

Alberta

4-H

MAGAZINE

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4-H FYI - Intrigued?

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Hot off the Press: 2009 Spring Program Booklet

page **25**



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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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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.*

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

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on the cover

Erin Leduc and Maddie Eldridge of Warden 4-H Light Horse Club model their winning "Canine in Costume" apparel (with the help of Stetson (left) and Nelly (right) at last year's Focus on 4-H weekend.

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



Wow... so here it is, already April.

And here I am, back in the 4-H Magazine's editor's chair (not that there is an actual chair – let's be honest, there's rarely time to sit when you're involved with 4-H). As unbelievable as it is to my friends and family that I have gone from bantering about fashion designers to Grand Champion winners, and from runway

schematics to the intricacies of an environmental farm plan, I very much missed 4-H while I was in Toronto. I missed being amazed by the abilities of 4-H members and being humbled by the dedication of 4-H leaders and I missed knowing that I was part of such a dynamic organization.

So in short, thanks for having me back, because I'm thrilled to be here.

And actually, "being back" is a bit of a theme for this issue of the 4-H Magazine, with there being quite a couple articles on what our past members have been getting up to since having left 4-H. Read about Ryan Smith and how he has decided to give back to the organization (pg 12), or see how the organization's motto, learn to do by doing, had an affect on Mark and Deanna Muchka (pg 40).

Perhaps that's what I love about this organization – that every area of it is active, from the leaders (get filled in on the happenings of the 66th annual Leaders' Conference on page 10), to the members (from winning a national public speaking competition, to launching Alberta's second in-school 4-H club, p 43), to the endless number of happenings and programs that 4-H offers. Check out the new "FYI" section for more information.

And remember to get your entries in for our new "Expressing 4-H" competition (details on page 8), where your creativity and your passion for the program could be rewarded with a \$100 Future Shop gift card! As always, check out the fun facts that pepper various pages of the magazine – everyone loves to be able to pull out a random fact about the amount of time a dolphin can hold its breath for, no?

Thanks so much for sending in all of your articles and photos – the capacity allowance of my email inbox actually had to be increased in order to accommodate all of the submissions! They are nothing short of a pleasure to read through.

Wishing you all a very productive, busy and happy Spring.

Sincerely,

Jess Hainstock

EDITOR AND 4-H SPECIALIST –
COMMUNICATIONS AND RESOURCE DEVELOPMENT

Contact Us

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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National News & Events

Canadian 4-H Council Update

BY KEN LANCASTLE

COMMUNICATIONS AND MARKETING MANAGER – CANADIAN 4-H COUNCIL

What an exciting start to the year for the Canadian 4-H Council!

New Grant Program for New and Existing 4-H Clubs

We recently launched the new RBC 4-H Rural Urban Youth Outreach Program, which provides grants for anybody looking to start or expand a 4-H club.

Applications came in from across the country for the 2009 program, and applications will soon be opening for the 2010 grant. Please visit www.4-h-canada.ca/outreach to find out more information about the program.

New 4-H Products

In addition, we also added some new products to the 4-H Store (www.4-h-canada.ca/store). Some items include a 2 GB 4-H Flash Drive, 4-H Hackey Sacks and 4-H Ear Buds for your mp3 players! Be sure to check out our exciting products, both classic and new, at the online store, open 24 hours a day and seven days a week for your shopping convenience.

We also want to hear from you. What sorts of items would you like to see in the store? Send us an email at onlinestore@4-h-canada.ca with your suggestions! 🌱



We want to hear from you!

As you may have seen, we want to hear from you and your thoughts on 4-H so we can help 4-H grow!

A new online survey is now available, giving you the chance to win a iPod. All you have to do is go online and fill out our short survey!

Visit www.4-h-canada.ca/survey to find out more!

Nine Volunteer Leaders Recognized with Annual Award: Co-operators' Volunteer Leader of the Year Award recognizes the efforts of 4-H volunteers across Canada

On February 17, 2009, the Canadian 4-H Council announced that nine volunteer 4-H leaders from across Canada had been selected for the 2008 Co-operators Volunteer Leader of the Year Award.

"This award from the Co-operators and the Canadian 4-H Council is a great way to recognize the tireless efforts of our more than 8,500 volunteers," said Bob McAuley, president of the Canadian 4-H Council. "Without them, we would not have the vibrant 4-H program in Canada that we have today."

Collectively, the volunteer leaders that were selected have more than 120 years of involvement with 4-H.

The Volunteer Leader of the Year Award is selected from nominations sent in by 4-H members across Canada. Alberta 4-H's Volunteer Leader of the Year Award for 2008 winners was Sylvia Mathon, who is a leader with the Rangeland 4-H Beef Club.

Congratulations Sylvia, thanks so much for all that you do to ensure that Alberta 4-H continues to be the #1 youth organization in the province! 🌱



Sylvia Mathon, who is a leader with the Rangeland 4-H Beef Club and a member of the Alberta 4-H Council, was the recipient of the 2008 Co-operators Volunteer Leader of the Year Award.



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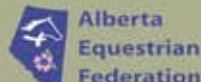
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|------------------------|----------------------|-------|-------------------------|
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| Sat: 9:00am to 9:00pm | Weekend | \$ 35 | \$ 30 |
| Equine Experience 9:15 | Youth (7-12): | | |
| Sun: 9:00am to 6:00pm | Day | \$ 10 | \$ 8 |
| Cowboy Church 9:15am | Weekend | \$ 25 | \$ 20 |
| | 6 & Under | | Free |

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Provincial News & Events



(left to right) Alberta 4-H Ambassadors Kari Bergerud and Addy Bayes show off their thousand watt smiles.

Ambassador Update

BY KARI BERGERUD

AMBASSADOR FOR THE NORTHEAST REGION

With another promising and exciting year ahead, the Ambassadors completed 2008 with a bang. Participation in a number of events, such as Leaders' Conference, regional workshops and winter camps have Ambassadors using the skills that they acquired through learning to do by doing, and are out and about spreading the word about 4-H.

Ambassadors' main organizational event (with the help of Communications and Marketing Specialist Cameron Horner), Senior Members' Conference, has come and gone and once again, was a hit. With over 140 applicants and only 90 spots available, the program is proving its popularity and relevance in the realm of provincial 4-H events. This year's conference theme was, "The Simple Life" and delegates were treated to a



All gussied up in their "Hillbilly" best for Saturday night's dance at Senior Members' Conference.

Hillbilly hoe-down dance, sledding and session topics that included scholarships, resume and cover letter writing and information on student loans in order to better prepare you for the future. Guest speaker Dan Ohler spoke about how some common sense just isn't so common, and how relationships with others around you can affect your life. All in all, the event was a success, and with 16 Ambassadors in attendance, there was ample Ambassador representation, not to mention plenty of answers to any questions that the delegates may have had regarding post secondary education or working after high school.

If you have any events that you would like an extra hand at, or if you're in need of a judge, a presenter or simply have a question that needs answering, please contact your local Ambassador today! Our goal is to enhance the 4-H program through our experience and utilize our knowledge to empower 4-H members all across the province.

Happy 4-H'in!! 🍀

Congratulations to Nora Paulovich, General Leader of the Three Rivers 4-H Beef Club!

All of the leaders that completed on-line registration for their club this year had their names, 105 in all, put into a draw for a fabulous gift basket.

We would like to thank each and every one of those 105 leaders (28%) that completed their club's registration on-line this year. It is great to see that number rising each year."

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OCTOBER 15, 2009.

FOR COMPLETE CONTEST DEADLINES, PLEASE GO TO THE ALBERTA 4-H WEB SITE: [WWW.4H.AB.CA](http://www.4h.ab.ca).



Awards Available from Beef Breed Associations

BY CORINNE SKULMOSKI

ELECTRONIC/DESKTOP PUBLISHER

Each of the beef breed associations listed below offer a product or prize to 4-H clubs that have members showing a beef animal of that particular breed. 4-H leaders may apply for as many awards as applicable for your club. Be sure to supply the associations with names, addresses, phone numbers and pictures as requested by each association. When contacting a

breed representative, please allow enough time (6 weeks) for shipment of product or prizes if you are awarding these at an awards night. More information as well as the application form (Beef Product and Breed Association Application) is available on the 4-H web site at www.4h.ab.ca. Access this information by choosing “Applications” on the main page navigation, then “Project Related” then “Beef Breeds”: www.4h.ab.ca/Applications/Beef_Breeds/Beef_Breeds.html.

Beef Breed Associations:

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

If you have any questions please contact Corinne Skulmoski at the provincial 4-H office:
corinne.skulmoski@gov.ab.ca
Tel: 780.427.4340. 🍀

Beef Leaders’ Update – It Keeps Getting “BUD”er Every Year

BY JESS HAINSTOCK

COMMUNICATIONS AND RESOURCE DEVELOPMENT SPECIALIST

Every two years, 4-H beef project leaders from Alberta, British Columbia and Saskatchewan congregate for the keenly-focused Beef Leaders’ Update Program (BUD) where the goals are to increase one’s industry knowledge, expand one’s network and hone one’s leadership skills. From November 14 to 16, the Alberta 4-H Centre played host to 48 beef leaders, 46 from Alberta and one from British Columbia and Saskatchewan, respectively.

"The turnout at this year's 4th bi-annual BUD program was conducive to effective educating, socializing and interacting," observed Mark Sayers, South Region Beef Advisory Committee (BAC) representative. "It was a very functional number as it allowed for plenty of one-on-one time and each delegate was able to be actively involved and engaged by each session."

And what a variety of sessions to choose from!

To kick things off on Saturday morning, Tyson Gardner held an interactive clipping and grooming demonstration at the Lakedell Arena. Delegates were able to choose from a Level 1 Training module, which ran concurrently to Beef Games and Activities, which gave leaders an opportunity to learn project-specific activities to help to reinforce learning.

The second round of Select-A-Sessions had Brenda Robinson discussing the always-relevant topic of Managing Conflict while Sarah Tingley presented on CCIA and age verification, with an explanation of CCIA tags, the CCIA website and how tagging should be done to keep retention rates higher being explained.

Developing a feeding plan, switching feeds, and keeping the animal on feed were all items discussed as part of Bob Berry's Calf Nutrition session. "A Year in the Life of a 4-H Steer" was led by Dr. Lewis who outlined parasites, vaccines and implantations and encouraged leaders to come equipped with their own round of inquiries.



2008 Beef Leaders' Update (BUD) delegates

Sunday's topics covered judging, with Susann Stone sharing activities to help members become more engaged with the judging program; Leisa Gallelli and Linda Ross spoke on How to Breed the Right Heifer by explaining selection, body condition, cycles and so on, and Richard Heninger of the Alberta Regional Supervisor for the Canadian Beef Grading Agency giving the skinny on meat grading.

Janet Kerr, Special Projects Coordinator, outlined simple ways to reduce the likelihood of an infection at venues like the 4-H show and sales being a prime example. Tracy Dietrich dis-



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(left to right) Beef Advisory Committee (BAC) members Leisa Gallili, Mark Sayers, Colleen Prefontaine and Yvonne Yaremco swap stories and laughs at the 2008 BUD program.

cussed questions about projects, record books and Achievement Day planning.

There were also Keynote Speakers, Eileen Leslie, Tim O'Bryne, Richard Stadlwieser, a Silent Auction and raffle, with proceeds going to the Provincial 4-H Beef Advisory Committee (BAC) and a learning environment for leaders and presenters alike.

BUD was generously supported by the following title sponsors: Apache Canada Ltd, United Farmers of Alberta, and co-sponsors: Agriculture and Agri-Food Canada, Farm Credit Canada, Agriculture and Rural Development, Ketchum Manufacturing Inc., Alberta Beef Producers, Lakeland College, AMA Insurance. 🍀

Golden Clover Award Winner



(left to right) Sherry Howey, Alberta 4-H Council President, presents Golden Clover winner Edith Zawadiuk with her award.

Edith Zawadiuk started with the Department of Home Economics in 1957, and was responsible for the homemaking and gardening 4-H clubs in her county. Gardening projects as well as clothing clubs, which took off soon after Northern Alberta got rural electricity, sprung up all over the northeast region of

Alberta. Edith continued to work for the government in some capacity for 36 years, and in that time, continued to change the lives of youth through her work with the 4-H program.

It was during a trip to the Kherson-Odessa region of Ukraine, which she made under the title of Extension Home Economist with the World Monetary Bank, that Edith took her passion for the 4-H program to an international level. A panel of Ukraine-based Credit Union reps listened to Edith as she presented on the 4-H program and its projects, about the motto and the visions, about the values instilled and the goals realized, and before long, the panel of reps were sold on 4-H as well.

It wasn't long after returning home that Edith, through contact that she kept up with the then-administrator of the Ukraine-based 4-H program, was informed that a seed distributor from Japan had offered to donate the seeds that the garden club members required. Now, clubs were offering their members quail, gardening and clothing/handicraft. In 2005, when Edith returned to the Kherson-Odessa region for 4-H Ukraine's version of Leaders' Conference, there were 14 4-H clubs.

Edith Zawadiuk's dedication to and advancement of the 4-H program was recognized on January 9 at the 66th annual Leaders' Conference when she was awarded the Alberta 4-H Council's Golden Clover Award. The Golden Clover Award proves to recognize an individual or a group who has exhibited outstanding leadership skills, all the while initiating a special contribution such as an innovative idea, program, activity or event that has made a significant difference to 4-H in Alberta.

"I share this award with all members of 4-H, on an international, national, provincial, regional district and club level. I am proud of the program and what it offers the youth of today, and I am happy to have helped others become aware of the programs' benefits and possibilities. It still does my heart good when I run into a former member," Edith comments, "and they still greet me with, "Hello Ms. Zawadiuk." I have met so many amazing and wonderful people in the 50 years that I have been part of the 4-H organization." 🍀

Leaders Conference 2009: A Simply Fantastic Experience

BY CHARLENE CARE

VERMILION GOLDEN THREADS 4-H MULTI CLUB LEADER



Members of the Northeast Region's planning committee for this year's Alberta 4-H Leaders' Conference. Not only did they do a phenomenal job of organizing, but they also took their dressing up responsibilities quite seriously.

