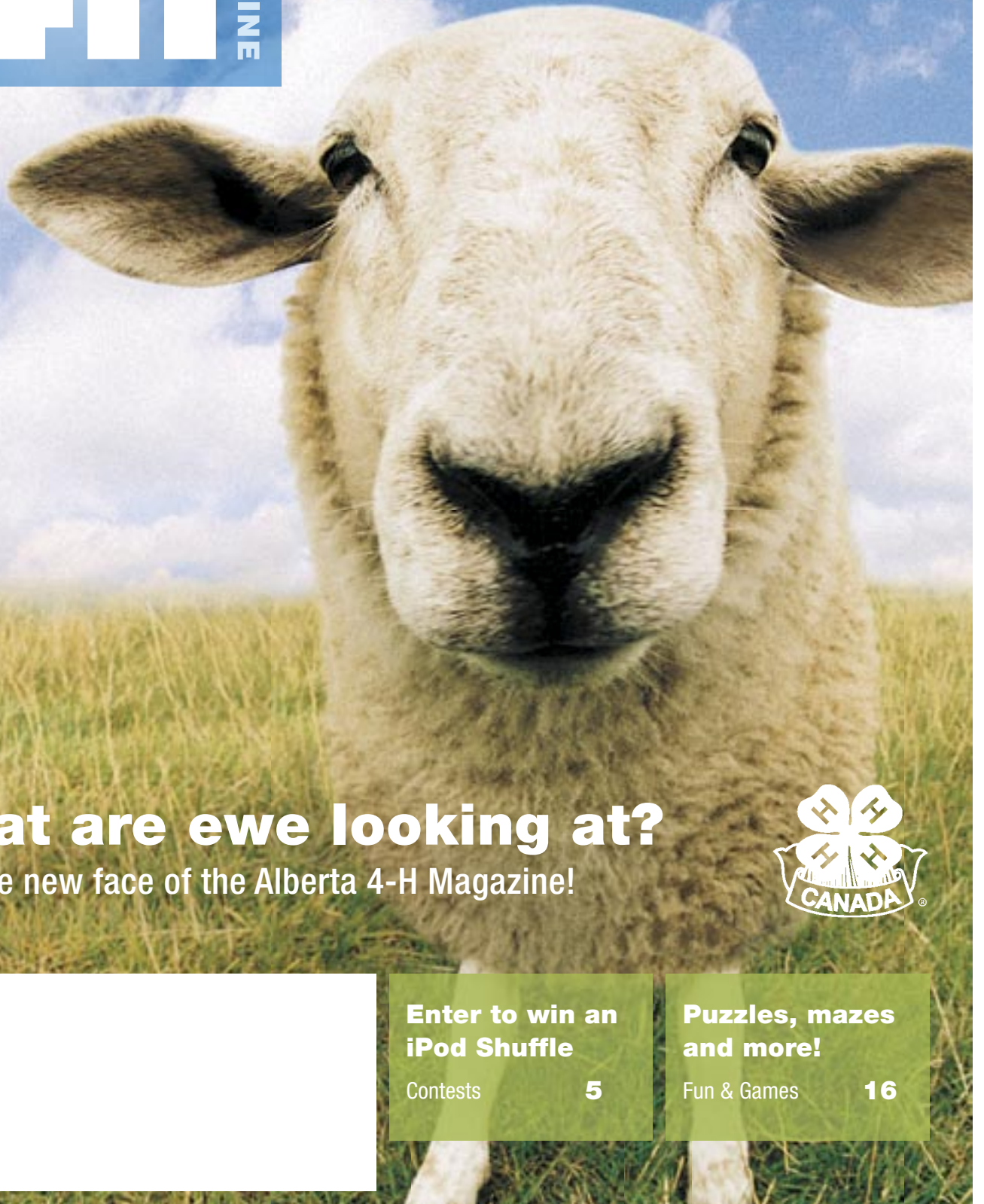


# Alberta

# 4-H

MAGAZINE

VOLUME ONE • ISSUE ONE  
SPRING & SUMMER 2005



## What are ewe looking at?

It's the new face of the Alberta 4-H Magazine!



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Contests **5**

**Puzzles, mazes  
and more!**

Fun & Games **16**



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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
- Feature stories such as a large fundraising effort, special trip or innovative activity
- Articles 325 words (1.25 pages double spaced) or less in length, highlighting only the most relevant activities of your 4-H activity, trip, exchange etc
- Articles that encompass the 5W's, who what where when and why

**Please avoid submitting:**

- Long lists of results
- An overview of all activities your club has taken part in; please highlight only the most important ones
- Information on regular club activities that take place more than two months before the submission deadline

Although we will make every effort to accommodate each article received, articles may be reduced in size or withheld.

**Alberta 4-H Magazine**

**Editor:**

Mark Muchka  
*4-H Specialist – Communication and Marketing*

**Administrative Assistant:**

Cathrine Schribar

**Design & Layout:**

Perpetual Notion Inc. – [www.perpetualnotion.ca](http://www.perpetualnotion.ca)

Submit your article and photos (preferably in electronic form) to [magazine@4h.ab.ca](mailto:magazine@4h.ab.ca), or by mail to:

**4-H Branch**

Room 200, 7000 – 113 Street  
Edmonton, Alberta T6H 5T6

*\*Please label photos with name, 4-H club, article, and return address.*

**Deadlines for submissions:**

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# Editorial

2005 marks a very significant year for Alberta; one in which we celebrate 100 years of our proud history, diversity and accomplishments. As we enjoy our centennial anniversary, it is only fitting that we recognize the importance of our youth and volunteers, who are integral to our communities and our province.

The dedication of members and leaders is undoubtedly what makes the 4-H program so special; you are 4-H's biggest asset. Over the past year, countless hours were spent gathering your input regarding effective communication tools through surveys, group discussions and one on one conversations. We feel positive that the results of all of these will ensure you have access to timely and relevant information, whenever you need it.

The 4-H Partners are also currently requesting feedback relating to proposed regional boundary changes. Your input via the district and regional councils is important to all of us as we strive to continue to improve our service to you.

Many of you have already visited the new 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)), and have used it to access such things as regional information, record books, public speaking and scholarship resources. We hope to further improve your access to information through this magazine. What you see in front of you was created based on your input for a youth and leader friendly magazine that not only presents the positive image and fun of 4-H, but provides timely and valuable information to help you get the most out of the 4-H program.

We encourage you to take the time to read this magazine to learn about 4-H across our province. Enter the contests, apply for programs, complete the games and activities, and most importantly, celebrate the incredible 4-H program we are so lucky to have.

We hope that the rest of your 4-H year is terrific, and we look forward to celebrating the spirit of 4-H and Alberta with you at the Time Capsule Opening, taking place on the 2005 September long weekend!

Yours in 4-H,

**Maryanne Sandberg**  
*President, Alberta 4-H Council*

**Marguerite Stark**  
*Head, 4-H Branch*

**Greg Hawkwood**  
*Chair, 4-H Foundation of Alberta*

## Contact List

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

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## Win an iPod Shuffle!



**W**ould you like to win the hottest new gadget from Apple? Mix things up with the unpredictable new iPod Shuffle. This iPod weighs .78 of an ounce, plays up to 240 songs and stores your data files. Take it anywhere, as it will be sure to give you hours of enjoyment.

