

On Line Supplement To The Alberta 4-H Magazine

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Thank you to all who submitted articles to be published in the winter 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 Due to a limit in the size of the magazine the following articles could not be published in the spring 2009 version.

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Recipients Of Alberta 4-H's Award Of Excellence Numbers Over 1000!

Congratulations to all Award of Excellence recipients in 2008 – the numbers are now in and totaled and it is official: Alberta 4-H members excel in their communication, community service and project work and leadership skills!

Last year, the achievements of 1,053 members were recognized with 364 Bronze, 104 Silver, 344 Gold and 241 Platinum Awards of Excellence awards being given out.

A few things to remember about Awards of Excellence: please order your awards with plenty of leeway, as regional offices only process orders once a month, and once ordered, delivery can take anywhere from three to six weeks. Award of Excellence awards are handed out according to a member's yearly diary points, so be thorough (and diligent!) about filling out your diaries.

Alberta 4-H Legacy Builders ATB Financial, Alberta Agriculture and Rural Development, Canada Safeway and UFA Cooperative Limited, as well as the Alberta 4-H Partners support the Award of Excellence program.



Warden 4-H Light Horse member Erin Leduc receives her Silver Award of Excellence from ATB Financial representative Laurie Schlecker (left) and Warden 4-H Light Horse leader, Laurie Maycher (right).

What Memories Are Made Of - East Central Regional Winter Camp

BY TED ANDREW

Key Member

All 4-H members have their memories of camp, and on February 20-22 more than 90 East Central junior members made their own memories when they attended the East Central Regional Winter Camp.

The program at Circle Square Ranch brought members from all over the region for a weekend of fun and making new friends. The first night saw the members being versed in the details of the weekend and being introduced to their group of high energy counselors. Then, it was off to bed to get rested for a big day.

After breakfast members, who were divided into small groups, went through the in-house sessions, which included crafts, horseback riding, outdoor games and rock climbing. When lunch was done delegates chose their preferred "Select-a-Session". They had a choice of dance, outdoor cooking, ringette and "Teddy Fun" (which replaced sledding). Members had a ton of fun in their chosen activities, showing high levels of energy throughout the entire day.

After the activities came to an end, it was time for the costume supper. Members came dressed in either "hillbilly" clothes or "around-the-world" garb. Campfire songs and a game of Navy Seals, both of which were planned by the counselors, followed dinner, and then it was hayride time. If you thought that the members would be tired from campfire but you would be wrong! We sang, laughed and smiled all the way through the ride, and when the sled came to a stop, it was off to bed.

In the morning, after breakfast and packing, there was another round of outside games with Sardines and Penguin Tag. Then it was time for a "4-H Awareness" session; campers ran all over the Ranch's property, answering questions prepared by the counselors. Following that, it was time for the routine evaluations, some lunch and then, the trip home.

The staff hopes everyone had a memorable time at this year's Winter Camp and we'll see you all next year! Also, a big thanks goes to the Circle Square Ranch staff for having us out to their facilities.

The History Goes Back To 1919!

BY RILEY SHARP

East Lacombe Multi 4-H Club

East Lacombe Multi 4-H Club turns 90 this year. We encourage any past members to come to the party. It will be held on June 13, 2009, at the Agriculture Society Pavilion in Lacombe. There will be a reunion and tea around 3:00 p.m., with supper at 6:00, a brief program at 8:00 and a dance to follow, from 9:00 p.m. to 1:00 a.m.

For more information, please contact Edie Biggelaar at etbig@telus.net or 403-885-4433, or Allison and Annette Zuidhof at mazuidhof@albertahighspeed.net or 403-885-4074.

We look forward to seeing you all there!

Speak Up – Lacombe 4-H Dairy Members Excel At Communications

BY ANIKA PIERIK

Club Reporter

Congratulations to every member of the Lacombe 4-H Dairy Club, who did an amazing job on their speeches: Ryan Vanderlinde's speech, "What is Ice Hockey?" placed third, Adam Hulsman's talk on, "Littering" placed second and Carson Klugist, whose speech was titled, "My Disney Cruise Trip," placed first in the junior competition.

Jocelyn Hulsman received third for her speech on "World Hunger," Henriët van de Brake, who questioned, "Why Does it Have to be so Hard?" placed second and Mariah Schuurman, with her speech, "The Heat is On" was given first place in the intermediate competition. Also, congratulations to Richard Lawrence who received third for his speech, "Should I Stay or Should I Go?" Metty van de Brake talked about "Little Things, Big Deal" and placed second and Michelle Schuurman, who was awarded first in the senior competition spoke on "The Universal Disease."

Some great speeches were heard, and again, congratulations to all.

Members of the Lacombe 4-H Dairy Club, who placed second or first in the public speaking competition, went on to compete at the "Zone" on February 27.

Thank You Telus For Your Generous Support Of The Lethbridge And District 4-H Show And Sale!