On Jan 8, 2009 the Northeast planning committee arrived, hillbilly-style, in Red Deer. I'm sure the staff of the Red Deer Lodge wondered what they were in for as we hauled wheat, twine, rubber boots, and even a mannequin (Jim Bob) into the hotel.

We embraced our "Simple Life" theme with enthusiasm – bathrooms were quickly turned into outhouses, a clothing line was soon strung and rubber boots were arranged with wheat. "Jim Bob" settled down in the lobby to rustle up some vittles by the fire. The staff of the Red Deer Lodge welcomed the theme by providing a lemonade stand for "whetting your whistle".

Committees set up and finalized plans, and the emcees could be seen plotting. It was so exciting to see the plans we made over the last year materialize!



Donna Carter, who has attended Leaders' Conference for 30 consecutive years, cites "infectious enthusiasm" as her favourite aspect of the annual conferences.

Friday brought a flurry of activity and busloads of people (nearly 250 4-H leaders!). The conference had officially begun, a point punctuated by the redneck fashion show! Delegates from Ontario, British Columbia, and Montana were welcomed. The Alberta 4-H Council awarded Edith Zawadiuk the Golden Clover Award at supper. Steve Stubblejumpski soon had us howling with laughter as he reminisced about 4-H camp adventures as member, and life in "Double Bumps" (or, as others may know it, Two Hills). People mingled and explored the impressive silent auction, and a few brave souls competed in a Spoons' tournament.

Saturday brought a plethora of session options and the opportunity to live the "simple life" (without electricity). A car strikes a light pole, the transformer sparks, lines go down, hotel goes dark- it's right out of a country song! The electricity was restored in time for the 4-H Hall of Fame & Sponsor Recognition Banquet where Regional Specialist Rob Smith made a heartfelt presentation to Hall of Fame inductee Sharon Uhrich. The Premier's Award Recipient Myranda Stewart thanked leaders for their hard work and the affect that this hard work has on members. For some, this elegant evening was completed by a game of Spoons, a game in which the players' vigour prompted one participant to exclaim, "You 4-H leaders are crazy!" Good times were had by all, even the injured (just kidding ... mostly).

Sunday morning came all too quickly. The last rounds of workshops were followed by our key note speaker, Tyler Hayden.

BAC to the Books...

The Provincial Beef Advisory Committee (BAC) is hosting a contest for all 4-H beef members, leaders, parents and clubs to submit suggestions for a "new, improved, revised, updated..." Record Book.

Submissions are to be sent to:

Leisa Gallelli
Box 10
Crossfield AB T0M 0S0
Email: gallelli@telusplanet.net

All submissions will be eligible for prizes. Prize package will include a voucher to a provincial program.

Deadline for submission of ideas: May 1, 2009

Tyler spoke to us about Livin' Life Large. His high energy presentation was followed by closing ceremonies and lunch. The tremendous Silent Auction raised \$5037, with another \$2018 being raised by raffle ticket sales. All proceeds will go towards leader and member travel opportunities.

After lunch it was time to return to our regular lives – until Leaders Conference next year, of course! See you all on the Green Carpet!

The 2009 Alberta 4-H Leaders' Conference was sponsored by Alberta Agriculture and Rural Development, AMA Insurance, ATB Financial, EnCana, Lammle's, Olds College, Viterra and UFA Co-operative Limited. Conference Supporters were as follows: Alberta Recycling Authority, Columbia Awards, Canadian Association of Petroleum Landman, 4-H Foundation of Alberta and Talbot Marketing. 🍀

Senior Members' Conference – Quite Simply, A Success

BY JESS HAINSTOCK

COMMUNICATIONS AND RESOURCE DEVELOPMENT SPECIALIST

4-H's Senior Members' Conference, a conference designed by members for members, marked the weekend of January 31 to February 1, 2009. Despite the occasionally slick roads and the hectic time of year, 95 delegates traversed their way to the Alberta 4-H Centre for a weekend of learning, reconnecting and growing.

"Senior Members' Conference is an excellent time for networking, skill development and increasing our member's awareness about issues that they are going to be facing in the near future," explains Cameron Horner, Communications and Marketing Specialist with Alberta 4-H and SMC Coordinator. "Ambassadors really make sure to touch on a wide range of topics and themes, as to ensure that senior members leave with plenty of food for thought, as well as a re-stocked collection of 4-H memories."

Senior Members' Conference (SMC) is a hailed weekend in the day timers of senior members not only because it offers a venue for 4-H friends from across the province to meet up and swap stories that were too long to be a Facebook message, but also because of the conference's exceptional programming. Starting in May of the previous year, Ambassadors, who are in charge of planning, unrolling and facilitating the conference, are already



Record Breaking? More than 50 SMC delegates assemble themselves for a ride down the hill (The Guinness Book of World Records was not available for a comment).

assigning tasks, brainstorming topics and discussing activities and keynote speakers.

What came together for this year's conference proved to be exceptional with Saturday morning starting off with a session on farm safety, which moved into a presentation on the Agricultural Finances Services Corporation (AFSC) to create awareness about the organization, which transitioned into a session on resume writing and job interview etiquette. Understandably, the delegates were more than ready for a lunch break at that point!

The afternoon kicked off with the adventures of tobogganing, with delegates deciding against riding down the hill as individuals and instead, opting for an entourage approach that saw 50-plus 4-H members aligning and cruising down the hill together. The Rotate-a-Session presentations offered up information on finances and budgeting, nutrition and healthy eating and the Green Certificate program.

The Rotate-a-Sessions also saw SMC delegates participating in a community enhancement project in support of Edmonton's Youth Emergency Shelter Society (YESS). At the completion of the project, SMC participants had sewn 16 pillows and designed 10 bulletin boards, which were donated to the shelter the following day.

Saturday night's Keynote Speaker, Dan Ohler, talked to delegates about why common sense is so uncommon and versed them in areas of "trust" accounts, communication, appreciation and recognition.

"I thoroughly enjoyed meeting, and working with this fine group of youth," reflected Dan Ohler. "As is typical with 4-H groups, the delegates were respectful, honest, eager, energetic and very open to participate in learning activities. If I were in the market for future employees, I'd be scouting this group - they are the "cream of the crop"."

Directly following Dan's talk, delegates dispersed to their rooms to change out of their banquet clothes and into their



In total, SMC delegates made 10 bulletin boards and 16 pillows, which were then donated to Edmonton's Youth Emergency Shelter Society (YESS).

"simple life" threads, which created a sea of denim overalls, rubber boots and plaid shirts.

Sunday morning had the delegates being informed on the number of scholarships that are available to them, and offered up another opportunity for outdoor activities. Before long, busses were pulling up, bags were being packed up and dreaded goodbyes were being exchanged.

"It was amazing how quickly the weekend flew by, especially after reflecting on how much work and thought was put into the conference's content and details," marveled Rita Leask, Ambassador for the Calgary region and part of the SMC organizing committee. "Everything went off without a hitch, and the delegates left this conference happy, re-energized and better equipped for their future, which deems Senior Members' Conference a success."

Senior Members' Conference was title sponsored by EnCana, co-sponsored by Alberta Agriculture, Food and Rural Development, ATB Financial, Livestock Identification Services (LIS) and Olds College and was supported by the Canadian Association of Petroleum Landman and Federated Co-operatives Limited. 🍀

Championing the 4-H Legacy Fund



As an auctioneer, former 4-H member and present 4-H leader Ryan Smith uses his 4-H-ingrained public speaking skills on a regular basis.



Tarzy, an AQHA registered horse, is an example of the type of horse Ryan puts up for auction for his Legacy Fund donation.

Ryan Smith doesn't even miss a beat when asked what his Club Week song from 1995 was: "That's Just About Right" by Blackhawk.

"Club Week was definitely a highlight of my 4-H career," Ryan asserts. "I attended the program when I was 15, and I remember going and thinking that it was the greatest time ever because I met so many likeminded people that week, some of whom I'm still friends with today."

And it is experiences such as this that prompted this former 4-Her, who was just received his 10 Year pin for his leadership efforts with the Champion 4-H Multi Club, to start to give back to the organization that he credits with giving him much.

When complimented on the fact that he didn't allow even one "ummm" to escape when he is trying to recall the names of all

of the 4-H clubs that he had ever been a member of, Ryan explains it away quite easily – “that’s all 4-H public speaking training,” he explains, laughing.

His 4-H-trained public speaking abilities have proven to serve Ryan well, now an auctioneer & owner of Champion Auctions based out of Champion, Alberta. It is through this company where, in 2004, Ryan made his first donation to the Alberta 4-H Legacy Fund.

“I got so much out of the 4-H program, between the skills I developed, the experiences I had, the people I met and the things that I learned. I chose to donate to the Legacy Fund because I wanted to make sure that 4-H members across the province get to have the same opportunities that I did.”

Ryan started out having annual Legacy Fund donation sales, whereby he donates the animal that is up for auction, and then donates the proceeds from that animal’s sale. Since Champion Auctions has expanded to include more sales, the donations will be taking place multiple times in a year.

“It’s really great when people start to recognize and associate Champion Auctions with being a 4-H supporter. Many of our clientele are from rural communities and so many of the families are involved with 4-H and are excited to see support going to the program.”

On May 30, you’ll find Ryan at the Western Select Horse Sale where he will be donating a registered AQHA horse for donation to the Legacy Fund. Visit the Champion Auction’s website, www.championauctions.ca, for a full listing of upcoming sales.


For more information on the 4-H Legacy Fund, please go to the 4-H website, www.4h.ab.ca 🍀

Applications are now being accepted for the Bill Kehler Memorial Scholarships. Known as the voice of Canadian Finals Rodeo, Spruce Meadows and the Calgary Stampede, Bill Kehler demonstrated a life long commitment to rodeo, broadcasting and the agricultural industry. Up to four (4) awards of \$2,500 each will be awarded this fall and announced at Canadian Finals Rodeo, November 11 - 15, 2009.

The scholarships are open to students who have completed Grade 12 and are pursuing post-secondary education. To honour Bill Kehler’s memory, scholarships will be distributed to students with academic interests in broadcasting or agriculture. Individuals in professional rodeo are also eligible to apply for a scholarship to support their post-secondary studies.

Application forms are available on-line at www.canadianfinalsrodeo.ca/bill_kehler.html

For more information, please call 780.471.7336
Deadline for applications is August 28, 2009.



Betty Gray, Alberta Recycling Project coordinator, presents Alberta 4-H with an award of recognition for the organization’s dedication and commitment to the 4-H Tire Recycling and Electronic Recycling programs. This award was accepted by Susann Stone, who is the Manager of Marketing and Special Projects with the 4-H Foundation, on behalf of Alberta 4-H.

4-H Recycling Programs

Spring Tire and Electronic Recycling Programs will run April 22 - June 30, 2009. These programs are open to all registered Alberta 4-H Clubs; however, clubs must register with the 4-H Foundation of Alberta each season if they wish to participate. Please keep in mind that the recycling programs are only offered to Alberta 4-H and in order to maintain a strong partnership, clubs need to abide by the program guidelines.

The 4-H Foundation of Alberta is willing to answer any question and receive feedback on the programs to improve them for seasons to come. The 4-H Foundation of Alberta can provide assistance by supplying program guidelines and tips on setting up roundups in your communities. For more information or to sign up, please contact 1-877-682-2153.

There are many other Alberta 4-H Approved 4-H Fund-raisers that clubs of any size can participate in. Visit www.4h.ab.ca for more information on cell phone recycling, other recyclable materials and products to sell.

the stats

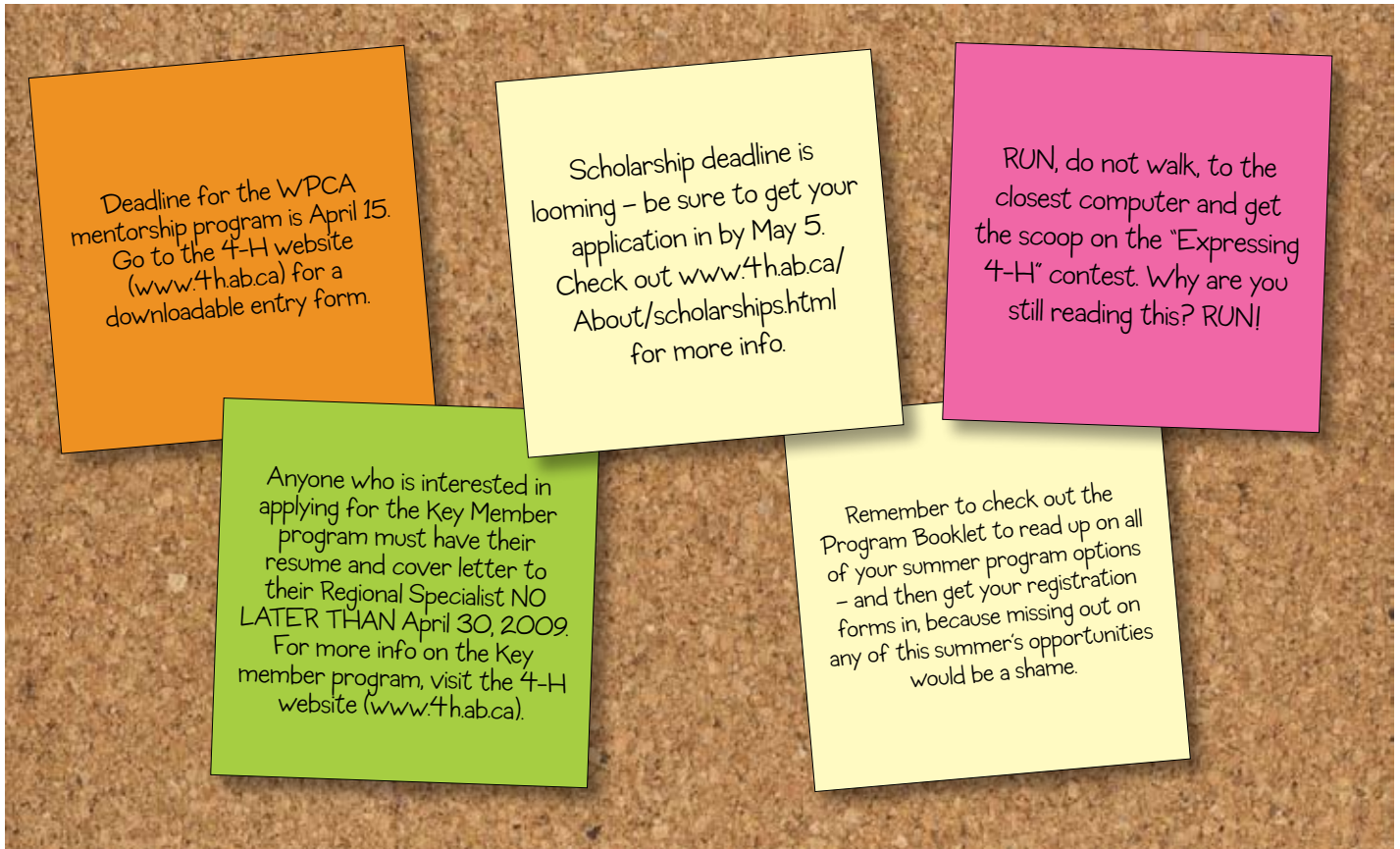


- From 2005-2007, the tire recycling program generated \$296,851 for Alberta 4-H Clubs;
- Fall 2008 – more than \$100,000 generated from tire recycling went to Alberta 4-H Clubs;
- In 2007, \$28,269 was generated by collecting e-waste.