Entering the iPod Shuffle contest is easy. All you have to do is find the four hidden Apple logos in this magazine. The Apple logos may appear anywhere including articles, headings, photos and the program booklet. So look through this magazine carefully to find them. 🍏 This one does not count! Once you've found all four, complete this form and send it to:

4-H Branch  
200, 7000 – 113 Street  
Edmonton, AB T6H 5T6

Please write down the pages the Apple logos appear on:

\_\_\_\_\_  
PAGES (DID YOU FIND ALL 4?)

\_\_\_\_\_  
NAME

\_\_\_\_\_  
MAILING ADDRESS

\_\_\_\_\_  
CLUB NAME

\_\_\_\_\_  
PHONE

Want to double your chances of winning? Complete the contest entry form in the fall issue of the 4-H magazine (arriving to your door on September 1).

This contest celebrates the creation of the new Alberta 4-H Magazine and is open to all registered 4-H members. If you have more than one member in your household, please photocopy this entry form and submit one for each person.

All entries will be placed into a draw, with the winner announced in the winter issue of the 4-H Magazine (distributed on December 1). Contest deadline is November 1, 2005.

## Photo Contest

**O**nce again, we are giving members the opportunity to showcase their 4-H projects, friends and accomplishments. Send photos of you and your friends having fun in 4-H. With achievement days and numerous club activities, taking a unique and great photo should be no problem! Winning photographers will receive gift certificates to Future Shop.

Members may submit more than one photo, however, they will only be eligible to win one prize.

The top photographer will receive a \$50 Future Shop gift certificate. All other entries will be entered into a draw. The first two names drawn will receive \$25 Future Shop gift certificates.

Include this entry form with your photo:

\_\_\_\_\_  
NAME

\_\_\_\_\_  
MAILING ADDRESS

\_\_\_\_\_  
CLUB NAME

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
BRIEF DESCRIPTION OF THE PHOTOGRAPH. (EVENT TITLE, NAMES, ETC.)

This photo will appear in the fall issue of the 4-H magazine and possibly in other publications as well. Your signature below indicates that you agree to release this information. Please call (780) 427-4466 if you have any questions about this statement. Contest deadline is November 1, 2005.

Signature of parent or guardian (or 4-H member if aged 18 years or over)

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN

Send submissions by mail to:

4-H Branch  
200, 7000 – 113 Street  
Edmonton, AB T6H 5T6

## Time Capsule Contest Winners

Congratulations to the Elk Point 4-H Multi Club, winners of the Time Capsule Contest. The club successfully took on the challenge to retain their current members and recruit new ones!

For their initiatives, the Elk Point Multi Club will receive a \$700 entrance package to the Time Capsule Weekend, September 2-5, 2005.

A list of all current contests can also be found on the website ([www.4h.ab.ca](http://www.4h.ab.ca)).



# Provincial Events

## Your Summer Adventure Awaits!

BY MARK MUCHKA

4-H SPECIALIST

If you ask members what the best thing in 4-H is, the large majority will respond for the summer programs. 4-H camps truly are the highlight of the summer for those who attend them.

So why attend these programs? The answer is simple. It is an awesome opportunity to meet new friends, and take part in fun games and activities. Summer programs really define what 4-H is all about.

Each year over 1,700 members of all ages take part in more than 20 programs that are offered. This year, we want you to be one of them! If you have never attended a provincial program before, we urge you to try one (or more) out. We are positive you won't be disappointed.

Learn more about upcoming programs and dates in the program booklet (located in the center of this magazine). 🌿



### FUN FACT #1

Studies have shown that pigs are very intelligent animals. They are so smart, in fact, that they can be trained to do tricks like a dog.

## 4-H Time Capsule Opening

BY MARK MUCHKA

4-H SPECIALIST

Become a part of history in the making and celebrate the past, present and future of 4-H with hundreds of people from all over Alberta and Canada. This will be a weekend to remember, as the 4-H time capsule, buried a quarter-century ago to mark the opening of the Alberta 4-H Centre at Battle Lake, will be unearthed.

This weekend celebration will be held at the Alberta 4-H Centre and include numerous social events, slow pitch tournaments, and a 4-H showcase of talent with headliner act Gil Grand – CCMA independent male artist of the year.

Taking place the September long weekend (September 2 to 5), this will truly be a family event you won't want to miss!

Application forms are available in the program booklet located in the center of this magazine or on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). Application deadline is August 15, 2005. 🌿

## On-Line Horse Bowl Concludes

BY JANET KERR

4-H SPECIALIST

For two weekends in February, over 100 horse club members tested their equine knowledge. Through the support of Lakeland College and the Alberta Equestrian Federation, 4-H members were given the opportunity to sign on to an internet website and answer two 20 minute rounds of 40 questions regarding horses.

Results in the individual competitions are as follows:

### Juniors (Age 9 – 11)

1st – Katie Garber, Ridge Country; 2nd – Megan Greenwood, Lobstick; 3rd – Matthew Paton, Leslieville Trailtrotters

### Intermediates (Ages 12 – 14)

1st – Kaylie Bruner, Lobstick; 2nd – Charmayne Kading, Dusty Plains Multi; 3rd – Kate Blackett, Thundering Hoofbeats

### Seniors (Ages 15 – 20)

1st – Janet Kelly, Edson Multi; 2nd – Nicole Hand, Blindman Light Horse; 3rd – Monica Lee, Big Valley Outriders

In the team competition, teams of four members competed for prizes and the results are:

1st – Lobstick (Kaylie Bruner, Megan Greenwood, Cayli MocarSKI, Brandy Rimmer);

2nd – Leslieville Trailtrotters (Jennalee Blackhurst, Matthew Paton, Jessica Perreault, Zane Perreault)

3rd – Dreamcatchers (Allicia Brunet, Becky Lowey, Stacy McFall, Shayne Myrick)

For more information on the On-line Horse Bowl, contact Janet Kerr, 4-H Specialist at (403) 742-7547 or [janet.kerr@gov.ab.ca](mailto:janet.kerr@gov.ab.ca). 🌿

# 4-H Livestock Handling for Youth Workshops

BY YVONNE YAREMCIO

The first year of the 4-H Livestock Handling for Youth Workshops has wrapped up. A total 225 4-H members attended 10 workshops within the seven regions across Alberta.

These workshops are co-sponsored by the Alberta Livestock Industry Development Fund, 4-H Branch of Alberta Agriculture, Food and Rural Development and Alberta Farm Animal Care (AFAC).

The interactive workshop covers several topics related to livestock handling. Members gain an understanding of general animal behavior and handling (all types of livestock); the effects of stress on livestock and how to prevent it; recognizing ill or injured animals; the safe use of medicine and needles; and human health hazards when working with livestock.

The response from participants is positive: "I learned a lot about other animals like elk, bison, chickens etc. I like it a lot and learned more about cattle" "Excellent course of kids starting to work with animals". "All 4-H member with livestock projects should have to take it once (with their parents)."

For more information or to book a 4-H Livestock Handling for Youth Workshop, contact Yvonne Yaremcio at (403) 742-8353 (home office) or by email: [yvonne.yaremcio@gov.ab.ca](mailto:yvonne.yaremcio@gov.ab.ca). Information is also available on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). 🌱

# Canadian 4-H Council Annual General Meeting and Youth Conference

The Canadian 4-H Council is hosting its Annual General Meeting (AGM) at the Alberta 4-H Centre near Battle Lake. 4-H members, leaders and friends from across the nation will travel to Alberta, May 26-29, 2005 to discuss the strategic plan for 4-H.

Held in conjunction with the AGM is the Canadian 4-H Ambassadors Conference. Two Ambassadors or youth representatives from each province will take part in a three-day conference that will encourage information

sharing between the provinces, and provide opportunities to learn life and leadership skills. Delegates will not only increase networking and interpersonal skills, but will use these skills to serve the communities and organizations they are involved with.

