of a wonderful holiday, which for some of us was the first time on a cruise. There were only



CAPL again raffled off this prize steer with the proceeds going the Alberta 4-H Legacy Fund.

12 of us in the group, four to leave from Calgary and eight to leave from Edmonton. Date of departure approaches.

Plan of Action: Pack bags . . . check! Get to the airport at on February 3, 2008 at 6:30 a.m., subsequently board airplane . . . check! Take off at 7:00 a.m. . . .

Announcement is made by the pilot: “Sorry folks, you are going to have to de-plane. The tire on this plane is defective and will have to be changed.”

Thus was the start of a great adventure for eight Edmonton-residing 4-H travelers. Fast forward three and a half hours from being told to deplane and we were (finally) air bound for Phoenix, where we proceeded to miss our connecting flight to San Diego (Phoenix was conveniently hosting the Super Bowl that day). After spending the rest of Sunday night in the airport, the airline put us up in a hotel, supplied us with meal vouchers and had to have our luggage returned to Phoenix (as it had already been sent to San Diego) for Monday morning as the new plan was to fly us straight to Cabo San Lucas on Tuesday morning.

Our excursions to and from the airport on Monday and Tuesday were further hampered by the throes of Super Bowl fans that were traveling home by air. In the meantime, our 4-H travelers from Calgary had boarded the ship Dawn Princess in San Diego, had gotten settled and had enjoyed the activities planned for Sunday evening and Monday, all the while wondering, “Hey, you guys from the north – where are you?”).

On Tuesday morning, the Dawn Princess anchored out from Cabo San Lucas. The boat’s passengers were ferried to Cabo by a smaller vessel, where they were able to shop, barter and tour around the town. Or, if you were Lorilee and Wayne Dundas and Shirley and David McKinnon, our Calgarian counterparts, you would have enjoyed a horseback-riding excursion along the beach. Other Princess passengers went whale watching, parasailing, on pottery tours, as well as touring in back country.



Preparing for the cruise

Tuesday morning back in Phoenix found us boarding the flight to Cabo San Lucas, arriving in the early evening, hoping that someone from Princess Cruise Line would be there to meet us. No such luck! After clearing customs, we hired a van to drive us to Cabo – a journey of about 45 miles. This took us through several coastal hamlets, some very barren countryside, up and down hills, which admittedly we would not have seen had our trip started out as planned. And finally, at about 2:30 p.m. the northern eight of the group arrived in Cabo to board the ship. We hauled our bags to the pier where crew from the Dawn Princess were all ready to receive us, list in hand and helped us board the ferry boat. Hooray! Helen Andrews, Flossie Bodell, Shannon Stannard, Brian and Daphne Schnurer, along with Teri and Murray Ormberg and their neighbour Lamme, were really ready to cruise.

Once aboard the ship, we eight from the north hooked up with the four from the south, finally, and enjoyed the sumptuous eating, sunning, swimming and entertaining that was provided by the Dawn Princess's amenities and crew.

Mazatlan: Some of us toured the Sierra Madre by ATV. Others took bus tours, shopped and watched the colourful flying dancers of Papantla in the Aztec theatre. Flossie, Shannon and I took a bus tour that took us to the high cliff divers, followed by a time of shopping through the city's quaint little shops and walking through the old Inmaculada Concepción Cathedral, which is more than 130 years old.

Puerto Vallarta: What a great selection of things to do! Some of our group went to one of the famous tequila factories for a tequila-tasting event while others discovered the flora and fauna in the jungles of the Sierra Madre on a canopy and rappelling tour. There were ATV tours, sailing and a catamaran tour out to the Marietas Islands. Part of our group had a

great time on this boat, where the crew entertained us with music and dancing. The boat stopped for us to view a pod of humpback whales where we had what was likely a better view of the lovely creatures than we would have had on our pre-booked Tuesday morning tour that was missed. Once the catamaran docked, we hiked to the beach, lunched, enjoyed the water and/or hiked through the jungle where we saw orchids, parrots and other birds.

At Sea: Much music, scheduled entertainment and visiting with other guests kept us busy. A few of us took the opportunity to go on a scheduled tour of the galley (ship's kitchen) where the head chefs did very good "presentations" of how to cook three different dishes that were served on the ship. Quick observation: There is a LOT of stainless steel in the kitchen. We were informed that on the Dawn Princess, 28,000 eggs are used per day. Wow!

San Diego: We docked in San Diego on Sunday, February 10. Some of our group of twelve had planned to stay and tour around while some, the Ormbergs, Lamme, Shannon and Flossie and I were booked to return to Edmonton. Brrrrrrr. Our arrival home was very late, and the Ormbergs and Lamme had the added challenge of having to drive home through the deep, freshly fallen snow.

We have great memories, a lot of pictures and did a lot of "learning to do by doing." It was a little disappointing that so few 4-H folk took the opportunity to enjoy this interesting cruise. Suggestions for anyone going on a cruise: a) make sure you are booked to arrive where the ship is docked at least a day before the vessel is scheduled to leave; b) have all of your travel documents (tickets/passports, etc) in the same name, and c) travel light, but make sure you have enough in your carry-on luggage to tide you over for one day. Did we enjoy cruising?? You bet!