FYI

A section created for all of us whose desktops, fridge doors, computer screens and day timers are hidden under a mountain of paper scraps, napkin shreds, Sticky Notes and gum wrappers (no? just me?) that more or less act as an informal calendar of events.

In the FYI section, you will find reminders, deadlines and leads on cool initiatives and projects, which will hopefully help you to stay informed, as well as allow you to reclaim your kitchen table as an eating space rather than a bulletin board.



Year of the Club Blog

BY JANET KERR

SPECIAL PROJECTS COORDINATOR

If you have been on the 4-H web-site (www.4h.ab.ca) recently you may have noticed the "Year of the Club" logo in the corner of the screen. Periodically postings are made to the blog.

Near the end of every month new games will be posted on the site so that if your club is looking for some different games to play at your club meetings, there will be some suggestions available.

In addition to the games' postings, every week or two there will be postings that reflect information that may be interesting or useful for club leaders to know about. They will contain ideas that will assist the clubs in operating more effectively. The articles often will refer to information that I have come across while working on the "Year of the Club" project. Sometimes it will reflect questions and issues that I have heard of clubs having.

Start making a habit of checking out the "Year of the Club" blog as postings are made regularly.



Regional News & Events



The 4-H display at Aggie Days in Lethbridge attracted more than 2000 school-aged kids, which means plenty of perspective 4-H members! Former 4-Her Caitlin Smith oversees everything.

South Region

BY GINNY SMITH

PROGRAM ASSISTANT

The old saying, “never a dull moment” aptly describes the lives of the Southern 4-H Region members and leaders!

The fall started with a horserace between clubs with their 2008/2009 registration, and it is now clear that the South has 68 clubs that are filled by 1164 members and led by 357 leaders. Congratulations on having the greatest contingent of members, across the province!

December proved to be a difficult month for activities throughout the south, due to snowstorms and dismal temperatures, but our members gained firsthand knowledge of their parent’s childhood experiences – “I remember when the snow was so high...” as drifts in farmyards and across southern roads and highways reached over 10 feet (three metres), thanks to some help from our famous winds.

The poor weather conditions continued into early January, but our 2009 Meyers Norris Penny (MNP) sponsored Southern Regional Multi-Species Judging competition in Brooks still attracted approximately 50 hardy junior, intermediate and senior members.

“Judging the Red Angus breeding bulls was really cool because we had never judged a class like that before,” said competitor Kyle Zmurchyk, member of Kreative Kidz 4-H Multi Club and Lethbridge-Coaldale 4-H Beef Club.

Aggie Days in Lethbridge provided an opportunity to introduce the diversity of the 4-H program to approximately 2500 students, teachers and parents from Lethbridge and area schools. We appreciate our 4-H volunteers who took time away from their college and university classes, or otherwise fit it

into their day, to help the young potential members “spin the wheel” to discover a fact about 4-H, and win a prize.

Snowfest 2009 had “perfectly fantastic snow conditions”! This camp, which was held at Elkwater in the Cypress Hills of southeastern Alberta, hosted approximately 60 junior and intermediate members, along with LTCS-trained senior member counselors and supervised by 4-H Alumnus and University of Lethbridge student Laura Hagstrom, with the assistance of Rita-Marie Leask. The campers, who in total represented 25 different clubs, recognized Pat Sayers as the “Most Fantastic Cook.”

The 8th Annual Southern 4-H Region Hurricane Hockey Night witnessed the Lethbridge Hurricanes hosting rivals Medicine Hat Tigers in a sold-out game. The 506 4-H members and parents from 36 Southern 4-H clubs, along with the popular Cleaver the Beaver were impressed by the speed and action of both teams. Ryan Uytdewilligen, Key Member for the Lethbridge District commented, “It was a lot of fun and a great opportunity to visit with 4-H friends you don’t often see through the winter.”

The upcoming “Big Event” will be Communications: club, district and regional competitions in both Public Speaking and Presentations. Good luck to all members and a huge thank you in advance to all of the adults and volunteers – the organizing committees, the judges, timers, tellers and supportive parents - for putting together these noteworthy events! Being able to speak in public is one of the best skills that our wonderful members can learn.

There will be some awesome topics, entertaining and informative speakers and definitely “never a dull moment” as we pick up speed in the last half of our 4-H club year. Have a great time! 🍀

Calgary Region

BY ROB SMITH

REGIONAL 4-H SPECIALIST

Congratulations!

Last November at the Regional Celebration in Crossfield I announced how proud I am when a Calgary 4-H Region member does well at anything, and I am excited to report this back to EVERYONE! West Didsbury Beef’s Jared Hunter, who will graduate this spring from Olds College, experienced quite an achievement in the latter part of 2008.

He was selected to represent Alberta and Canada at 7th Annual Legislative Agricultural Chairs Summit, January 23-35, 2009 in San Diego, California. The Legislative Agricultural Chairs

Calgary Events

APRIL 8

Regional Council Meeting (Airdrie)

MAY 29 TO MAY 31

4-H on Parade

JUNE 3

Regional Council Meeting (Airdrie)

UFA and Alberta 4-H: Inspiring Youth

By MEGAN CANTWELL

For the past 100 years UFA has been a pillar in rural Alberta: in their commitment to agriculture and communities. Rural Alberta is where UFA customers and members live, work and play, and UFA is committed to enriching those communities.

In partnership with Alberta 4-H, UFA promotes leadership, education and rural living in our communities. They enable Alberta 4-H to improve on existing programs like the 4-H Achievement Days, and to create entirely new ones like the UFA Community Engagement and the UFA 4-H Alumni Volunteer Service Recognition program.

UFA increased their sponsorship for 4-H Achievement Day, which allows for 400 clubs to better showcase and celebrate their achievements. Each club now receives \$150 from UFA to help cover the expenses and promote their events.

The UFA Community Engagement program is an additional \$100 commitment to each club. This enables every club to create and complete a project that benefits their community. The project could include: planting a garden in the community, painting the fence at a community centre, or building a park bench at the local senior citizens home. Activities like these not only inspire leadership and volunteerism but promote UFA and 4-H working together to make our communities a better place.

The UFA 4-H Alumni Volunteer Service Recognition program recognizes young 4-H alumni, age 20-35. These people have received a post-secondary education, returned to their rural community after graduation and continue to be a leader and volunteer in their community. Winners were nominated by members of their community; in 2008 we had more than 20 nominees. Each of the five recipients received a \$2000 UFA gift certificate that can be used to offset the cost of attending a post-secondary institution.



Congratulations to the following 2008 UFA 4-H Alumni Volunteer Service Award recipients:

Charlene Carey, Kitscoty

Charlene is a 4-H alumni and mentor with the Vermilion 4-H Sheep Club.

Cory Gooch, Okotoks

Cory is an active 4-H Alumni and was a committed leader in the Calgary region.

Tara Laing, Bruce

Tara is a great role model and is in her sixth year as an assistant leader with the Killam 4-H Light Horse 4-H Club.

Kristin Miller, Calgary

An alumni member of the Balzac 4-H Beef Club, Kristin assists many clubs with their public speaking, judging, grooming and showmanship clinics.

Russell Sevcik, Hussar

Russell is known for his commitment to 4-H and his willingness to teach members about showing their animals.

Together, Alberta 4-H and UFA are committed to developing future leaders and promoting volunteerism in our communities.



Summit is a unique (by invitation only) annual event that brings together elected agriculture and rural development leaders from the United States and Canada to examine and broaden the understanding of agriculture and rural issues. Participants from Alberta included the Honourable George Groeneveld, Minister of Agriculture and Rural Development and the Honourable Lloyd Snelgrove, President of Treasury Board.

Jared and a few other Albertans were selected to attend. There was an application form, followed by a personal interview. Jared's learning opportunities and networking experiences were tremendous at this conference. Jared's conference expenses were covered by Alberta Agriculture & Rural Development.

Have Cookies, Will Donate

BY STEPHANIE RASMUSSEN & EDITH WOUTERS

KEY MEMBERS

At the end of November, Mountain View District Key Members Edith Wouters and Stephanie Rasmussen assisted Calgary Regional Specialist Rob Smith with the delivery of over 400-dozen homemade cookies to the Tom Baker Cancer Centre.

The Tom Baker Cancer Centre is located next to the Foothills Hospital in Calgary. This centre does many kinds of treatments for cancer, and patients travel from all parts of Alberta and B.C. to receive treatment. To make the delivery near the Christmas season left us with a sense of fulfillment. It was



Who knew that anything cookie-related could involve hard work? Edith Wouters, Stephanie Rasmussen and Rob Smith unload pail after pail of homemade cookies in front of the Tom Baker Cancer Centre.



Staff at the Tom Baker Cancer Centre stand with Calgary Regional Specialist Rob Smith, and Key Members Edith Wouters and Stephanie Rasmussen.

truly an eye opening experience. We learned that the volunteers, who serve the cookies and juice to the patients, their families and the drivers, go through at least 100-dozen cookies a week! They were amazed at the number of trips that we made and the sizeable donation of homemade cookies! They greatly appreciate 4-H's donations, as ours are the largest that

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they receive from a non-profit group. Who would have ever thought that a cookie could mean so much?

We have had patients and families in our 4-H district tell us how important these cookies are as it creates an opportunity to visit and have a snack with friends in the waiting room. Thank you to every 4-H parent, member and family who stirred, baked and put caring thoughts into our largest home-made cookie donation to date.

Calling Volunteers

The biggest event since the 1988 Olympics is about to hit the Calgary area from September 1 to 7, 2009. WorldSkills Calgary 2009 will see over 1000 competitors, representing 51 countries, competing in over 45 skill categories. In addition there will be 5000 international delegates and over 150,000 spectators. Of course, an event this size is not possible without a lot of volunteers working behind the scenes to ensure everything goes according to script. If you would like to help, and along the way witness the wonderful attributes these competitors possess, please visit www.worldskills2009.com and follow the links or call (403) 210-5963. 🍀

East Central Region

BY ASHLEY ECKEL

4-H SPECIALIST –
EAST CENTRAL REGION

4-H Hockey Night

This past December, clubs from the East and West Central region went to Red Deer to cheer on the Red Deer Rebels as they took on the Calgary Hitmen. Counting both regions, around 400 members participated, with 12 clubs from the West Central region attending the event. Thank you to all of those who came out and made this event a success, as well as to the Red Deer Rebels' office for giving us this opportunity.

East Central Fun Day

Once again the East Central Region held their annual Fun Day on January 3rd at the Stettler Middle School. Despite the -40 temperatures that day, we had dedicated members from throughout the region who came to Stettler to take in a day packed with fun activities. This year's activities included things such as welding, woodwork, beauty culture, various arts and crafts, judging, Leader Level 1 training and more.

The day began with registration and followed with sessions that took place throughout the day until 3 pm. A lunch and ice cream social were also provided to make it a great day all around!

Thank you to our Ambassadors who came out and helped plan and run this event! I would especially like to thank Cole An-

drew for all of the work that he did in making this day a success. I also would really like to thank Shelly Grover for once again providing us with a great meal and ice cream snack. I would also like to thank all of our sponsors who supported this day and made it happen! It means a lot.

Rodeo Season 2009

The East Central region is once again hosting a number of 4-H Horse Rodeos. Tentative dates and location for the upcoming season are:

| | |
|------------------|-----------------|
| Saturday, May 23 | Coronation |
| Saturday, May 30 | Halkirk |
| Sunday, May 31 | Big Valley |
| Saturday, June 6 | Gooseberry Lake |

Exact dates will be sent out to all horse clubs in the East Central region in March and they will also be posted on the 4-H web site under the "East Central" section. Hope to see you there!

East Central Regional Horse Show

The East Central region is planning another great horse show for 2009, with it being hosted in Provost this year. The show date is still to set, but information on the event, as well as registration forms and class lists, will be going out to all horse clubs in the near future. This show is a lot of fun and is for everyone in the East Central region. I hope to see you there. 🍀

West Central Region

BY ASHLEY ECKEL

4-H SPECIALIST –
WEST CENTRAL REGION

4-H Hockey Night

This past December, clubs from the East and West Central region went to Red Deer to cheer on the Red Deer Rebels as they took on the Calgary Hitmen. Counting both regions, around 400 members participated, with 12 clubs from the West Central region attending the event. Thank you to all of those who came out and made this event a success, as well as to the Red Deer Rebels' office for giving us this opportunity.