2005 is a very significant year for Alberta as we are celebrating our centennial anniversary. So it only seems fitting to host 4-H representatives from across Canada, have them join the celebration, learn about our great province, and share the success of the 4-H program. 🌱

## FUN FACT #2

**A blue whale's tongue weighs as much as an elephant (about four tons).**



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## Provincial Events

### APRIL 15

Provincial Train N Train Rodeo Project

### APRIL 29

Provincial 4-H Selections

### APRIL 30

Young Horse and Problem-Solving Horsemanship Clinic

### JULY 4

Leadership Through Counselling Seminar

### JULY 11

Combined Camp – 5 days for 10-13 year olds

### JULY 12

Provincial 4-H Club Week

### JULY 17

People Developing People (PDP 1) 13-15 Year olds

### JULY 18

Provincial 4-H Beef Heifer Show

### JULY 20

Provincial 4-H Dairy Show

### JULY 24

People Developing People (PDP 2) 13-15 Year olds

### JULY 27

Provincial 4-H Horse Classic

### AUGUST 1

Intermediate Camp (6 day camp) for 12-14 Year olds

### AUGUST 6

Junior Camp #1 (5 day camp) for 9-11 Year olds

### AUGUST 10

Combined Camp #2 (5 day camp) for 10-13 Year olds

### AUGUST 12

Provincial 4-H Judging Competition

### AUGUST 15

Junior Camp #2 (5 day camp) for 9-11 Year olds

### AUGUST 20

Youth Entrepreneur Camp

### AUGUST 21

Combined Camp #3 (5 day camp) for 10-13 Year olds

### AUGUST 21

People Developing People Plus (PDP Plus) 14-16 Year olds



# South Region

## Multi Species Judging in BRRRRRRR – Brooks

BY GINNY SMITH

Incredibly cold temperatures couldn't stop 86 keen 4-H members, representing eight districts from the South 4-H Region, from attending the Multi-Species Judging Competition, January 8, 2005 in Brooks.

Held in conjunction with the Brooks and District Beef Pen Show, this competition provided members with the opportunity to judge five different classes of animals: Morgan Horses, Market Steers, Yearling Bulls, Yearling Rams and Llamas. Only the steer class asked for written reasons while the other four classes provided an opportunity for members to demonstrate their oral reasoning powers.

The top six members in each age category received ribbons from Sarah Prouty, ATB Financial representative, and former 4-H member and champion Judge from BC. ATB Financial also presented a barn wood picture frame to each of the first place winners and a thermos to each of the second place winners. In addition, each contestant received various items, including gloves from our wonderful sponsors – a

### FUN FACT #3

You can tell the gender of a horse by counting its teeth. Most males have 40 while females have 36.

### South Events

**APRIL 16**

South Regional Rodeo

**APRIL 30**

South Regional Horse Learning Day

**MAY 28**

South Regional Heifer Show

**JULY 13**

Elkwater Junior Camp

**JULY 17**

Elkwater Intermediate Camp

**AUGUST 8**

South Regional Light Horse Show

much appreciated reward for braving the frigid Alberta temperatures.

Top three overall judges for each age category (in order of placing) are as follows: Junior – Jarri Schweighardt, Curtis Nester, Heather Stanko; Intermediate – Danny Hertz, Nathan Sereda, Emily Puch; Senior – Ricki Fleming, Cole Webb, Megan Murray.

The top two members from each category also had their names entered into a draw to win their choice of a commercial heifer from exhibitors at the Brooks Pen Show. The lucky winner was 13-year-old Nathan Sereda from Kreative Kids Multi Club, a new club in the Leithbridge area. 🍀



Back row L to R – Cole Webb, Ricki Fleming, Danny Hertz, Sarah Prouty (ATB Financial). Front row L to R – Nathan Sereda, Jarri Schweighardt, Curtis Nester



Back row L to R – Nancy Zirnhelt, Caitlin Smith, Julie Mocosch. Front row L to R – Megan Murray, Cole Webb, Ricki Fleming



Back row L to R – Jesse Baron, Charmayne Kading, Tyson Hertz. Front row L to R – Emily Puch, Danny Hertz, Nathan Sereda



Back row L to R – Quinn Connors, Sage Watson, Nolan Sereda. Front row L to R – Heather Stanko, Curtis Nester, Jarri Schweighardt



# Calgary Region

## Darcy Jackson Memorial Amphitheatre

BY ROB SMITH  
4-H SPECIALIST

**O**n February 9, 2005, the Calgary 4-H Region voted to recognize one of its most important and contributing past 4-H members by sponsoring the amphitheatre currently under construction at the Alberta 4-H Centre. This support will complete the outdoor theatre in time for this year's summer camp season and see it named "The Darcy Jackson Memorial Amphitheatre".

Darcy Jackson was a 4-H member-extraordinaire, and a true diamond of the Calgary 4-H Region. He was a 4-H member from 1978 to 1986, and in that time became very well known for his 4-H involvement and achievement. He was a pioneering photography member, and one of the very first member-organizers of 4-H on Parade. He was also a successful public speaker, and attended regional curling and any other social event that would come along. He delivered sessions year after year at the annual Member/Leader Workshop in January, and was a recipient of the Calgary Regional Bursaries.

Darcy's greatest achievement and contribution to 4-H would take place at the Alberta 4-H Centre at Battle Lake. Darcy attended the very first LTCS held there in 1984 where he became one of Alberta's best counselors. In a day when most regions ran their own camps, the name Darcy Jackson was requested for all of them. He traveled the province to Elkwater, Moose Lake, Macki-



nicholea and David Thompson, but would always finish the summer where he started – Battle Lake, a place he referred to as his 'home away from home'. Darcy would also become Junior Staff at Club Week and be named First Runner-Up Top Male Camper at Provincial Conservation Camp. A true favorite at Selections 1986, he was awarded his #1 choice trip – Northwest Territories.

His departure from being a member of 4-H morphed into a long and beneficial volunteer career with 4-H. He judged public speaking and presentations across the province, and did workshop upon workshop for communications, executive positions and effective meetings. He was an active member of the Calgary 4-H Region Alumni, and became a fixture at communications festivals and Way With Words weekends. 4-H members always loved knowing Darcy was there because it

meant two things: they would be safe and they would have fun.

In 1987, Darcy was hired as a Provincial 4-H Summer Staff. He went from being one of the most popular and sought-after counselors to the most popular and sought-after camp staff member. He worked very hard to assure that 4-H members around Alberta had a memorable trip to camp, and was instrumental in developing the PDP program, an event he was passionate would fill a void for 4-H members too old for camp but not quite old enough to attend LTCS or Club Week.

Darcy worked as camp staff for two years before retiring to undertake a project with College Pro Painters in his last summer as an undergraduate student at the University of Calgary. Darcy was in the Faculty of Commerce, and his entrepreneurial spirit led him to take on the oft-advertised curb-painting summer business competition. His efforts in the summer of 1990 resulted in a record set for the most revenue ever accumulated by a curb-painter in the City of Calgary to that point. His secret? A crew of enthusiastic young painters made up of Calgary Region 4-H members he had staffed at camp. Even his first great business triumph utilized his considerable 4-H background.

Darcy graduated from the University of Calgary in 1991, and began a business career with Proctor & Gamble that led him to Toronto. Darcy began experiencing health problems in 2000, and he left us on Sunday, October 24, 2004.