Helmet Safety

The Facts:

- More than 17% of all horse-related injuries are head injuries.
- The most serious of injuries occur most frequently near or around the home.
- Wear a helmet that is SEI certified and meets the ASTM F1163-90 standard. There are many helmets on the market that appear to be safe, but do not meet these safety standards.

Why should we wear helmets when riding?

- Falls from horses are a major cause of rider head injuries.
- The most common cause of death in riders is head injury.
- Helmets have been shown to be very effective at preventing head injuries.
- Survivors of head injuries are very likely to have permanent physical and/or behavioural disabilities.

What's the problem?

- Only a small percentage of riders wear equestrian helmets.
- Helmets meeting ASTM/SEI standards can be difficult to obtain.
- Most parents don't realize the danger of their child not wearing a helmet.

What needs to be done?

- Parents need to become aware of the problem.
- Helmets need to be made available locally, and at a reasonable price.
- Improved helmets are being manufactured; therefore, riders need to be aware of recent style changes.
- Children need to begin to see helmets as acceptable, even 'cool'.

Here are some tips:

Make sure to choose a riding helmet that:

- Is appropriate to your riding style;
- Stays on your head when the chinstrap is fastened, without moving around. The chinstrap must touch the rider's jaw and/or chin;
- Is SEI certified and meets the ASTM F1163-90 standard;
- Immediately replace any helmet that has a damaged harness or has absorbed serious impact;
- Regularly check the laces in your hat harness, if applicable.



The information used in this was taken from Equestrian Safety: A Guide to Promotion of Helmet Use for Riding Clubs and Communities by Abraham Bergman, MD; Harborview Injury and Prevention Research Center; Seattle, WA.

Picture Perfect

Alberta 4-H Magazine Digital Photo Requirements

Today, many people use digital cameras, which produce pictures that are easy to email or post on a web site—but often, they are not of the quality necessary for reproduction in a magazine. As a result, some of the most interesting pictures we receive never make it into Alberta 4-H Magazine. We rely on you to supply us with a lot of reports and photos as to better share your news with fellow 4-H members. To help accomplish this, we thought we'd try to remedy any possible “photo quality” problems by offering some guidelines.

Digital photos will be considered for publication if they meet the following basic photo guidelines:

Altering/Saving Photos

To achieve the best quality, it is important that we are given the original, unedited, digital camera images. Do not crop or edit your digital images in any way. In addition, you must save your images as a JPEG (.jpg) or TIFF (.tif) file at the highest quality possible.

SENDING PHOTOS TO Alberta 4-H Magazine (Please note: Photos will be returned, if a return address is provided. DO NOT write on the back of the photos with felt or ink. Identify your photos by putting your return address on a label and placing the label on the back.)

To Mail Printed Photos

Printed photos should be professionally processed by a store photo counter such as Wal-Mart, London Drugs or Super Store, or any professional processing facility in your community. (We cannot use photos printed from your home ink jet or laser printer.) A glossy finish is preferable.



To Mail Digital Photos:

Burn your digital photos to a CD-ROM. You can do this yourself, or your local film developer should be able to burn good quality JPEG files to a CD. Mail to:

4 H Branch
7000 113 ST NW RM 200
EDMONTON AB T6H 5T6

To email digital photos:

Email your photos to magazine@4h.ab.ca, as an attachment to your report. Be sure to list who is pictured in each photo (front row, left to right; to back row, left to right)

Include in the body of your report:

- Full club name
- Number of active members in your club
- Name of person who wrote the material
- Your name
- Your email
- Your daytime phone number

PLEASE NOTE that we are UNABLE to use:

- Photos printed from your home ink jet or laser printer.
- Photos scanned from your home scanner.
- Photos taken with a cell phone or Polaroid camera.
- Photos of poor quality.

Image Quality

Most digital cameras give you two or three choices of image quality that are equivalent to: good, better and best; OR low, medium, and high. Alberta 4-H needs to work with digital photos that are taken at the best or highest resolution setting.



Low Quality

High Quality

Image Size

Some digital cameras permit you to adjust image resolution by selecting image sizes. For the Alberta 4-H Magazine, you need to select an image resolution of at least 1024 X 768 mega-pixels.

How to Select Image Quality or Image Size on a Digital Camera

By pressing the MENU/OK button, this camera allows you to choose the QUALITY or resolution of your photos. For the best print quality, you would choose 3M•F 102.



'3M' stands for 3 mega-pixels while

'F' stands for Fine 102 means that, at this resolution, you can store 102 photos on this camera.

If you notice, further down on the list, "1M" allows you to store four times as many photos (398) because the photos are of lower quality and suitable only for use on the web.

On this camera, you can choose the QUALITY of the photos by pressing the STAR key.



3 STARS is the highest quality, allowing 80 photos to be stored. 1 STAR is the lowest quality of photos, allowing 809 photos to be stored.