Regional Horse Show

The West Central region is planning another great horse show for this year! This year's show will be taking place on May 29-May 31 at the Red Deer Westerner grounds. It is a three-day show packed full of classes. Friday kicks off with English, with Saturday focussing on Western Riding. To end the show, Sunday is filled with games and Gymkhana events.

Members who wish to participate in the show must register through their club. The application deadline is April 21.

East Central Events

| | |
|---------------|-----------------------|
| MAY 23 | Coronation Rodeo |
| MAY 30 | Halkirk Rodeo |
| MAY 31 | Big Valley Rodeo |
| JUNE 6 | Gooseberry Lake Rodeo |

West Central Events

| | |
|----------------------|---------------------------|
| MAY 29 TO 31 | Regional Horse Show |
| JULY 19 TO 21 | Regional Beef Heifer Show |

Regional Beef Heifer Show

Your region is planning a great show for this June 19-21. The event will once again be taking place over the weekend in Benalto. More information, as well as entry forms, will be available soon! This show is a great opportunity for all you beef members to come out and participate, along with members in the West Central region. 🍀

Northeast Region

BY LEILA HICKMAN

4-H SPECIALIST – NORTHEAST REGION

What a busy start to the year we have had in the Northeast!

It all began with Leaders' Conference, our first-ever Marketing Workshop in Vermilion, a senior members' road trip to the 4-H Centre for SMC, the NE Regional Council's Annual General Meeting, our regional Communications' competition, two judging days and Spring Fling, the Northeast's intermediate winter camp. You think you were tired reading that sentence, just imagine living it.

"You Be the Judge" at Lakeland College

Over eighty members, leaders and parents gathered on February 21 for a day of information, learning and practice for judging skills that can be used during competition and for life in general. The host club, the Mannville 4-H Multi, did a fantastic job of organizing this one-day event. With support from the Lakeland College Judging team, members were put through 10 different judging stations.

While many think of judging as being only for livestock clubs and projects, this day proved this theory otherwise. Members were treated to the usual beef, dairy, horse, sheep, swine and even wheat classes; but, members also had a chance to experience consumer decision-making classes. There were boots, a blind taste test of colas (in which Pepsi and knockoff Pepsi came out on top!) and a test of homemade breads. This class



Members were versed in livestock judging, as well as consumer decision making at "You be the Judge" day, which was held at Lakeland College on February 21.

involved bread made from a machine, from scratch and from frozen dough. One unique highlight of the day was a class of used truck, which were provided by the local GM dealership. This class really helped to make the connection between consumer-decision making and judging and the fact that both are applicable life skills that members will continue to use.

Not to worry, the adults were not left out. Rebecca Joseph, Key Member for the Lamont District, explained the 'Beyond the Club' opportunities to a group of enthused leaders during the adult session. "It was a really informative talk," commented one long-standing club leader. "It is always helpful to attend sessions like this because you pick up new information every time – it's a great way to stay current."

"It was a fantastic day of fellowship, learning and mentoring," said Regional 4-H Specialist, Leila Hickman. "I was proud of the efforts of the Mannville 4-H Multi Club and the teamwork that was exemplified in the organizing of this event. When clubs work together for a common goal they can really pull off great things. 4-H is about adults and youth working together and through this event, they shone!"

Northeast Region's UFA Young Adults Service Recognition Award Recipient



(left to right) Carol Selte, Key Leader in the Northeast Region, Leila Hickman, Northeast Regional 4-H Specialist, Charlene Carey, recipient of the UFA Adults Service Recognition Award, UFA Representative Robert Dixon and Greg Barr, Vermilion River District Council President, at the UFA Store in Vermilion, AB.

Charlene Carey from Kitscoty, AB, was a member of the Vermillion 4-H Sheep Club. She has been an enthusiastic senior mentor for younger members in the sheep club. Charlene has a special way of gently encouraging a member with tips on how to show their animal. She has made her community a better place by giving of her time and energy to 4-H at the club, district, regional and provincial levels by encouraging both members and leaders. 🍀

FUN FACT

Fleas can jump 130 times higher than their own height. In human terms this is equal to a person who is 6-feet tall jumping 780-feet in the air.

Marketing Outside the Box

BY CAMERON HORNER

COMMUNICATIONS AND MARKETING SPECIALIST

It's been said that if you keep doing what you're doing, you'll keep getting what you get. It was with this thought process that 22 4-H members, leaders and parents made their way to the Elks Lodge in Vegreville on January 19 for a night of marketing insight, suggestions and brainstorming.

According to Northeast Regional 4-H Specialist Leila Hickman, the first annual Northeast Marketing Workshop was held to help offer a new and fresh perspective on marketing. "It is important to have clubs thinking about marketing their projects in different and innovative ways," she says. "We, especially in primary production agriculture, have a tendency to be a bit traditional in how we see and identify markets."

Headlining the evening's agenda was Daylin Breen, Market Development Specialist with Alberta Agriculture and Rural Development. Breen challenged the group to try new approaches in order to identify markets that may not yet have even been explored. "Sometimes we can be so involved and closely related to an industry that it can actually be harder to see marketing opportunities," states Breen.

In order to get the audience to think outside the box, Breen asked the group to come up with ideas on how to improve as well as market a wallet. Step one involved having everyone break into small groups and brainstorm. It was no surprise to see groups coming up with innovative ideas on what they would do to improve the wallet, and how they would market it to the consumer.

"That is why it is vital to do some brainstorming and coming up with new ideas, no matter how wild they are. You never know what could be the next new and innovative method of marketing your product," commented Breen.

"What do consumers feel about dinner, grocery shopping, cooking at home or barbecuing?" added Breen when asked about the particulars surrounding the successful marketing of livestock projects. "By asking people lots of open-ended questions around these kinds of topics you may uncover the secret to the needs and insights that will one day become successful new products."

In addition to Breen, Alberta Agriculture and Rural Development's Eileen Kotowich, Farmers Market Specialist with the Regional and Domestic Marketing Branch and Leona Reynolds Zayak, Market Development Specialist from the Livestock Branch both gave the group plenty of great ideas about out-of-scope marketing opportunities, ranging from farmer's market direct selling to pet food.

"We definitely need to be proactive going forward with our marketing ideas," concludes Hickman. "The importance of brainstorming sessions like we had this evening really is vital to long-term success." 🍀



Daylin Breen challenges the members, leaders and parents to use innovative approaches to identify untapped marketing opportunities.



Workshop participants brainstorm for ideas on how to improve a wallet.



And as important as brainstorming is, sharing ideas is equally necessary in coming up with innovative marketing approaches.



Members of the Pembina Horticulture 4-H Club participate in the Parade of Clubs at Focus on 4-H.

Northwest Region

BY JOCELYN MCKINNON

4-H SPECIALIST – NORTHWEST REGION

Frosty Fun Weekend

"I had an awesome time", "I had lots of fun" and, "I love Frosty Fun" are just three comments on how well members liked this year's Frosty Fun winter camp, which was held February 6 to 8 at Camp Nakamun. By the end of the camp the terrific weather had members saying that they wanted longer times for every outdoor activity. Thanks to our counselors Barry, Caleb, Colin, Erin, Stacy and Kasara who made sure that the campers had loads of fun the whole weekend. Activities included skating, swimming, building a group toboggan and then sledding or magic carpet riding down to the lake, snow games, indoor games in the gym, ice cream sculpting and movie watching.

Each year some activities follow a theme presentation. This year's guest speaker, Mike Hittinger, talked about the environment and planning farm sites. Mike, a former 4-H member, now works for the North West Alliance Conservation Initiative whose purpose is to assist in creating sustainable, environmentally-friendly farms. Members worked in small groups to creatively build their own farm sites with Mike's planning directions in mind. Both the ice cream sculptures and the toboggans related to this theme. Thank you to the camp sponsors: the Northwest 4-H Regional Council and Penn West Energy.

Summer Regional Camps

More Northwest 4-H members have the opportunity to attend a regional camp this summer as the region has decided to host two, one-week sessions of camp. In 2009 junior members, 9 to 11 years of age, can travel to "Camp Mack" August 18 to 22 for a week of fun group activities. It is a great camp for our newer members who are interested in attending 4-H programs beyond the club level. Due to Camp Mackinicholea (aka: "Camp Mack") only being available to us for one week, and camper numbers increasing, after a long search, Camp Wohelo was chosen as the facility for an intermediate level camp. This camp, on the north shore of Pigeon Lake, will be a short drive for members in the south-half of the region. The camp will be held August 10 to 14, 2009. Intermediate members ages 12 to 14 are encouraged to fill out an application form. Of course, more counselors are needed for the two weeks of camp, so senior members, please apply to LTCS.

Regional Judging

This Northwest judging competition always proves to be a big attraction. With ten classes equally divided between livestock and consumer decision-making, life skills and grain, all members in the region have the opportunity to judge familiar animals and items. Placing classes for muffins, winter coats and a mystery class will challenge the members. Study guides for snow tires and running shoes will help with the consumer decision-making classes. The event takes place at the TransAlta Ranch at Keephills on April 18, 2009. Thank you to our sponsors: TransAlta Farms, Servus Credit Union, Legal CO-OP, North Central CO-OP, Northwest 4-H Regional Council and Penn West Energy.

Focus on 4-H

The 11th annual Focus on 4-H program is now scheduled for July 3 to 5 at the Drayton Valley Omniplex. Project-based shows and workshops form the core of the program, with several special events balancing out the rest of the weekend's schedule.

A number of activities are aimed at mixing the members from different projects and celebrating 4-H in the Northwest. A new event in 2009 is an Iron Member Decathlon. Throughout Saturday and Sunday members can take on 10 different fun challenges at their own pace, and at the end of the program, the top "Iron" members will be announced. The Campsite Contest, which started last year as a means of identifying club locations, was such a success that it was expanded this year. The Lip Sync Contest, Musical Ride and dance supply the evening entertainment. Stationary roping, the tractor and bike rodeos, judging and the outdoor games sessions will encourage members from all clubs to try their skills. Top member volunteers and participants will receive Heart and Hustle Awards.

With details still being confirmed, the Horse Show will start with English classes on Friday, Western on Saturday and gymkhana and trail on Sunday. The Beef Show classes will be mainly on Saturday, with marketing Friday evening and team grooming, freshman and costume classes on Sunday. The number of Life Skills' workshops has increased to 19; these workshops will be held over Saturday and Sunday with a bench show and drop-in crafts being offered on both days. Canine workshops on Friday evening will get the dogs and members primed for the rally obedience and obedience trials on Saturday and the agility trials on Sunday. The Sheep Show happens on Sunday afternoon.



"Stay still doggone it!"

For \$35 plus project entry fees, 4-H members can experience a full weekend of fun and entertainment. Registration materials were distributed to clubs and can be viewed on-line under the Northwest region section of the 4-H website www.4h.ab.ca.

Regional Communications

The Northwest region is proud of its members' achievements in public speaking and presentations. On February 28, approximately 65 members participated in one of two regional contests held in Ardrossan and Niton Junction. A total of 36 members competed in Cherhill and Calmar at the regional public speaking competitions on March 14. Congratulations to all who made it to the regional level and to those who advanced further. 🍀

Peace Region

BY STACY MURRAY

4-H SPECIALIST – PEACE REGION

This fall and early winter has been a busy time for 4-H in the Peace. Frosty Fest went well with approximately 40 members and 15 leaders in attendance. Our 'Safety Up' Winter Camp was a success with 74 members spending the weekend at the NAIT campus in Fairview. We learned a lot about safety while having fun. One of the big hits was the fire extinguisher training where members actually tried to put out a digital fire. We sent a large contingent of members to Senior Members' Conference this year. Way to go Peace! Communications' competitions will have wrapped up by the time this article reaches everyone. Congratulations to all participants – those who won and those who conquered their fears and tried. Achievement Day planning is well under way and questions about summer programs have started.

Peace Events

MARCH 28

Regional Meeting, Fairview

JUNE 26-28 (TENT)

Peace Regional 4-H Days, Valleyview

JULY 21-15

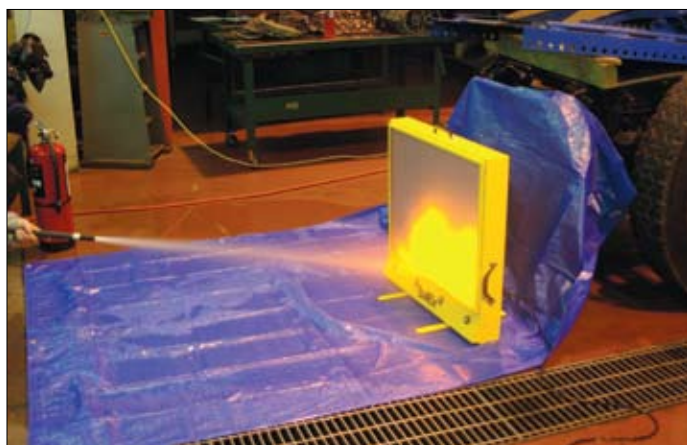
Junior Camp Artaban

JULY 27-31

Intermediate Camp Artaban

SEPTEMBER 12

Fall 4-H Leader's Forum, Fairview



At the 'Safety Up' Winter Camp, delegates got to try their hand at fire extinguishing...



Looks like Robin Homer, member of the Northern Lites 4-H Multi Club, is a natural!

New Office Staff

For those of you who are not already aware, on December 1, Christine Lentz was added to the Fairview office staff. Christine has already proven to be a valuable addition to the team. Christine is a 4-H mom and has been a huge help.

Scholarships & Bursaries

The region has four scholarships and 10 bursaries that are selected by a local committee each year. The scholarships are applied for along with the provincial ones, just check off the box at the bottom of the first page to indicate you want to be considered for a regional scholarship and include the appropriate references. The bursaries have their own form, also found on the website. Bursaries are available to any member, ages 15 and up.