As a result of his longstanding commitment to 4-H in the Calgary Region, and the fact he 'waved his flag' of 4-H friendship as a constant in his life to the very end, the Calgary 4-H Region will

mark his life permanently. The perfect location to do this is the Alberta 4-H Centre at Battle Lake, a place where Darcy spent so much time and influenced so many young lives. He was there when it was christened in 1984, was part of the first camp to sleep in the dorms in 1986, and was around for so many other milestones.

The Amphitheatre at the Alberta 4-H Centre is a perfect monument to mark Darcy's contribution. It is a great opportunity for the Calgary Region to celebrate one of its brightest lights, while positively impacting 4-H members and site-users.

Darcy was the type of person that guys wanted to hang with and girls wanted to cuddle. He was a best friend to everyone and a true 4-H Ambassador. Everyone who knew him loved him. Ultimately, as big as his heart was, it was not big enough to sustain such a huge life and giving personality. The Calgary 4-H Region must be commended for marking his contributions to 4-H. A dedication ceremony will take place during the Time Capsule Opening celebrations, September 2-5, 2005. 🍀

### Calgary Events

#### JUNE 3

Calgary Regional Judging II

#### JUNE 3

4-H on Parade

#### AUGUST 5

Calgary Regional Horse Show



# West Central Region

## Light Horse Show

BY JANET KERR

4-H SPECIALIST

The Regional Light Horse show will be held June 3 – 5, 2005 at the Red Deer Westerner grounds. Entry forms were distributed to clubs at the Horse Committee meeting in March. Members must enter with their club by April 19. Entries will be taken to the Horse Committee meeting on April 19.

This year, new classes include: in-hand trail for yearlings and two year olds, and drill team as a judged event. We will also offer a driving class again for members in the driving project. Other classes offered include: English Pleasure and Equitation, Hunter Hack, Working Hunt-

### WC Events

#### APRIL 9

West Central Train N Train Levels 1-3

#### APRIL 16

Progressive Farmer Farm Safety Day Camp 2005

#### APRIL 30

Light Horse Fun Show

#### MAY 28

Regional Light Horse Show Warm-up Event

#### JUNE 3

West Central Regional Light Horse Show

#### JUNE 12

4-H Competitive Trail Ride Clinic

### FUN FACT #4

Fleas can accelerate 50 times faster than a space shuttle does after liftoff.

er, Equitation over Fences, Open Jumper, Trail, Showmanship, Western Pleasure and Horsemanship, Reining, Judging, Delsey Derby, Matched Pairs, Command, Adult Command, Barrels, Poles, Keyhole and Games.

The cost to enter is \$5 per class or \$30 for as many classes as you want to enter. Stabling is available for a cost of \$15 per stall for the weekend, and \$5 extra for a stall on Thursday night.

Contact your club leader for entry forms and rules, or check the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) in West Central Regional Events section. 🌱

## Project Book Competition Winners

Congratulations to the following 4-H members who won the West Central 4-H Project Book Competition:

### Junior Beef

Jennifer Ruskowsky, Lakedell Beef

### Junior Horse

Haley Scott, Blindman Light Horse

### Junior/Intermediate Miscellaneous

Shelby Patten, Alder Flats Multi

### Intermediate Beef

Jessica Ruskowsky, Lakedell Beef

### Intermediate Horse

Megan Lee, Lakedell Light Horse

### Senior Miscellaneous

Shayna Pugh, Silver Valley Riders

### Junior Overall

Jennifer Ruskowsky, Lakedell Beef

### Intermediate Overall

Shelby Patten, Alder Flats Multi

The deadline for entries in the Project Book Competition is November 1 of each year. 🌱

# East Central Region

## 4-H Rodeos

BY JANET KERR

4-H SPECIALIST

The East Central region has set their dates for 4-H rodeos. The dates and locations for the circuit rodeos are:

### June 4

Gooseberry Lake

### June 11/12

Castor

### June 19

Hanna area

### July 17

Stettler

In addition the Buffalo Lake Bandits will be hosting the Mailer Memorial in Stettler on either June 25 or 26.

Information, and entry forms for the rodeos has been sent to 4-H clubs in the East Central region and has been posted on the 4-H website in the East Central Events section. These rodeos are open to 4-H members from all regions. 🌱

# Casino

The East Central region is holding their first casino on September 28 and 29 in Red Deer. Initial plans for the proceeds of the casino are to support regional programs such as winter camp, judging, public speaking and presentations, and to develop some scholarships for 4-H members in the East Central region.

If you are interested in working at the casino, contact the 4-H office at (403) 742-7547 and we will add you to the list. 🌱

### EC Events

#### MAY 7

East Central 4-H Reasons Workshop

#### MAY 7

East Central 4-H Multi Species Judging Competition

#### JUNE 16

East Central Regional Light Horse Show

# North East Region

## New Regional Council Elected

BY VANESSA BELAIR

4-H SPECIALIST

At the Regional meeting on January 22 in St Paul, several council members were elected, including: Daphne Schnurer – Secretary; Clinton Ziegler – Treasurer; Bryan Kumpula – Provincial Repre-

sentative; Janet Litun – Provincial Representative; and Deb McMann – Casino Representative. Thanks for the hard work and hours of dedication from the outgoing council members. 🌱

## You Be the Judge

Judging, judging and more judging...the Vermilion Sheep Club and Lakeland College joined forces for another great year of 'You Be The Judge'. Members from around the region learned more about judging various species of livestock, as well as the finer points of giving oral and written reasons. Thanks to all the volunteers that helped make it a fantastic day. 🌱

## Casino

Eight lucky leaders made the trek north on February 8 and 9 to work the first ever Northeast Regional casino in Fort McMurray. Between chip running and banking, we had a chance to

check out the Oil sands Discovery Center and learn a little more about one of Alberta's biggest industries. Our next casino is booked for April 9 and 10, 2006. Chat with Deb McMann if you would like to be on the bus next year. 🌱

### FUN FACT #5

**There are more insects in one square mile of rural land than there are humans on the entire earth (estimated at 6 billion).**

# North West Region

## Northwest Frosty Fun Winter Camp

BY JOCELYN MCKINNON  
4-H SPECIALIST

The Northwest 4-H Alumni invited northwest and northeast members 14 years of age to build a pirate ship and discover the treasures around them for the annual Frosty Fun Winter Camp, held at Camp Nakamun, February 11-13. Reports back indicate members had a lot of fun building the very unique sleds and racing them.

Counselors of event were: Clay Sommer, Ward Davis, Jayme Nelson, Sarah Smith, Matt Zadorozny and Sean Granigan. 🌱

## Focus on 4-H

The 7th annual Focus on 4-H is scheduled for July 1-3 at Northlands Park in Edmonton. Project shows are a big part of the program. Members registered in horse, beef, life skills, canine, lama, sheep, goat and rabbit all have events to enter. Displays of other projects are also encouraged.

Interactive showmanship has always been a part of the shows for beef, canine, lama, sheep and goat. In these classes members who are not registered in a project, can learn to show another species of animal. The llama show class will be an interactive obstacle course. This year's sheep show has added demonstrations, craft and poster classes. The goat show this year has a chili cook-off and other demonstrations planned. Members can register for these events at the show office at the program.

The new Tractor Rodeo promises to be a highlight of the 2005 event. On Saturday and Sunday, youth and adults will negotiate a course with lawn tractors. Four 'Play it Safe' Sessions involving hands on activities and games related to safety will also take place.