BY MELANIE DANIELS and ROBYN BEAZLEY

Members of the Lethbridge and District 4-H Show and Sale Committee

Our members, parents and leaders would like to recognize TELUS for their generous donation in our community. TELUS has supported our show for a couple of years and we greatly appreciate their dedication to 4-H and our annual achievement day and Sale.

We are thrilled to use this contribution to pay expenses related to our achievement day, from buying local shavings to covering the cost of advertising on a Lethbridge radio station. Due to the rising costs that all 4-H clubs and districts have and will continue to experience, we are very appreciative of all of the sponsorship and donations that our communities provide. We salute TELUS for helping to develop our members, and for creating a successful achievement day. The members truly appreciate being able to display their projects and hard work from the 4-H year.

Once again, thank you very much to TELUS and all of our sponsors, donators and volunteers of the Lethbridge and District 4-H Show and Sale. We could not do it without YOU!



Lethbridge and District Show and Sale: (left to right) Rosella Juhasz, Telus representative and General Leader of the Milk River 4-H Beef Club, presents Melanie Daniels, president of the Lethbridge and District 4-H Beef Committee and Leader of the Raymond 4-H Beef Club, with a \$4000 sponsorship cheque from Telus.

Newell District 4-H Junior Council

It has been an exciting start for this year's Newell Junior Council.

Our first meeting was held in October, where Coralee Fisk was elected as our new President, Katie Musgrove was elected as Vice-President, Stacey Kading as Treasurer and Adriane Good as Secretary. Tracy Musgrove is staying on as Parent Leader. The Council has a good mix of new faces and returning faces to act as representatives from the many different 4-H clubs in the county of Newell. Great representation!!

First, Junior Council organized a Judging Clinic that was held at Bow Slope. It was well attended and afterwards, there were wonderful Tim Horton donuts to feast on. There was also a Food Drive Competition for the Brook's Food Bank; many items were collected in the drive and the Cow Country Judging Club won a free pizza party for collecting the most food items. We give many thanks to Courtney Webb and Coralee Frisk for all their work.

For Christmas the Junior Council put on a "Curl-and-Twirl" Christmas party. First, everyone curled and afterward, with huge appetites, enjoyed pizza, snacks and pop. Then it was the Secret Santa gift exchange, which led to the dance, which is how the night wrapped up. Many thanks to Courtney Webb, Katie Musgrove, Seamus Good and to last year's club president Caitlin Gillen, who's now in college, for coming out to lend a helping hand.

In the New Year, Junior Council put on a Public Speaking Clinic and Stacy Kading taught about how to do Presentations - great fun was had when making chocolate pudding - and Katie Musgrove taught about prepared speeches and impromptu.

On February 14 Junior Council rented a bus and organized a ski trip to Castle Mountain. Everyone had a wonderful day as the weather was perfect, though the whole club wishes a speedy recovery to Chad Stopanski! A special thank you to Adriane Good for all of her hard work.

On March 29 we had a Grooming and Showing Clinic at the Silver Sage Community Corral in Brooks, and we are currently planning a fundraiser dinner and show night in June or July.

"YEE-HA" - The Outlaws Kick Off The Year!

BY STACEY and GREG SCHABER

Howdy y'all!

The Outlaws 4-H Horse Club is kicking off the year. The Outlaws has had a lot of activities and can't wait till show season so that they can show off what they have learned.

The Outlaws completed their public speaking competitions on February 1, and there were some amazing speeches; however, the judges could only pick winner for each junior, intermediate and senior category. Did they ever have a hard time deciding!

The members are having an amazing time with their Western Coach, Dean, and the English coach, Marie Ellen despite us having some sad members on account of the cool weather - BUURRRR!

Don't Lose Your Head!

BY KENDA LUBECK

Farm Safety Coordinator

Statistics prove that the single most effective way to reduce the risk of head trauma while riding a horse is to wear an approved helmet designed for equestrian activities. It's about your head. Use it or lose it.

Design

Equestrian helmets protect a rider's head in two ways: they reduce penetration by sharp objects and they absorb some of the force, giving the head a "cushion" and increasing stopping distance. All models of ASTM-approved and SEI-certified equestrian helmets are tested to ensure that the helmet is up to safety standards.

Equestrian helmets are built differently than those intended for other sports. They cover more of a rider's head and are designed to take into account possible terrain, speeds and objects specific to horseback riding.

They are built to skid, rather than stick, over rough terrain and to absorb impacts created by sharp objects, such as a horse's hoof or rock. They are also designed to be secured properly to a rider's head and are light enough to not interfere with a rider's balance.

Structure

Because a riding helmet will absorb the force of a blow or fall, the foam padding is destructible. Once a helmet has absorbed an impact (could be a fall from a horse or simply being dropped on to a hard surface from a distance of more than two feet), the foam padding condenses and never regains its original shape. It will no longer provide adequate protection. For this reason once a helmet has been through a fall or direct impact of any sort, it must be replaced; it also needs to be replaced at least every five years as the foam deteriorates over time and becomes less effective. All ASTM/SEI helmets contain a manufacturer's date with the SEI seal.