Congratulations to the winners of the 2007-2008 bursaries and scholarships. The winners of the regional bursaries were: Jennifer Alexandre, Laura Gerow, Kaitlyn Hockley, Lorne Howey, Stephanie Kuester, Jenna Logan, Kristy Oatway, and Jodi Ross. The winners of the regionally selected scholarships were: Marley Miles, Jolene Noble, Heather Polasek, and Leah Sallis. The winners of the provincial scholarships were: Baily Alstott-Siemens, Samantha Drefs, Letisha Hodges, Thomas Hostettler, Leah Jans, Jessica Kuester, Josee Marcoux, Sharon Miller, Jolene Noble, Heather Polasek, Laura Polasek, Marley Miles, Monika Ross, Leah Sallis, and Jennifer Wallin. Congratulations again.

Leader Awards

This is just a reminder that there are several awards for leaders. Each year the region is invited to send several leaders on trips. See elsewhere in the magazine for more details, or call the regional office. There is the Alberta 4-H Hall of Fame, the Golden Clover and the National Volunteer Leader of the Year that our leaders can be nominated for. Please see the website for more information and nomination forms.

Regional Summer Camp

The deadline is May 15 for all summer programs, which includes regional programs. Regional summer camps will be at Camp Artaban July 21-25 (Junior) and July 27-31 (Intermediate). Forms for regional camp will be sent to your club and posted on the 4-H web site in March. 🍀

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The Alberta Motor Association Insurance Company has been a major sponsor of Alberta 4-H since 1999. We support 4-H's values of encouraging the personal growth and development of rural youth through community service. We also believe in giving back to the communities we serve, including the agricultural community. We are members helping members, Albertans helping Albertans. It's how we began and is our continuing commitment to Alberta communities. And it's why we believe in and are proud to support members of Alberta 4-H.

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Travel & Exchange



(Left to right) Jocelyn McKinnon, Heather Harty, Cody Coleman, Gina Lougheed, Sarah Reich, Dean Kosheiff, Emily Puch, Kevin Bolduc, Heather Polasek

Representing 4-H in Style at National 4-H Members' Conference

The National 4-H Conference is an award trip offered at Selections and is an experience that offers members the perfect blend of workshops, interactive learning and awareness sessions with the opportunity to tour various cities throughout the area, such as the CN Tower and Niagara Falls.

The 2008-2009 conference took place November 4-8 in Toronto, ON, where Alberta 4-H had eight exceptional representatives, and one fearless chaperone. 🍀

Western Regional Leaders' Forum 2009

BY GINNY SMITH

4-H PROGRAM ASSISTANT, SOUTHERN REGION

"It's always great to go, and nice to come home" – is the short answer from most people when they describe a trip of any kind. Expanding on that with the details is where the intrigue comes from, and totally fits with our adventure to the 2009 Western Regional Leaders Forum (WRLF) in Denver Colorado!

It was great to go and to learn how the US 4-H program differs from our Alberta 4-H program; conversely, it is now nice to be home, and be looking forward to opportunities to share with other 4-H leaders, members and staff some of the awesome ideas and project information that we acquired from the varying 4-H programs throughout the participating 13 western United States!

Accompanying two leaders, Lee Carothers of Stettler and Peggy Stelter of Bindloss – who combined, have more than 40 years of 4-H leadership experience – was a privilege and a



Peggy, Lee and Ginny in the walking mall in downtown Denver, during a short power-shopping trip between conference sessions.

pleasure for me, as we had the opportunity to share about Alberta's programs, midst the mingling, mixing and learning that happened alongside the American leaders whose volunteer 4-H experience ranged from one to 56 years!

Of her experience, Lee Carothers commented, "We enjoyed our many sessions, learned a lot, laughed a bit and made a lot of new friends. Everyone we met was very friendly and helpful."

For three full conference days, we attended sessions including 'Industry Standards for Youth Livestock', 'Getting a Grip on Oral Presentations', 'Focus on Fun in 4-H's Future', and 'Innovative 4-H Horse Programs', to touch on just a few.

But it wasn't all studying. Each meal presented the opportunity to compare notes with representatives from different states, while keynote speakers provided humour and food for thought: 'Thriving in a Multi-Generational World', 'Dealing with Difficult People' as well as a cowboy poet, who had everyone looking at life from a different perspective.

The highlight for Peggy Stelter was, "being a part of the flag ceremony – it was very touching." A note in the printed schedule for day one indicated to everyone "The Colorado Leaders Council and WRLF 2009 Committee has purchased the Canadian 4-H Flag to be added to the state flags and be used at future Western Regional Leaders' Forums." Talk about rolling out the welcome mat! The Flag Ceremony and State Recognition included Canada, Alberta and the Canadian 4-H flags, along with the singing, resulted in a great sense of pride and a sense of belonging that was second to none!

Peggy stated, "in true 4-H style, we had a great time at the WRLF meeting with the many leaders and 4-H agents from the thirteen western States. This was truly a memorable trip." These sentiments were echoed by Lee as she offered up another thought for all leaders out there, "if you have the opportunity to take a leader trip, GO FOR IT!"

Then come back with a newfound sense of excitement and energy from your opportunity to learn, so that you may teach and share, to help others to grow. 🍀

On the Scene with Luke Wrubleski: A Firsthand Report of the National Western Roundup

BY LUKE WRUBLESKI

ALBERTA 4-H AMBASSADOR

Let's start at the airport where our Hippology team, which consisted of Luke Wrubleski (the first guy to go in quite a while), Shelby Crick, Jennifer Ruskowsky and Haley Scott and the members of the livestock team, all had met at 5:30 a.m. as was instructed... however, we were missing one person, Ryan Davidson, from the livestock judging team who were traveling with us. After an hour of waiting, he finally showed up, packing more bags than all of the girls put together, and he didn't even have his hair done! At the airport our team decided on our team's attire and then cleared security, only to be slowed down by Jennifer, as she had tried to take her liquids across the line. Luckily the lady at Customs understood and allowed her to rearrange her bags. Then, thinking that they were finally safe, Luke jokingly commented that it would be funny if someone were to get sick on the flight. Sure enough, the flight was jinxed and both teams blamed Luke for the bad luck when a child got sick on the plane. Following an eight-hour flight we landed in Denver. After trying to navigate the



National Western Roundup delegates (back row, left to right) Shelby Crick, Emily Wall, Ryan Davidson, Luke Wrubleski; (front row, left to right) Metty Van de Brake, Emily Puch, Jennifer Ruskowsky, Haley Scott.

extremely confusing Denver Airport, we finally found our luggage and we were hotel bound in a shuttle bus.

That night at the hotel, we met many new people in the large group games. On the way to our rooms we overheard a girl on the Texas team talking on and on and on about how she wanted to meet the Canadian team. Unknowingly she walked into the elevator with our entire team, and trying to make conversation, she turned to us and asked us where we were from. When we told her we were "The Canadians," she jumped up



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and down and deafened us with her screams of excitement. We happily discovered that our floor was locked off from everyone else's, as it was usually reserved for VIP's.

The next morning we were treated to the first of the hotel breakfasts. Later that morning we did the slides and quiz. When we were done the hotel supplied lunch. To our surprise the sandwiches were excellent, and Haley drank so much punch that the cooks offered to bring us a bowl. For the team problem and ID stations, all of the teams met in one room and were pulled out to give talks and do stations. Between competing we met the Hippology team from Kansas and had a great time playing cards with them. After the team problem there was a pin swap, but unfortunately, we were not supplied with pins so we traded the American teams for Canadian change instead. At the banquet, Luke and Shelby carried the Canadian and Albertan flags. The dance after the banquet was a blast, and our Hippology team was introduced to American line dancing.

The next day we went out to the stock show to judge the horse classes. Their classes were much more difficult to judge than what we have up here! Fortunately, we got to walk around the stock show for a while before returning to the hotel that evening. Jennifer was very insistent that we meet more Americans and so we went down to the lobby and started talking to everyone we met. We ended up playing a team game of hide-and-go seek, and met an American delegate who talked to Luke for a long time about cows. After, our entire team went to Amazing Jakes, an entertainment centre, and played arcade games, danced, laser tagged and just had a blast until the chaperones made us go back to the hotel to get some sleep.

For breakfast and awards, the "last" morning, we sat with the Georgia judging team. Our Hippology team did quite well, coming in eighth overall. We placed tenth in the judging, first in team problem and eighth in the quiz and in the ID stations. After breakfast we checked our luggage in and went back to the stock show until it was time to leave for the airport from the hotel. We socialized more at the hotel, and said good bye to our new American friends. We took a shuttle to the airport only to discover that after three delays, our flight was cancelled.

The airline gave us a complimentary hotel room for the night, and we took off in yet another shuttle bus to find our new accommodations. The next morning we woke up to snow in Denver and a free, all-you-can-eat breakfast. YES!!!! The remainder of our time in the states actually went quite smoothly and our flight to Calgary left on time. Calgary Customs didn't go as smoothly. First, they wanted to know where our luggage was, and then Luke got pulled into a different room to be interrogated separately. When our team finally got through Customs and found out where our connecting flight from Calgary to Edmonton was, we had to sprint across the airport to get to the gate in time. Once in Edmonton, we sprinted across the tarmac in the middle of a blizzard, and finally made it into the Edmonton airport, only to discover that our luggage had been lost. A friendly concierge assured us our luggage would eventually make it to Edmonton, which it did.

Now that both we and our luggage are back home in Alberta, we are proud to have represented Alberta 4-H in Denver and are looking forward to not only sharing our experiences, but also to assisting with Horse Classic in 2009! 🍀



Alberta 4-H Specialist Rob Smith congratulates Kayla Getzinger on her win at the Alberta 4-H Provincial Communications Competition. It was a win at the provincial level that allowed Kayla to move on to Nationals.

Speaking of Success... Alberta 4-H Member Wins Top Honours at a National Level

BY KAYLA GETZINGER

On November 8, I had the privilege of traveling to the Royal Agricultural Winter Fair in Toronto to compete in the 2008 Canadian Young Speakers for Agriculture (CYSA) National Public Speaking Competition; this is a competition I was able to attend through the generous support of Alberta 4-H and the Alberta 4-H Council.

Having the opportunity to compete in the CYSA was definitely a worthwhile, educational 4-H experience that I will never forget. My favourite part about the trip was meeting the other competitors from across the country. Not all the competitors were involved in 4-H and so it was really interesting to learn about the public speaking and agricultural backgrounds of the other competitors.

Those of us who did have 4-H public speaking backgrounds were surprised that there was no impromptu component to the competition. We were however, paired up with another speaker who we had to introduce before their presentation and thank when they were done; all of this was counted towards our score. There ended up being seventeen of us who competed and initially we were split into two groups to be judged. Then, the top three presenters from each group were sent on to the final round in the afternoon.

Being named the champion of the 2008 CYSA National Public Speaking Competition was the highlight of my 4-H career, and possibly my life. The CYSA National Public Speaking competition started in 1985. Since then, there have only been two winners from Alberta, and so I was proud to bring home the title for a third time. I am very thankful to all of my sponsors in Alberta, as well as the sponsors of the CYSA. Also, I would like to send out a huge thank-you to all of my 4-H leaders, friends, and of course, my family, who had to listen to the same speech over and over again. I did not do it alone and may God bless every one of you.

As a result of Kayla winning first place at the Alberta 4-H Provincial Communications Competition, she was invited to compete at CYSA National Public Speaking Competition, which is held in conjunction with the Royal Agricultural Winter Fair in Toronto, ON. For more information on the 2008 CYSA National Public Speaking Competition go to the CYSA website at www.cysa-joca.ca/.

Kia Ora!

BY GREG BORDUZAK

4-H AMBASSADOR

As many of my friends headed off for post-secondary education or entered the workforce I was thinking, “why rush into life”? I wanted to embrace my youth and explore somewhere different and unique, and as my eyes focused on a map of world they became fixated on the country of New Zealand.



Before jumping on a plane, I wanted to find a safe way to travel and enjoy myself in this foreign country, so I decided to apply for a six-month adventure through the AgriVenture Program. This program enabled me to work, live on a farm and learn all about New Zealand’s agricultural practices.

Beginning my journey, I worked on a sheep and beef farm near New Plymouth. This farm had an insane number of sheep – 12,000 ewes and lambs to be exact. I know... it’s hard to even think of that many sheep. I was literally counting sheep in my sleep! When I first arrived to my new home in October they were docking sheep. This is where they clip the tails of the

lambs and ear-mark them to determine their age in the upcoming years. Every day the sheep dogs would run around these massive hills and retrieve all these little lambs. In November and December, we were shearing the 6000 ewes and 6000 lambs. Sorting and packing all of that wool confirmed one thing for me: I would way rather do tractor work. Any day!

One of the many benefits of the AgriVenture Program is that it offers the opportunity for change and to try something new, and so after a trip to the South Island in January, I returned to a dairy farm. Dairy farmers have their work cut out for them too. Having an opportunity to learn about the dairy industry is amazing since I had no prior knowledge of it. Now, having only been here for a little while, I still would like to learn more about this industry and see how it differs from the Canadian system.

With this program, I am able to see the many of the country’s great sights. We are entitled to eight days off every month, as well as a three-week holiday. This time has allowed me to tour the North and South Islands, all the while, spending time at a variety of festivals, as well as visiting Fox Glacier, Mt. Cook and the Sky Tower in Auckland (to name drop a few hot spots), relaxing on some beaches, sailing and parasailing. It was around this time that I realized money does not grow on trees.

One of the best parts of my entire trip are the connections that I have made with the other trainees in this program. They are from all over North America and Europe and thankfully, they all speak English. The friendships I have made on this trip have a truly turned my trip into a once in a lifetime opportunity. 🍀

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NAIT's Fairview Campus will become Fairview Campus of Grande Prairie Regional College (GPRC) effective July 1, 2009. All programming currently offered by NAIT in Fairview and in the Grande Prairie Region will therefore will be under the auspices of GPRC after that date, and all processing and managing of student applications, registrations, payments and financial aid for programming beginning July 1, 2009 will be assumed by GPRC effective November 1, 2008. For information about these programs, please contact the Registrar, Fairview Campus, 1-877-299-1623, Fairview Alberta. To apply, please contact the Office of the Registrar, Grande Prairie Regional College, 1-888-539-4772.