Members attending the program have the choice of 17 life skills workshops. Some are just for members registered in life skills projects, and others are open to all members. Sessions will cover everything from munching on masterpieces to craft projects using thread, stamps, clay and paint. All participants can also "drop in" three times during the program and make the crafts of the day for a nominal fee.

Also new this year are life skills sessions just for adults. Registrants can sew a quilt or a table runner, make a bent willow chair, build a farm first aid kit or construct a barn wood frame.

The evenings at Focus on 4-H are talent filled. The Musical Ride on June 30 has several mounted drills performed by horse project clubs; the Talent Show has solo and group performances in vocal, instrument and variety categories; and the Lip Sync, a feature since the start of Focus on 4-H, will continue to draw big crowds as over 25 clubs act, sing and dance.

Information packages have already been distributed to clubs from the Northwest region. Members from other regions are invited to attend. Visit the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) under Regional Information/Northwest to download an information package. 🌱

## Northwest Judging

The Northwest 4-H Regional Judging Competition is set for April 23 at Lewis Farms near Spruce Grove. The organizing committee has lined up 10 classes to test members' skills. There will be some variety introduced to the livestock classes. One of the livestock classes will be a pick and cull class, where eight animals will be presented and the judge is to choose the top four. Another livestock class will be based on pictures and a scenario, rather than live animals. The variety classes include hay, faba beans, winter boots, craft and mystery class. This year, there will be all oral reasons and no written reasons. Sponsors of the competition are TransAlta Utilities, Capital City Savings and Lewis Farms.

The second judging competition in the Northwest Region is held the first day of Focus on 4-H. It features eight livestock and consumer choice classes. Farm Credit Canada (FCC) is the sponsor of this event.

### NE Events

#### APRIL 16

Northeast Regional 4-H Council Meeting

#### JUNE 12

Northeast Regional Beef Heifer Show

#### JULY 23

Northeast Regional 4-H Horse Show

#### AUGUST 3

Northeast Regional 4-H Horse Camp

#### AUGUST 8

Northeast Junior Camp (Moose Lake)

#### AUGUST 15

Northeast Intermediate Camp (Moose Lake)



Both competitions are individual judging competitions open to all age categories. 🌿

**FUN FACT #6**

**Butterflies taste with their feet.**

## Focus on Safety

BY COLLEEN PIERCE

4-H LEADER

**F**ocus on Safety is to provide inactive, educational, hands on activities that teach and reinforce safety for the general public including the 4-H members and their families who attend Focus on 4-H, July 2-3, 2005 at Northlands Park.

Injuries have a staggering impact on the physical, social, emotional health and well being of Albertans. Whether fatal or non-fatal, they inflict enormous personal suffering and burdens on the injured, their families and friends, their communities and ultimately society as a whole. They also result in tremendous financial and productivity costs.

There are four components to this event: 1) The Yee-Haa Tractor Rodeo, 2) Draw for Safety, 3) Safety Trade Show, and 4) Play it Safe sessions

### Yee-Haa Tractor Rodeo

Tractors are involved in a high percentage of agricultural injuries and deaths. A tractor rodeo is a great way to communicate the importance of safety.

During the rodeo, participants perform common equipment operations, such as driving tractors or hooking and unhooking equipment. The Yee-Haa Tractor Rodeo will test precision,

safety awareness, and attention to detail. There is no time element as rushing to accomplish tasks is the source of many injuries.

The entry fee for each class in the Yee-Haa Tractor Rodeo is \$5 per class. The classes include:

- 900 – Junior member female
- 901 – Junior member male
- 902 – Intermediate member female
- 903 – Intermediate member male
- 904 – Senior member female
- 905 – Senior member male
- 906 – Leader female
- 907 – Leader male
- 908 – Team (3 members and 1 leader from the same club)

All participants will receive a Focus on Safety T-shirt and the winners will receive cash prizes. Due to insurance purposes only registered 4-H members and leaders can participate in the Yee-Haa Tractor Rodeo.

### Draw For Safety

Participants earn coupons from playing interactive games such as: Safety Jeopardy, Wheel of Misfortune, etc. Coupons entered into draw boxes for items that relate to safety—first aid kits, fire extinguishers, helmets, hearing protection, sunscreen and protective clothing. The more coupons you put in the draw box, the greater probability you have of winning.

### Safety Trade Show

Will consist of a variety of displays containing safety products and educational information.

### Play It Safe Sessions

The Play It Safe Sessions are hour-long workshops that provide members, leaders, and guest with the opportunity to “learn to do by doing” and learn more about farm safety.

Sessions will cover: Basic First Aid and Making A First Aid Kit, Family Disaster Planning, ATV Driver Training, and Operating Small Equipment Safely.

To register or volunteer for the Focus on Safety events please call Dave Armstrong at (780) 954-2601 or Colleen Pierce at (780) 623-3386 before May 15. Focus on Safety is open to all 4-H members, leaders and their families. 🌿

### NW Events

APRIL 23

Northwest Regional Judging Competition

JULY 2

Focus on 4-H

AUGUST 9

Northwest Regional Summer Camp (Junior)

AUGUST 16

Northwest Regional Summer Camp (Intermediate)



# Peace Region

## Peace Regional Judging Day

BY STACY MURRAY

4-H SPECIALIST

**A**nimal Health and Technology (AHT) students from NAIT (Fairview Campus) assisted us with hosting the 8th annual Peace Region Judging Day, held January 22, 2005. As is the case most years, the weather was only somewhat cooperative. 79 members judged classes of breeding ewes, light horses and replacement heifers, and identified 25 items at the ID station. In conjunction with this event, the AHT students, from both years, held the first annual ‘Pet Day’. There were displays, tours, demonstrations, mouse maze races, a pet show and more for anyone who attended.

We’d like to thank the AHT students and our official judges, Janet Sinkwich, Barbara Ellis and Alison King. A heartfelt thank you to all the parents who assisted with marking cards, moving groups and generally keeping everyone organized. The day would not be possible without your help. 🌿

## Peace Regional Winter Camp

**T**he Peace Region 4-H Winter Camp was again held at NAIT (Fairview Campus) from February 4 to 6, 2005. Judging by the noise levels

during the various activities, the smiles and the comments from both campers and parents, all 80 members (12 to 16 years of age) in attendance had an excellent time.

Thank you to the Peace Region Alumni, now based out of the Grande Prairie Regional College, and the junior staff for their assistance in running the weekend and making it so much fun. 🌱

## Sears Young Futures Program

The Peace Regional 4-H Council will be continuing their partnership with the Sears Young Futures program. The Sears store in Grande Prairie will be donating \$1,080 as a result of the sales of 'Gingerbell' dur-

ing the 2004 Christmas season. Clubs who provided gift-wrapping services during this time approximately earned \$300 each.

There will be an Easter plush toy again this year. If your club is interested in being at the store during this season, please contact me at (780) 835-7537. The next Round-it-off Days will be May 2-8. 🌱

### FUN FACT #7

**Ants can survive for up to two weeks underwater. Once submersed, their body shuts down and they do not move or expend energy until the water recedes.**

## Peace Regional Scholarships and Bursaries

The region has four regional scholarships and 10 regional bursaries available for members planning to attend post-secondary schooling. The scholarships are applied for with the provincial 4-H scholarship application. The application for the bursaries is a separate form. Both are available on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) under regional info/peace, or by contacting the regional 4-H office in Fairview. Deadline for applications is May 5. 🌱

### Peace Events

#### MAY 5

Peace Regional 4-H Bursary Deadline

#### MAY 5

Deadline for Peace Regional Scholarships

#### MAY 13

Peace Summer Camp Application Deadline

#### JUNE 10

Peace Regional 4-H Days

#### JULY 19

Peace Regional Junior Camp

#### JULY 25

Peace Regional Intermediate Camp

The Alberta Angus Association salutes 4-H members exhibiting Angus influenced projects.