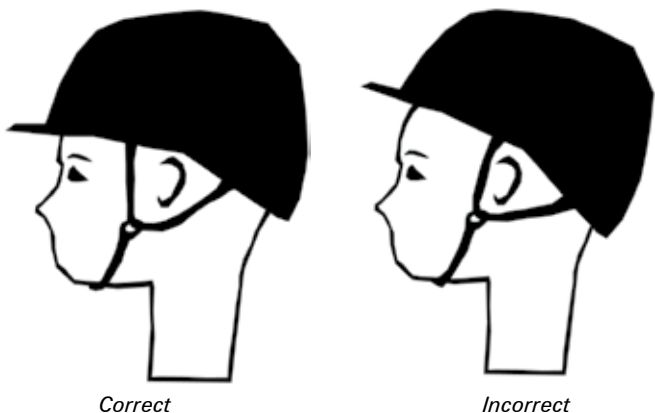
For those helmets that have been impacted, some manufacturers offer replacements at a reduced price. This information should be contained in the box with the helmet in a "User's Manual" or on a tag attached to the helmet. The original receipt is usually required to take advantage of this policy.

Fit

How a helmet fits the rider's head has a direct impact on how well it protects. A properly fitted, well adjusted and correctly positioned helmet is likely to remain in place during an accident.

Some basic guidelines for fitting a helmet are:

- The helmet should fit around the entire skull and sit just above the eyebrows.
- It should feel snug, but not uncomfortably tight. If the helmet is gently wiggled, the skin around the forehead should move with it.
- All straps must be comfortably fastened. Normal conversation should not be affected; however, an action such as yawning should pull down on the helmet.
- If the helmet needs additional foam padding for a more secure fit, choose a smaller size or another model. The helmet's fit will relax a little with use, so a snug fit is essential.



Correct

Incorrect

Care and Storage

Extreme heat temperatures will damage the foam in a helmet. For this reason a riding helmet should not be stored where temperatures can exceed 40 degrees Celsius. This includes a vehicle during the summer. Helmets should also be stored away from solvents and other chemicals such as bug repellent as these products can damage straps and plastics.

To clean a helmet use a mild detergent on the exterior for hard shell helmets, or use a brush on velvet. Helmet deodorizers and cleaners are available and are recommended for the inner lining.

Horseback riding is an inherently dangerous sport and while riders accept that risk, studies have proven that helmets can reduce risk and severity of brain injury if they are used and used properly.

It's a no-brainer.

For more information on helmet safety and other farm safety-related inquiries, visit www.agric.gov.ab.ca/farmsafety or contact Kenda at 780-538-5606.

Cleaning Temporary Internet Files

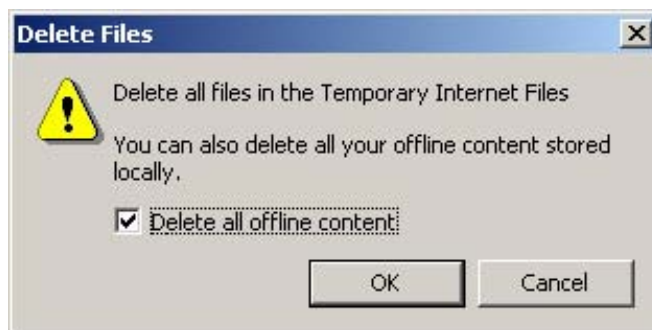
When you are checking out the Alberta 4-H web site and you find that your computer is taking a long time to load a web page, or your computer seems slower than it was before, now is time to clean out your Temporary Internet Files by following the instructions below. It is a good "housekeeping" task you should be doing at least once a week to avoid problems, make your surfing the web easier and to keep your computer relatively free of temporary internet files.

Be sure you only have one window of Internet Explorer open when performing this task.

Click on "Tools", then "Internet Options".



Click on Delete Files, then select the checkbox, "delete all offline content", and click OK twice.



EXPRESS MEANS

WHAT 4-H TO YOU!



PROSE

- POEM
- SHORT STORY
- ESSAY/RESEARCH PAPER



IMAGE

- PHOTO COLLAGE
- ILLUSTRATION
- PAINTING
- POSTER



AUDIO

- SONG, WITH/WITHOUT LYRICS



VIDEO

CALLING ALL 4-H MEMBERS:

USING YOUR ENDLESS NUMBER OF SKILLS AND YOUR BOAT LOADS OF TALENT, CREATE A PIECE OF ART - WRITTEN, VISUAL OR AUDIBLE - TO EXPRESS WHAT 4-H MEANS TO YOU.

SUBMISSIONS WILL BE ACCEPTED UNTIL **OCTOBER 15, 2009.**

FOR COMPLETE CONTEST DETAILS, PLEASE VISIT THE 4-H WEB SITE AT **WWW.4H.AB.CA**