Club & District Articles



Sandra and fellow 4-H member Russell Thatcher practice grooming techniques that are being taught by Lindsey Toews.

A Year in 4-H – A Member Recounts Her Year

BY SANDRA NITSCHKE

ALBRIGHT MULTI 4-H CLUB SECRETARY

4-H is about learning things that you have never experienced before. For example, the multi-club that I attend does different things according to what we want to learn. Mr. Cramer helped us do leather work, my mom, Della, helped us do gardening, and our general leader, Mrs. Walter, taught us wood-working, photography and a bit of drawing.

If more kids and leaders signed up for our small multi club, we could do more complicated things. If you join a multi club I doubt that you would even have to live on a farm. I'm pretty sure that living on a farm would help if you were in a beef project, where you have to raise a calf, but I wouldn't want to try to raise a calf in a back yard!

My mom was in 4-H when she was a girl. Mom wasn't in a multi-club like me, but she did gardening, which is why she helped our group with it. She helped me when I made club minutes for the first time and when I was secretary, she taught me how a business meeting worked.

It's important for adults to volunteer to be project leaders because as members, we can experience different things from different people. In other words, different leaders will teach you to do things in a different way, like our motto, "Learn To Do By Doing."

Another thing that our multi club has is an Achievement Day. Last Achievement Day two other girls and I brought our ponies. I had brought my small grey Welsh pony named Hailey. (Unfortunately, we didn't know that she was pregnant until later that summer!)

I got a blue ribbon (second) for my "Horse Display" as the judges called it. Although I think they should have called it "Pony Display" because Hailey is a pony. I got a red ribbon

(first) for how I laid out my small business, and I got another blue ribbon for my photography.

On my farm we have horses, cats, bunnies and goldfish. We have six horses, the oldest of which is a quarter horse named Cherokee. He's my moms' and is 31. That's pretty old in horse years. The second oldest is an Arabian horse, Snowball. Next is Flicka who is a Welsh pony and then there's Amber who is a quarter horse cross Arab. Next is eight-year old Hailey who I ride and then of course, there is Hailey's baby Sunny, who is coming up four months. Can't forget Sunny!

On August 5, my family woke up to a huge surprise - the foal had arrived! We named her Sunny because she was born during a heat wave. Right now we still don't know what colour she'll be. She has almost black legs and an almost white body! So what she'll end up looking like is a total mystery to me.

A little while ago, my mom and I started to halter-break Sunny. First, we put a tiny halter on her for a bit of time each day so that she would get used to it. When she got older, we started leading her in her little pen with her mom. The first time we did it, I led Hailey while my mom tried to lead Sunny towards her mom. It didn't work so well because Sunny put up a huge fight, reared up and threw herself on the ground, picked herself up and did it again.

Finally at the end of the lesson, Sunny figured out that my mom wasn't going to let her go and her mom wasn't going to give a care, so she led nicer than she previously. The next time, she led almost like a pro. Little by little, Sunny could walk on a halter shank without her mom beside her. One time, I got the halter on Sunny and did the leading while my mom chopped wood.

In another lesson, we tied her to a post to pick out her feet. Sunny did it almost perfectly. We had to make sure that she could be handled properly for the farrier. Sunny wasn't sure that she liked the farrier because she tried to rear up.

From the very beginning Hailey has been a trusting mom – on the second day of Sunny's life, Hailey left her new foal with me to baby-sit while she went for oats. Sunny has certainly had an interesting life with Hailey and me.

It has been fun writing about my 4-H multi club.

Sandra Nitschke, who aspires to be a writer or a journalist, was asked by her general leader, Wendy Walter, to write an article that would encourage former 4-H members to consider volunteering their time back t the 4-H organization. ♣



The author, Sandra Nitschke, photographed here in the pink hoodie, with her horse Hailey and Nielle Syncox.

Talking, Presenting and Riding: An Update from Big Hill West

BY ANNESSA GOOD

CLUB REPORTER

On February 7, the Big Hill West Light Horse 4-H Club held their annual club communications' competition. As always, the club really appreciated all of the support provided by the audience, parents and the communications' committee. It was great to see the final result be so successful. After asking past 4-H members what they thought the most beneficial aspect of 4-H was, the answer was anonymous: the confidence learned from speaking in public!



Members of the Big Hill West Light Horse 4-H Club

It was amazing to watch the junior members as they bravely take their first steps onto the podium and to then watch the senior members as they prove that hard work and experience go hand in hand to produce a winning combination. The majority of our club is trying out the presentation side of the communications and we had everything from a board game presentation to multiple presentations on horses (keeping true to our club!)

Thanks again to all of the participants and organizers, and good luck to all of our members who are moving onto the next level of competition! As a club, we are really looking forward to getting back in the saddle; starting in March we will be back to taking weekly rides in our arena and cannot wait! 🍀

FUN FACT

The smallest bone in the human body is the “stapes” or the “stirrup” bone, which is located in the middle ear. It is approximately .28 centimetres long.

Basic Horse Health Clinic Launches 2009 – Anselmo Willing Workers

BY RENEE CHESTER

LIGHT HORSE PROJECT LEADER



Ryley Borchneck giving “Chairo” an injection of saline solution, with Janelle Daw overseeing him and Claire Ainsworth holding the horse.

To kick off 2009, the Anselmo Willing Workers 4-H Multi Club (Light Horse project) went to the Mayerthorpe Vet Clinic on January 8 where local veterinarians Janelle Daw and Claire Ainsworth did a clinic on “Basic Horse Health.”

Many topics were covered during the clinic: how to take vitals, how to do a physical examination, how and where to give injections, colic, bandaging (we covered leg wraps), First Aid kits and vaccines. The highlight of the clinic was when each member had the opportunity to give “Chairo,” Mrs. Chester’s 21-year old Gelding, injections of saline solution. 🍀

Cowboy Poetry

BY LINDSEY GROVER

On January 17, the Big Valley Outriders hosted the 9th Annual Cowboy Poetry night at the Stettler Community Hall. This is the club’s main yearly fundraiser. The Big Valley Outriders are a horse and small engines club, with membership drawing from Stettler, Big Valley, Delburne and Rumsey.

The guests were able to take in a variety of silent auction items that were donated by businesses of the community. Also with the tickets, the guests were able to enter for a door prize, which was a night for two at the Black Night Inn in Red Deer. Attendees were able to purchase raffle tickets on an iron coat rack that was donated by the Marshall family.

Guests enjoyed a roast beef supper, which was prepped by parents and volunteers, with the highlight of the meal being the homemade desserts that were prepared by members.

FUN FACT

Red foxes are not all red. Other common red fox colours include brown, black and silver.

Cactus County District Happenings



It was during an exchange with Ontario's Dufferin County that the members of the Cactus County District met 4-H leader, Darlene Frizzell, who is pictured below

To catch everyone up on what the Cactus County District has been up to lately, on December 20, 2008 we hosted our District Judging Workshop with 45 members from Cactus Country District and six members from other areas received instruction on how to judge heifers, ranch horses, grass feed and vases. Special thanks goes out to all of the members, parents, leaders and volunteers who helped make this event a huge success.

The Cactus Country District Pen Show was held on December 20, 2008, as well. Approximately 75 4-H members from Alberta and Saskatchewan participated in the Team Grooming, Open Heifer, Bred Heifer and 4-H Steer Jackpot classes. Thank-you to the sponsors who continue to support 4-H and the Pen Show: Ag-Plus Mechanical, A R C Appraisal Consultants, Lammles Western Wear & Tack, TD Canada Trust and Watson Cattle Company.

In closing, it is with great sadness that the members of the Cactus Country 4-H District extend their condolences to the family and friends of Darlene Frizzell, who died on December 6, 2008 after a courageous battle with breast cancer. Darlene was a dedicated chaperone from Ontario who was part of the youth exchange between our district and Ontario's Dufferin County last summer. Darlene's trip to Alberta this pas summer was her first time to the province, as well as her first time on a plane! Her husband reported this time as being "a highlight for her and something she needed to do."



Darlene Frizzell

She will be remembered, always. 🍀



Big Valley Outriders' members who helped to make the Cowboy Poetry night a unanimous success.

While the parents prepare the meal, the members are responsible for decorating, serving guests coffee and dessert, and clean up.

"I really enjoy the way the young people are so polite and attentive to their guests," said one guest.

The entertainment was a variety of poets and musical acts. Our local poet was Vic Stuckey from Red Willow. He entertained the audience with stories that the crowd really connected with. Hazel Rust from Ponoka was a poet who told some entertaining stories about everyday life. Steve Potter and George Keetch were a duo that provided a musical element to the evening. The entertainment was enjoyed by guests of all ages. A couple of guests who have attended every year commented, "This was the best year ever!"

This is the main fundraiser for the club; the funds raised will be put towards arena rentals, riding instructors, parts for engines and other supplies that the club will need throughout the year. We want to thank everyone for supporting our 4-H event, including our donors, guests, and families.

Cowboy Poetry was a huge success and is an event that the community looks forward to each year. 🍀



Members of the Big Valley Outriders 4-H Club recite the 4-H pledge.

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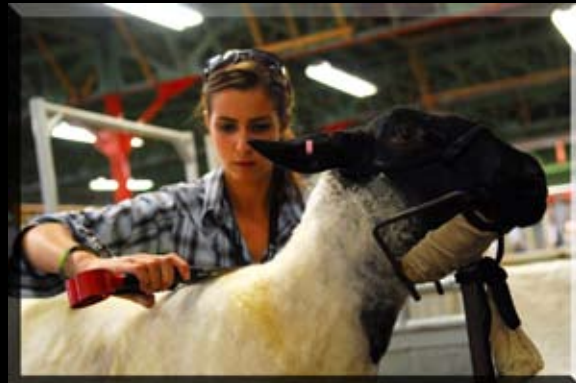
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International Youth Livestock Show

Winter Blahs 2009!

BY AMANDA GREENING

CLUB REPORTER



A general look at how the room was set up for the Winter Blahs Live Model Horse Show – each division got a show table, and the different breed, colour and gender classes were called and judged.

On January 24, 2009 the Calgary 4-H Southpaws held their annual fundraiser, the Winter Blahs Live Model Horse Show at Mazeppa Gas Plant. For those who don't know, a model horse show is when collectors of equine figurines come together and judge the figurines according to categories such as Realism and Workmanship.



Some of the members who were experienced in the model horse hobby helped with judging, as Krysta Turner is shown starting here.

Overall, it is split into two categories: Original Finish, which means how the model was purchased from the manufacturer and left in its original appearance, and Custom, which means that an artist has prepped the model and painted it their own way, sometimes even changing the horse's position. From there, the categories divide into China/Resin and Plastic, which indicate what the models are made from. And finally, categories are split between sizes: Traditional, which is the largest, to Classic, to Little Bits to Stablemates, which is the smallest. Prices for these models can vary very widely be-

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This exciting 2-day format will include arena safety seminars, sports medicine, conditioning demonstrations, gymkhana and rodeo events.

"The inclusion of educational components has been well received by 4-H competitors, parents and 4-H leaders. It is a great addition to a fantastic 4-H event at Stampede Park"

Norma Ansloos, Chair, Calgary Stampede 4-H Committee

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Intermediate & Junior **Thread the Needle**

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Senior & Intermediate **Breakaway Roping**

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tween the different kinds of models, and can go anywhere from \$5 to \$1000, depending on the paint job, collectability and the resin.

From entry fees, a wide range of raffle and auction items, a 50/50 draw and selling lunch and drinks, we had a successful fundraiser, making over \$1100 for the day. Thank you to everyone who donated an item towards the show, it was a big help. ♣

The Farm Kid Olympics

BY CLARA NIBOURG

GENERAL LEADER



With a blazing time of 12.03 seconds, this member set the bar high during the 50-metre Bale Hurdles.



Either there was a mean cow that no one wanted to get close to or this action was all part of the Farm Kid Olympics.

Halkirk Hicks 4-H Rodeo Club hosted the Coronation District Fun Day on Monday, February 16 at Circle Square Ranch. The Farm Kid Olympics consisted of events such as Salt Block Shot Put, Frozen Cow Pie Discus, Square Bale Hurdles, Pitch Fork Javelin, Round Bale Rolling and Chop Pail Relay. About 35 4-H members from the district participated in the events and enjoyed hot dogs and prizes. ♣

Outlaws 4-H Horse Club: What's New, What's Happened and What's on the Horizon

What do you get when you take 28 members, ages 9 to 20, throw in horses, some leaders and supportive parents? It is a recipe and opportunity for friendship, adventure and learning! The Outlaws 4-H Horse Club started the 2008/09 club year with a bang – increasing its membership for the third consecutive year. The growth of the club has required some patience and flexibility – our meeting location is now very tight and riding lessons are almost a full day-long process. Our growth however, has presented new opportunities. New members and their families are able to explore all that 4-H has to offer while being supported by enthusiastic returning members.

Warner District's First Workshop of the Year

BY MELANIE DANIELS

RAYMOND BEEF CLUB LEADER



(L to R) A thank you goes out to the day's presenters: Stephanie Parker, Jolene Garber and Ryan Uytdevilligen

On November 22, 2008, the Raymond 4-H Beef Club hosted the Warner District Communications and Parliamentary Procedures Workshop at the Raymond Junior High School; the goal of the workshop was to enhance and improve the skills of members.

An advertisement for the Northern Alberta Youth Entrepreneurship Camp. The ad is framed by a rustic wooden border. At the top, it says "www.nayec.ca". Below that is a photo of a group of young people in yellow shirts posing in a field. Text on the ad includes "Northern Alberta Youth Entrepreneurship Camp", "Making business fun!", "CAMP IS FREE!", "August 16-22, 2009", "Youth Aged 13-15", "Moose Lake Gospel Camp • Bonnyville, AB", "Work in teams • Learn what it takes • Start your own business", "Canoeing • Archery • Swimming • Hiking • Beach Volleyball", "Sponsor: Northern Alberta Development Council", "Community Futures", and the phone number "1.877.851.9996".