The Alberta Angus Association is pleased to present



- *A complimentary t-shirt* for any 4-H member exhibiting an Angus or Angus influenced project.
- *3 - \$1000 draw credits* towards the purchase of an Angus female at one of these sales: Angus Showcase, Red Round-Up, All A.I'd Sale, Northern Select or Chinook Classic. These awards will be drawn at the Provincial 4-H Beef Heifer Show at Olds.
- *Dorothy Banks Memorial Scholarship* - For any farm youth pursuing post secondary education who has been involved in any activity using Angus influenced cattle.
- *Lybrook Miller Memorial Scholarship* - For any farm youth pursuing post secondary education. They or their family must be an Alberta Angus member.



For more information on these programs, contact:



## ALBERTA ANGUS

Box 8 Edberg AB T0B 1J0  
 Phone: (780) 877-0118 Fax: (780) 877-0119  
 Email: [vmangus@telusplanet.net](mailto:vmangus@telusplanet.net)  
 Website: [www.albertaangus.ca](http://www.albertaangus.ca)



# 4-H Foundation of Alberta

## 4-H Foundation of Alberta Casino

BY BRUCE BANKS

4-H FOUNDATION

The 4-H Foundation of Alberta would like to thank the following people for volunteering to work our casino held March 2 and 3, 2005 in Calgary. The funds raised will be used to put in a new well, and purchase site maintenance equipment for the Alberta 4-H Centre. ♣

Jerry Hall  
Greg Hawkwood  
Margaret Hall  
Carol Arntzen  
Janice Hawkwood  
Jane Mason  
Julie Ulseth  
Henry Wiegman  
Marguerite Stark  
Maryanne Sandberg  
Bill Bancroft  
Linda Gooch  
Fred Graham

Laurie Jacob  
Rob Smith  
Nancy Hall  
Wayne Johnston  
John Gale  
Megan Hawkwood  
Bert Pringle  
Pat Pringle  
Scott Hawkwood  
Tom Brochner  
Joanne Gourley  
Earl Sanderman  
Bruce Banks

FUN FACT #8

Lobsters can move up to 25 feet per second underwater, three times faster than the quickest Olympic swimmer who travels 8 feet per second.



## Alberta 4-H Centre

Host corporate meetings, weddings, reunions, 4-H events, school programs and several other retreats year round!

- Accommodations up to 98 people
- Lodge seating 130 people
- Camping
- Home cooked meals
- Experienced with corporate and youth groups
- Located on 143 scenic acres overlooking Battle Lake
- Outdoor activities in all seasons

Alberta 4-H Centre  
RR #1, Westeros, Alberta T0C 2V0  
Phone: (780) 682-2153  
Fax: (780) 682-3784  
Email: [foundation@4hab.com](mailto:foundation@4hab.com)  
[www.4hab.com](http://www.4hab.com)







# Gifts & Award Catalog Order Form

**PHONE: (780) 682.2153 FAX: (780) 682.3784 E-MAIL: FOUNDATION@4HAB.COM**

Club Name:		Club Contact:
Address:		Postal Code:
Phone:	Fax:	E-mail:

CODE	ITEMS (AS OF JANUARY 1, 2005)	PRICE	QTY.	\$ AMOUNT
05-001	Sports Bag	\$40.00		
01-009	Soft Sided Brief Case with Shoulder Strap (Green)	\$37.00		
01-008	Large 4-H Hard Cover Zipper Portfolio (11" x 14")	\$30.00		
99-003	4-H Zipper Organizer - 5" x 7"	\$15.00		
98-022	Judging Bi - Fold Clipboard (green only)	\$7.00		
04-001	14 oz. Thermal Mug (Green)	\$7.00		
02-002	Stainless Steel Thermal Mug	\$15.00		
01-002	10 oz. Clear Glass Coffee Mug	\$6.00		
01-003	Set of 6 - 10 oz. Glass Coffee Mugs (not shown)	\$30.00		
04-002	34 oz Green Water Bottle	\$10.00		
02-004	2 Tone Satin/Nickel Picture Frame 5" x 7" Qty. Each [ ] Portrait [ ] Landscape	\$28.00		
05-002	Photo Frame/ Album (holds 100 photos)	\$28.00		
02-007	Alberta 4-H Council Pin	\$3.00		
03-004	PVC Cleaver the Beaver Key tag	\$5.00		
03-005	Key Chain with Plastic Tag (Cleaver the Beaver)	\$3.00		
02-005	Green Pen & Pencil set with Gift Box	\$12.00		
01-005	Thank -You Pen Qty. Each (Green only)	\$10.00		
01-007	Pen Gift Box (For Thank - You Pens)	\$2.00		
05-003	Ariel Ball Point Pen	\$1.00		
05-003	Wood Pencils	\$1.00		
05-004	Rubber Eraser (White)	\$1.00		
02-001	Calculator	\$8.00		
03-001	Clip Stop Watch	\$12.00		
03-002	Travel Alarm Clock with Calendar and Calculator	\$18.00		
05-005	Pocket Tool	\$8.00		
01-011	Reprint of 4-H Favorites Cookbook (Limited Quantities)	\$18.00		
03-003	Family Treasures A Century of 4-H NEW cookbook	\$22.00		
01-012	Hormel Calculators	\$25.00		
02-008	Spur of the Moment- Ben Crane Western Artist book	\$22.00		
	Please enclose Cheque, Money Order or Visa/Mastercard with order. Please add a shipping cost of \$10.00 for orders that require mail delivery. (Does not apply to pick up orders)	\$10.00		