(l to r) Hayley White, Abbi-Lynn Kendze, Carissa Fruson and Taylor Schaber at the multi-judging clinic in January

The year has been busy so far. Being a horse club, riding is what the members live and breath. Depending on weather and temperature, we ride a minimum of four times a month with the support of two coaches. Two senior members, Amy Richards and Marissa Pratt, assist in coaching by providing individual assistance during the lessons.

We held a TPR (Temperature, Pulse, & Respirations) clinic in the fall so we could all learn how to safely perform health checks on our horses. Since then there has been no stopping us. A Halloween party (in full costume) was held at a local bowling alley, our Christmas party involved swimming followed by a potluck supper and gift exchange. The past few months have been busy with public speaking clinic and competitions, multi-judging clinic and competition, as well as club-level events.

Although the snow is still on the ground and it is cold outside, we are already looking forward to the spring and summer. These seasons bring the district and regional horse shows, as well as the much anticipated 4-H on Parade at the Calgary Stampede grounds. The Outlaws will once again be hosting a 4-H Rodeo in Didsbury on August 16. The rodeo is open to ALL 4-H members and has proven to be a great day for all participants. If you are interested in attending this year or need further information, please contact Tanya Brown at 403-705-8756, or by email at lbwillowcreek@aol.com. We hope to see you there! 🍀



Club members at the January meeting, sitting in front of our new Horse Equine First Aid Kit.

We had a great turn out for the first workshop of the 4-H year with members, parents and leaders arriving from the 49ers 4-H Horse, Milk River Multi 4-H and TriCountry 4-H Clubs.

The morning started out with the senior and intermediate members participating in the parliamentary procedures session, which was presented by our Southern Region Ambassador, Stephanie Parker. Members learned and practiced aspects of running meetings and making motions. At the same time, junior members and parents listened to the Warner District Key Member, Jolene Garber, on what to expect in the first year of 4-H and what 4-H has to offer beyond the club level. These were two great presentations.

After a short break the members went back to work, participating in two more sessions. The members had the option between learning about public speaking and impromptus from Stephanie Parker, or being coached in presentations by Lethbridge District Key Member, Ryan Uytdewilligen. Members learned the rules and how to prepare for their upcoming communications day. These two presentations were also great.

After a very informative morning, lunch, which was prepared by the families of the Raymond 4-H Beef Club, was served. Once lunch was finished, members, parents and leaders joined in a game of Stand Up Bingo. It was lots of fun and many prizes were won. In addition, all the members who attended the workshop received a prize.

On behalf of the Raymond 4-H Beef Club and the Warner District, we would like to thank Stephanie Parker, Jolene Garber and Ryan Uytdewilligen for taking the time to prepare and present very important information to the members, which will help them throughout their 4-H year. In addition we would like to thank the Raymond Jr. High School for letting us use the school facility, free of charge. Workshops are also not possible without the attendance of members, as well as the help of many parents, leaders, Key Members and Ambassadors. Thank you to all who attended and helped make this workshop possible. Last but not least, we would like to send a big thank you to EnCana, Alberta Agriculture and Rural Development and Safeway for sponsoring the workshop. Without the support of these sponsors, workshops like this one would not be successful.

Warner District members should be on the lookout for a multi-species workshop being organized by the Milk River 4-H Beef Club in the spring. Hope to see all of you there. 🍀

FUN FACT

John Cabot was the first explorer to reach Canada in 1497.

FUN FACT

The glacier water that runs down the sides of Mount Snow Dome (at the Columbia Ice Field) is deposited into three different oceans: the Pacific, the Atlantic and the Arctic, which creates a triple-continental divide. The only other triple-continental divide in the world is located in Siberia.

Know Safety, Live Safely

BY STACY PRICE

KEY LEADER ROCKYVIEW 4-H DISTRICT



Russ McKeage teaches members how very important proper technique and stance is in self defense.

It's been said that each day, we should try to learn one new thing, and on Saturday January 17, 21 members and seven leaders/parents left Rockyview 4-H District's "Live Safely" workshop having done just that.

For example, as a leader or organizer, when we are planning an event, we think we are doing due diligence by asking if there are any health issues or food allergies that we should be aware of; however, we don't ask or don't follow through on the "what if?" variable.

That question was posed to us many times throughout the weekend: what if that person eats fish - what will happen to them? What if that stranger continues to follow me even after I have moved to the other side of the street? These were some of the excellent examples posed by our presenter Russ McKeage, a Community Peace Officer with the Airdrie Municipal Enforcement. He, along with fellow officer Cale Feduniw, entertained and educated us for the morning.

Russ spoke with the older members (ages 13 and up) about driving safety, winter driving, road rage and animal strikes, while Cale worked with the younger members on bike safety, as well as touching on ATVs and snowmobiles. Due to the icy condition of the parking lot we were unable to put into practice anything we learned, but the younger members got some good reminders. After a short coffee break we moved into self defense and awareness, which was a huge hit with the members.



Workshop participants learn how to lay down the law when it comes to safety.

During the workshop's lunch break, Theresa Wawrykow, who is a Public Health Inspector with the Calgary Health Region, gave us something to chew on with her excellent presentation on food safety and proper hand washing techniques. Again, we learned some very interesting facts from Theresa, and I think the members were very excited to run around checking temperatures and looking for bacteria with special flashlights. We finished the afternoon up with older members practicing safe driving techniques, such as safely backing up a trailer, ensuring that the trailer is properly hooked up, checking the brake cable and checking mirrors and blind spots. During this time the younger members got an overview of the summer camping programs that 4-H offers, and also played some games.

Needless to say, the evaluations are in and everyone had a good time, with many members and parents submitting idea suggestions for next year. Not only are we excited about starting to plan our next workshop but also for preparing ourselves for it by asking, "what if we get more members to come out for the next workshop?" 🍀

Is Your Horse a Rock Star?

BY HAILEY COLE

CLUB REPORTER



Dessa Hockley discussing the personality of a member's horse.

Our horse club, The Springbank Rawhides 4-H Club, was lucky enough to have Dessa Hockley, author of "Is Your Horse A Rock Star? Understanding Your Horse's Personality" do a clinic for us on the morning of February 22, 2009.

Our morning started with an oral presentation by Dessa, who explained the many different personality traits of horses. She told us what to look for and how to determine what personality your horse is by combining these traits. The main ones are as follows: Rock Star, Wall Flower, Lone Wolf and Macho Man. This lasted about 40 minutes and then we started evaluating each member's horse individually.

As each horse came into the arena alone "at liberty" (without a halter), Dessa and the club members would observe the actions of the horse. Dessa would also do various exercises with the horse and have a discussion with the rider to determine

the personality of their horse. Before giving her assessment, the members tried to "guess" what the personality was by their observations and experiences. Dessa also left each one of us with a bit of advice on how to "deal" with our horse's personality.

We all had a great day and were surprised that out of the 10 horses that attended from our club we only had two with the same personality! And yes, we do have a "Rock Star" in our club! 🍀

St. Paul Multi: Good Food, Good Cause

BY LARISSA LUPUL

CLUB REPORTER



The ladies did a great job preparing tasty box lunches to share with their winning bidders.

This year the St. Paul Multi Club began with 61 members, which is about twenty more than last year! Our projects include: beef, heifer, cow/calf, theater, small engines, horse and foods.

On February 4, we had our annual Box Lunch Social. This is an event we hold every February after our monthly meeting. How the Box Lunch Social works is that either the boys or girls (this year was the girls' turn) make all of the lunches, which have to be big enough to feed three people. At the end of the meeting, a few brave dads work as auctioneers and we sell the lunches. Then the girl who brought the lunch, and the guy (or guys) who bought the lunch, eat it together. We then take all the money raised (\$718 this year) and donate it to a charity or someone in the community we feel would benefit from the donation. This year, we are giving the money to a local family whose daughter is battling cancer. Everyone had a great time, enjoying good food for a good cause. 🍀



The brave dads in action.

Features

What an A“maze”ing Idea

BY JESS HAINSTOCK

COMMUNICATIONS AND RESOURCE SPECIALIST

When thoughts turn to summer, images of beaches, ice cream and sunglasses immediately pop into one’s head. When former 4-Hers, Mark Muchka and his wife Deanna Muchka think of summer, thoughts of corn sheaves, petting zoos and three months of living in a RV materialize.

“Deanna and I got the idea for the corn maze in the summer of 2007,” explains Mark, past Communications and Marketing Specialist for Alberta 4-H and current co-proprietor of Calgary’s Corn Maze. “We had pre-determined criteria that whatever venture we decided on had to complement, and it just so happened that building and owning a corn maze met all of the requirements. Creating a business that would allow us to get back to our roots by providing a unique experience that brings the “country to the city”, as well as relocate us closer to our families were really important “musts” for us.”

And as it would happen, it was this close proximity to family that allowed for Mark and Deanna to hit their opening day deadline of August 14, 2008.

“The maze location was stark empty at the beginning of last summer – everything that is now on it was built from scratch. Had it not been for the elbow grease supplied by our families, we would definitely not have had the maze up and running for opening day.”

And it wasn’t just pre-opening infrastructure issues that were causing newly appointed “corn”esiuers Mark and Deanna to sweat a bit, it was also the fact that the weather, and the crop itself, were refusing to cooperate.

“Seriously, one week prior to our official open, the corn stalks were waist high. It had been a really poor growing season, what with the cold spring that we had, not to mention the two rounds of hail that we had been hit with. But then, in a week of hot weather, the corn just up and grew 3.5 feet and we were able to open on time.”

True to the saying “if you build it, they will come,” the Calgary Corn Maze has proven to be no exception.

“Prior to opening, we relied heavily on the partnership that we had with the local radio station, Country 105, for our marketing; however, after the first weekend, we found that our largest source of promotion was word-of-mouth. The feedback that we received from customers was very positive, and apparently, the reviews that people voiced to their friends and family were positive as well, because our numbers kept on increasing throughout the summer and early fall.”

Mark Shand, Program Specialist with Alberta 4-H was one of those positive reviewers: ““Mark and Deanna have done an amazing job of providing a recreational experience in a rural setting. Their passion has provided a family-focused opportunity that gets people outside, all the while exploring a variety of fun activities. I am certain that both would assert 4-H as being a positive influence that has brought them to this rural value-based venture.”

“As soon as we decided to do the maze, it was full steam ahead,” states Mark M., “seeking approval from the municipality and laying out our site and marketing plans. I think that 4-H instills in its members the notion that it’s OK to believe in your ideas - to try them out and see where they take you. That’s exactly what Deanna and I did, and trust me, we’ve spent a lot of time ‘learning to do by doing’ in the last two years.”

Mark is quick to credit his and Deanna’s respective 4-H expe-



One of the many paths winding through last year’s maze.



The petting zoo is a popular feature of the Calgary Corn Maze. Not only does it create conversation and opportunities for learning, but guests are actually able to hold and interact with the animals as well.

periences for the high level of comfort that the two have for conversing and interacting with their visitors, as well as with their willingness to leap into the project in the first place. 4-H also taught them the importance of community involvement, and as such the Calgary Corn Maze worked to support the Alberta Children's Hospital, donating just under \$4,000 to the Hospital's Foundation.

And perhaps it is being able to offer the learn to do by doing experience to others that makes Mark and Deanna so keen to educate the numerous groups who arrive fresh from the shopping malls and skyscrapers of an urban centre.

"We get a lot of school, community and corporate groups out to the maze. A lot of our time is spent talking with these groups and educating them in ways of agriculture. It's been neat to see how excited people from the city get when they're out at the maze, interacting with the animals in the petting zoo and asking questions about the corn's growing process. People are really interested in learning about the procedure of it all, and it's great to be able to provide a venue for people to do that."

While Mark and Deanna do the majority of the day-to-day work on their own, they do still employ a few summer staffers, just to make life run a bit smoother and potentially less busily.

"We still say that the best people to work with are members of the 4-H community. The positivity and enthusiasm they bring with them proves to be a reminder of all of the benefits that 4-H imparts to its members in terms of professional conduct and work ethic."

When asked if the 4-H cloverleaf would ever be selected as the maze's pattern of choice (each year, the maze is cut into a certain pattern, with last year's design being in the shape of an old fashion engine), Mark played the stalk pretty close to his chest. He did, however, comment that the 2009 version of the Calgary Corn Maze would possibly be of "Jurassic proportions."

For more information on the Calgary Corn Maze, please go to www.calgarycornmaze.com. 🍀



The maze's pumpkin patch in its early stages – there have been talks of expanding the patch for next year's maze.

Where are They Now?

BY SUSANN STONE

MANAGER, MARKETING AND SPECIAL PROJECTS

Name: Keith Luft

Club: Cremona 4-H Beef Club as a Market Steer Project member, and to-date, two of his children are involved in the same club, of which his wife is a leader and Keith assists where he is able.

Number of Years as a 4-H Member: 8 years



What was the highlight of your 4-H Career?

During his time as a member there were many highlights for Keith, every activity was fun and worth attending. Keith laughs as he says, "one of the most memorable highlights was meeting my wife at a 4-H curling event, and then attending camps together later on and eventually getting married."

What are you doing now?

Employed by Penn West Energy Trust as General Counsel, Senior VP - Stakeholder Relations. Keith wears many different hats with the organization and enjoys working with farmers and ranchers within the oilfield industry. He was instrumental in setting up the partnership between Penn West Energy Trust and Alberta 4-H, which he feels to be a great fit as Penn West deals with the individuals, farmers and ranchers in rural communities where 4-H is strong.

What skill(s) do you use every day that you gained through the 4-H program?

There are many 4-H-acquired skills that he uses everyday; however, the skills that stand out to Keith that 4-H imparts to its members are public speaking and business skills, responsibility, hard work and the ability to have fun.

How would you describe the 4-H program to someone who is unaware of the program and its benefits?

"Learn to do by doing exemplifies the learning and growing that occurs within 4-H as members gain hands-on experience," says Luft. Also, 4-H prepares young people for future endeavours, such as moving out of their small community to attend college or university. Having experience this himself, Keith remembers feeling nervous and not knowing anyone; however, he soon discovered that there were many people in the city who he already knew, having attended 4-H activities and programs. 🍀



FYI Building Knowledge Networks to Achieve Agricultural Excellence

Lauren Hennig, a former 4-Her and member of the Green Hectares Board of Directors, talks a bit about the Green Hectares project.

Q: Tell us a bit about Green Hectares. How did it get started, who's involved and what do you do?

A: The Green Hectares vision came from needs that were identified by young people in the agriculture industry. The majority of our board members are former 4-H members so all of us have a vested interest in agriculture. The future of agriculture is in jeopardy with a significant decrease in the number of young farmers. We want to reverse this trend by ensuring that there is proper education surrounding the industry, as well as to create a venue for young people, both rural and urban, to be able to gather and interact around a shared interest in agriculture. We felt that there needed to be a place to exchange ideas, to network with like minded people and to constantly learn new things.

Q: Will Green Hectares be a physical space, or is it just a concept?

A: We are actively seeking property in Strathcona County, and are currently in the capital fundraising stage. In the meantime, we have developed partnerships with many local producers and organizations to begin offering programming such as calving tours, computer training and gardening classes.

The Green Hectares facility will include an Agricultural Enterprise and Conference Centre, a Demonstration Farm and an Equine/Livestock Sport and Competition Centre.

We just completed our business case, which details all of the services Green Hectares will provide and the facilities required. It was a huge undertaking and an amazing accomplishment.

FUN FACT

Canadians consume more macaroni and cheese than any other nation on earth.

Q: What are some of the ideas and learning opportunities that Green Hectares has in the works?

Well, we have quite a few ideas! But a few seem to really be piquing people's interest. One of the most unique services offered will be agricultural business incubation; Green Hectares will provide advice, resources, land and office space to help young agripreneurs create businesses. Another idea is connecting (both urban and rural) students with the livestock industry through visits to various facilities during calving season. They are learning a lot about real world applications for their scholastic studies. Also, a demo farm with various livestock and intensive agriculture crops is being considered. Crops and various species birthing can be filmed on a 24-hour live video feed so that people will be able to access it via the internet. Cameras will capture and document these progressions so that people can follow it online as well as onsite. A commercial kitchen, where cooking will be done with the produce that is grown onsite has also been discussed. A farrier college, AI instruction, riding facilities, onsite classrooms – really, like I said, we have a lot of ideas!

Q: What types of people are you hoping will join your organization?

A: All types! Of course, being former 4-Hers, we immediately thought of 4-H members and alumni as being ideal members. They know from firsthand experience the passion and commitment that goes along with being part of a great organization. Also, thanks to 4-H programming, they are not inclined to shy away from a bit of hard work and are not daunted by the thought of being busy. We want a dynamic group who realize the importance of a viable future of agriculture.

Q: In everyday speak, what does Green Hectares community promote?

A: That you're not the only one who is interested in agriculture, or wants to be a farmer, or is intrigued by the new agricultural technologies. We are all part of a dynamic industry; as it evolves, so must we. By placing an emphasis on practical and pertinent education we will work together to perpetuate a successful livelihood in agriculture.

If you are interested in learning more about opportunities available at Green Hectares, and ways that you can get involved, please visit their website at www.greenhectaresonline.com.

For a list of current members of the Board of Directors, go to www.greenhectaresonline.com 🍀

FUN FACT

On account of dolphins having a set of lungs as well as a blowhole, they can hold their breath underwater for 8 to 10 minutes – sometimes, depending on how deep in the ocean they have had to dive for food, it can be closer to 15 minutes!

Growing Leaders, Building Community: How Youth Can Build Community and Bridge the Rural-Urban Divide

BY LISA BAROLDI

PROGRAM COORDINATOR - IGNITE CHANGE NOW! PROGRAM

I grew up as a “townie” in a small Albertan community. Only farm kids were involved in 4-H and, as far as I knew, they raised cows that ended up as ground beef and T-bones in my parents’ freezer. To youth living in cities, the club with the four-leaf clover as its logo could have been an Irish cultural association for all we knew.

Now that I work for the John Humphrey Centre for Peace and Human Rights, a not-for-profit based in Edmonton, I understand that 4-H exists not to grow beef, but to grow leaders. While the John Humphrey Centre uses human rights as a framework to engage and empower youth, 4-H uses agriculture to develop young leaders.



(left to right) Mirlande Demers, Kris Wells, Brianna Olson, Darren Olstad address 600 youth at GYA 2007 on how to be a leader.

When the John Humphrey Centre announced its Ignite Change Now! Rural Outreach and Youth Engagement Strategy, 4-H was supportive. The Strategy aims to work with rural organizations to engage youth, link global and local issues, build bridges between rural and urban youth, and support youth as they address human rights concerns in their communities.

Over the next six months, the John Humphrey Centre’s facilitators will lead exciting workshops on the challenges and opportunities for youth living in five Albertan towns. The dialogues will generate awareness and important action, as well as prepare the youth for the Ignite Change Now! Global Youth Assembly (GYA) 2009 being held in Edmonton from July 30 to August 2.

“Building Community” is the theme of this year’s GYA. Over 1000 youth (ages 16-28) will experience outstanding keynote speakers, a hip-hop summit, hands-on workshops and a lot of fun. The GYA is an opportunity to bring rural and urban youth from around the world together to learn from each other and to develop new skills to become active citizens.

Delegates will learn that building community is like, well, building a barn. Even this town kid knows that a good barn requires a smart design, a strong foundation, people with different skills, and music and dance too. A healthy community needs the same things!

We look forward to seeing you at the Global Youth Assembly this year – visit us at www.youthassembly.ca for more information. If you are interested in the John Humphrey Centre visiting your community, please get in touch with us at info@jhcentre.org.

Tilley 4-H Club Goes to School: Introducing Canada’s Second School-affiliated Club

BY JESS HAINSTOCK

COMMUNICATIONS AND RESOURCE DEVELOPMENT SPECIALIST



(l to r) Hayley Chappell (in background), Mallory Stewart and Sydney Hatfield (in foreground) try their hand at woodworking.

What may have been regarded by some people as being a bad thing, turned into the perfect opportunity for members of the Tilley 4-H Club.

Faced with the dilemma of having only six members, Cindy Wolfer, Tilley 4-H Beef’s General Leader, got to thinking about an idea that she had some across in a back issue of Alberta’s 4-H Magazine.

“I first read about Ardmore School (Canada’s first-ever in-school 4-H club) and their starting of an in-school 4-H club in the Fall 2007 issue of the 4-H Magazine,” Cindy remembers. “When I saw that our club wasn’t going to meet the minimum member requirement last fall, I realized that we were actually in an ideal position to follow Ardmore’s lead.”

She approached Jim Burchell, principal of Tilley School and one of two in-school 4-H leaders, who immediately took to the idea of rejuvenating the school’s option program.

“By having the in-school club we’ve been able to offer our students options ranging from quilting to photography to woodworking to outdoor education to foods. When it seems like everything as of late is becoming more and more urban-centred, it’s important to be able to offer opportunities like this in a rural setting.”

And so, every Monday and Wednesday afternoon for the last two periods of each day, students work on their 4-H project, with their club meetings happening over lunch hour, once a month. This set-up differs a bit for the Tilley 4-H Club’s outside-of-the-school counterpart, which is the club’s beef contingent. There are six beef project members (with one member being in both the beef and the school club) who all live around the Tilley area but attend school in Brooks. These members have their meetings in the evenings once a month, in addition



Members of Tilley 4-H Club's beef project contingent.

to usual the judging and community service requirements of a typical 4-H club year.

While both Cindy and Jim are thrilled with the results that have thus far been realized by the addition of 4-H projects into the school's curriculum, they both admit to there being a few obstacles involved with seeing the Tilley School 4-H Club come to fruition. Issues around funding, grants and initial start-up costs, time constraints involved with leader screening procedures and the time required for the idea of an in-school club to be accepted, pick up momentum and catch fire with both the students and the community.

But as Cindy asserts, it will happen.

"I just see there being so much potential for this sort of programming to happen in rural centres across the province. Sure, it is going to take some time to work out all of the kinks and bugs, but every year, it will become easier and more streamlined."

Jim also feels that once the students come to realize the additional benefits of the 4-H program, like scholarships and exchanges, the student's buy-in will be huge.

"Ultimately, offering the 4-H program to our students is enhancing their learning experience, which, as a school, is what we're striving to achieve," Jim asserts. "There will be growing pains along the way, but in the end, it's worth it."

If in-school club sounds like something that your school might be interested in, please contact your Regional Specialist for more information. 🍀

QUICK FACTS

- 34 members in total: 28 who are involved with the in-school portion of the club; 6 who are beef project members; one who is a member of both;
- Four leaders in total – Cindy, Jim, Rick Volek and Brenda Arnold
- Tilley is a village of approximately 400 people – of these 400 people, there are 24 families who are now involved with 4-H;
- Projects: Clothing, Crafts, Foods, Outdoorsman, Market Beef, Photography, Small Engine, Welding, Woodworking

FYI

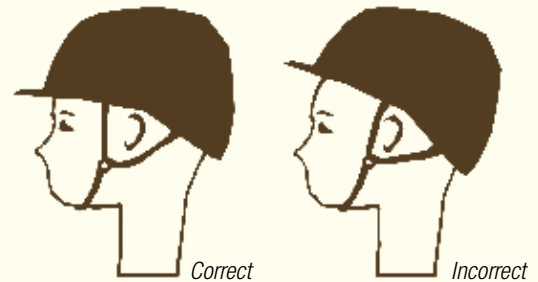
Don't lose your head!

BY KENDA LUBECK
FARM SAFETY COORDINATOR

Ever been asked that million-dollar question: What is your head worth? For those who enjoy riding horses and the freedom it gives, the answer should be: it's priceless. 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.

Fit

How a helmet fits the rider's head has a direct impact on how well it protects. A rider should try on many different helmets before choosing one, as each model fits a little differently. 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 with little play. Normal conversation should not be affected, but if the mouth is opened as if yawning, this 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.

Remember that the fit of a helmet will relax a little with use, so a snug fit is essential.

A helmet is likely to remain in place during an accident if it is properly fitted, well adjusted and correctly positioned. This will give the most protection available for the design and will be the most comfortable to wear.

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.

You can view the full article on www.4h.ab.ca



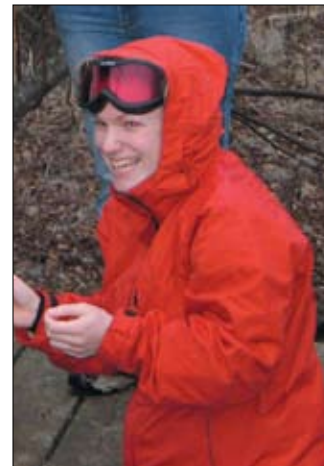
Clever the Captain



Heather Polasek



Guy Brousseau



Triona Richmond

Ask an Expert

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

Captain of the 4-H Spirit Squad - Clever

It's almost summertime Clever – how do you prepare yourself for the craziness of the next few months?

It's a fairly regimented routine, actually. I typically spend the Spring getting my 'travelling legs' warmed up, and so I space my time out between an Achievement Day here, or a communications' competition there. I read the Program Booklet in the 4-H Magazine to see what summer events are coming up and then I cross-reference with the 4-H website's calendar feature so that I can be sure to have everything scheduled and stored in my Blackberry. Also, to round out the ol' schedule, I read the local newspapers to see if any club reporters have submitted articles about what their clubs are going to be doing for their Achievement Day or yearend windup. And then of course, for the time between the shows and competitions, I drink as much green tea as possible, and practice daily stretching.

Ambassador – Heather Polasek

Everyone always comments on all of the benefits that come from being an Ambassador, but I'm about to head off to Selections and to be honest, being an Ambassador just seems stressful and time consuming. Is it actually worth it?

Being an Ambassador is definitely worth it. Over the past year I have learned so much and grown as an individual by being an Ambassador. I will admit when I was going to Selections I wasn't sure if I was up to the job. It is a hard but rewarding position because you get to represent 4-H in Alberta and be a positive role model for the younger members. The workload is just as much as you want it to be and you can make it fit your busy school or work schedule. I encourage you to try because being an Ambassador for Alberta 4-H is an amazing opportunity!

FUN FACT

The prairie rattlesnake is the only venomous snake in the Canadian prairies.

Key Leader – Guy Brousseau

Our district's Achievement Day is fast approaching, and I need to order ribbons for it, as well as awards of excellence awards. Should I just stock up on ribbons now because I know that I will need them next year? And how far in advance do I need to submit my A of E applications?

While I can understand your thought process on the ordering of district ribbons, doing so is actually not correct. You can not order ribbons through the club supply catalogue for your district show, these are only for your club show. For the Awards of Excellence, it takes three to six weeks to receive your awards, so you must order early. You also have to take into consideration that orders are only processed on the 1st of each month.

Summer Staff Alumni – Catriona Richmond (Triona)

With the end of the club year drawing near I have noticed that the member's enthusiasm wanes a bit at club meetings – do you happen to have any ideas on how to keep members engaged in the meetings and active in the club throughout the entire year?

First of all, congratulations on making it through another hectic and jam-packed 4-H year! In terms of keeping members engaged and excited, the biggest thing I could recommend would be to introduce a tiny bit of change to each meeting. Start small. Why not plan a ten minute break in your meeting time to play a large game as a club? Additionally, challenge your senior and/or intermediate members to plan and organize the game (Any member that has gone to 4-H camp should be brimming with ideas!). As the weather gets nicer take the game outside and burn off some energy and get to know your club better. To take things to the next level, get the club to organize a theme meeting. Start with a theme and then brainstorm ideas for costumes, snacks, funny ways to make a motion and even different seating arrangements. Soon your members will be full of new ideas to make your meetings the envy of any 4-H club.

Good luck and have fun! 🍀



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- 4-H Leader Development Programs,
- Alberta 4-H Magazine Advertising,
- Lammlé's 4-H involvement
Recognition coupons,
- Member and Leader discounts 10%

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