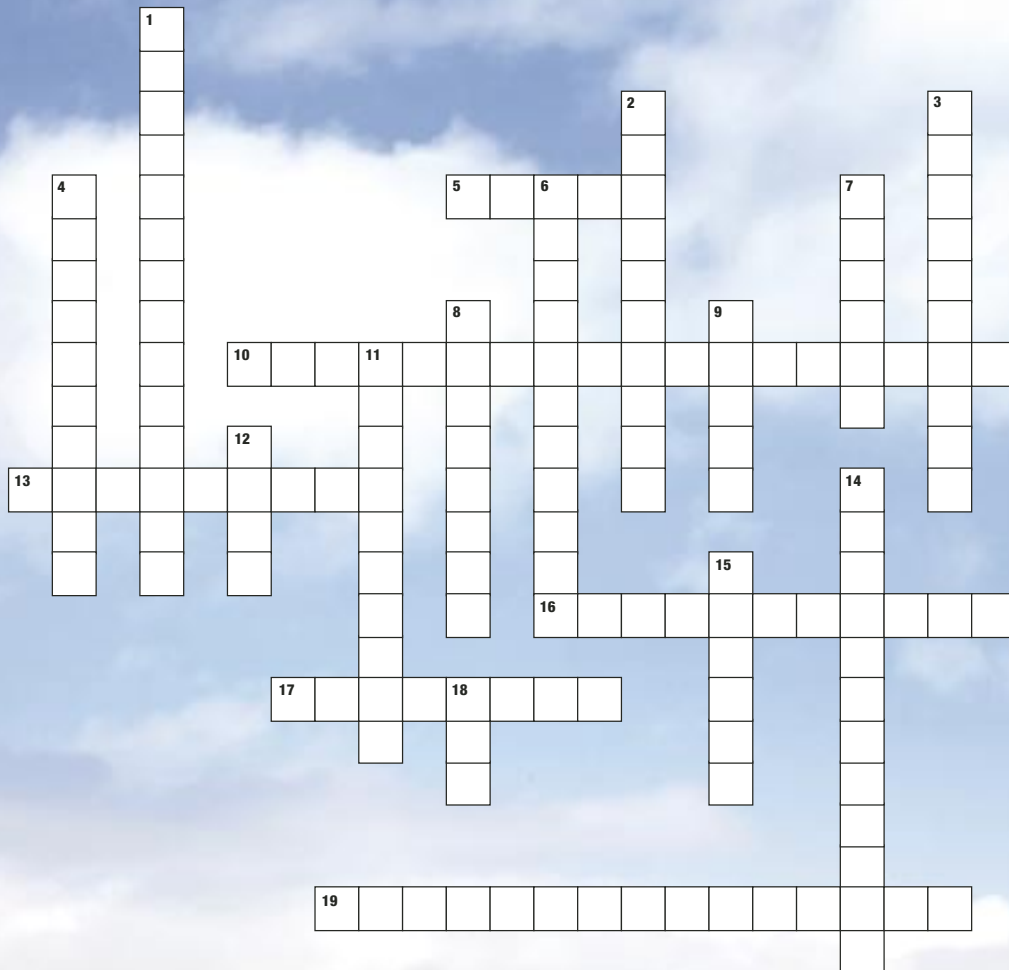
## RECEIPT

Date Ordered:	Date Required:	GST # 108238130
<b>AMOUNT</b>		\$
<input type="radio"/> Cash <input type="radio"/> Debit Card <input type="radio"/> Cheque <input type="radio"/> Money order <input type="radio"/> Charge Card		
Cheque number:		
Name on card:	<input type="radio"/> Visa <input type="radio"/> Mastercard	
Card number:	Expiry:	
Customer Signature:		

# Fun & Games

## Crossword Puzzle

Whether you are a youth or adult, we have some questions that are sure to test your 4-H knowledge. Hint: The answers to this crossword puzzle can all be found in this magazine or the program booklet.



### ACROSS

- 5 I pledge my \_\_\_\_\_ to greater loyalty.
- 10 Will take place September long weekend.
- 13 Clubs do this to earn money.
- 16 Application deadline for this funding program is May 5.
- 17 Things to include when you submit articles.
- 19 Project in which member choose what they want to do.

### DOWN

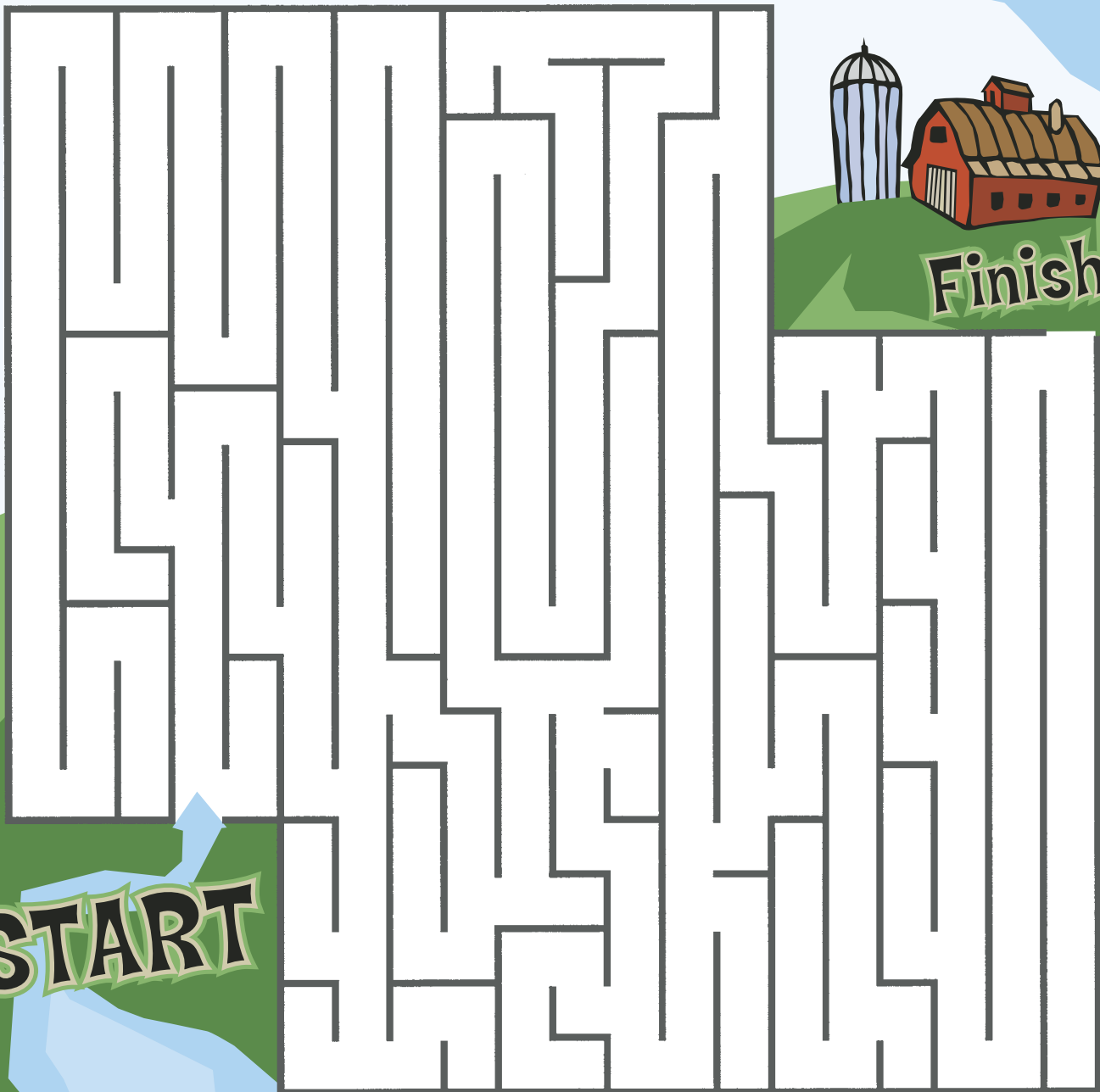
- 1 Time for members to show of their projects and skills gained over the year.
- 2 Place where the Alberta 4-H Centre is located.
- 3 This year is Alberta's \_\_\_\_\_ anniversary.
- 4 Grant that 4-H Clubs can apply for.
- 6 Group of senior members that help at various district and regional activities.
- 7 Group members can join once they become to old for the 4-H program.
- 8 Name of most recent inductee into the 4-H Volunteer Hall of Fame.
- 9 Learn to do by \_\_\_\_\_.
- 11 ATB Financial Award of \_\_\_\_\_.
- 12 Summer program for junior members to have fun and meet friends.
- 14 Hands on communications activity.
- 15 The 4-H logo consists of this type of plant.
- 18 Sponsor that announced marketable project.

Answers on page 19.

## Animal Anagrams

An anagram is a word in which the letters can be used to make another word. Can you unscramble the below words to get the correct animal. Example: act = cat

pea            tab            tar            bare            arm  
 flow          balm          slain          prides



**START**

**Finish**



**Cleaver is on his way to  
Focus on 4-H.**

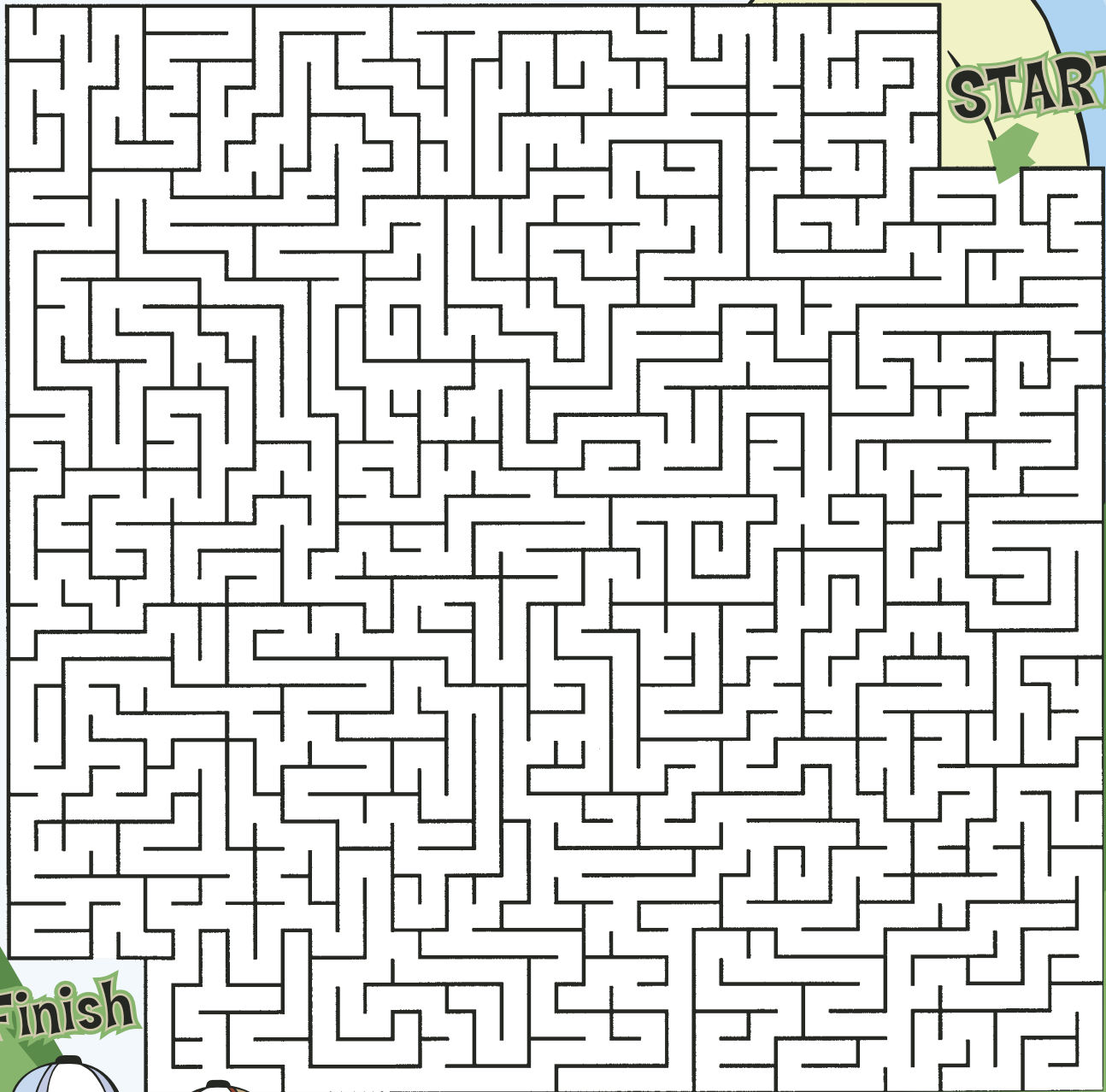
*Please help him find his way to the barn!*



Please help  
Clever find his way to  
the rest of the group



START



Finish



# Magic Envelope Trick

## Supplies:

- Piece of paper
- Pen
- Envelope

## Secret:

1. Write down a four-figure number that is 2 times the current year's date. (For example, in the year 2005, the number would = 4010).
2. Seal the paper in the envelope.
3. At the show, ask a helper to write down the year he was born.
4. Ask him to write down the year of an important event in his life (for example, the year he started school or the year he lost his first tooth).
5. Ask him to write down his age. The years have to be whole numbers. For example, the assistant can't say he is 6 and a half years old. If the person is six months or less away from his next birthday, have him round to the next nearest age (E.g. If 6.5 years of age, round to 7).
6. Ask him to write down the number of years that have passed since the important event (these numbers have to be right... if it's been 4 years since the event and he writes down 3, the trick won't work).
7. Have the assistant total the four numbers.
8. Open the envelope. Their total will match the number you already wrote down!

# Riddles

What can be cut and will grow back; yet when you least expect it, may disappear never to return?

Hair

You can see it, but you can't touch it. It may disappear, but has never really left you. It grows throughout the day. What is it?

Your shadow

In Wyoming, you can't take a picture of a man with a sign. Why not?

You'd need a camera! You can't take a picture with a sign!

There's a one-story house that's all blue inside. The floor was blue, the lamps were blue, the walls were blue, everything was blue. What color were the interior stairs?

It's a one-story house, so there are no stairs.

What is the longest word in the English language?

Smiles: there's a mile between the first and last letters.

# Word Scramble

Unscramble these letters to get the correct animal!

eokdny

kaens

iferagf

ahlwe

edrgab

adrakvra

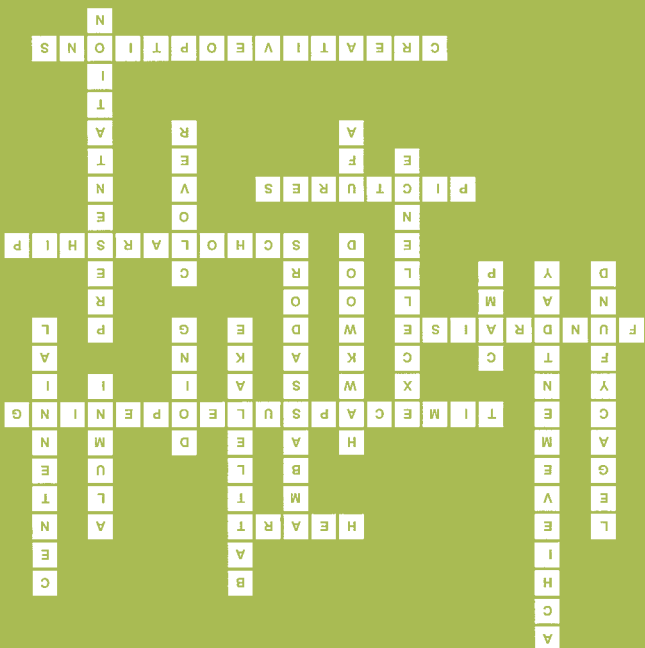
adrakvra – aardvark  
edrgab – badger  
ahlwe – whale  
iferagf – giraffe  
kaens – snake  
eokdny – donkey

Word Scramble

prides – spider  
stain – snail  
balm – lamb  
flow – wolf  
arm – ram  
bare – bear  
tar – rat  
tab – bat  
pea – ape

Animal Anagrams

# Answers



# Travel & Exchange

## Denver 4-H Judging Competition and Annual Western 4-H Roundup

BY MARCY BELVA

4-H MEMBER

Our journey began August 13, 2004, as Meghan Sayers, Erin Belva, myself (Marcy Belva), and Amanda Elzinga traveled to Denver on January 5, 2005 for the Denver 4-H Judging Competition and Western 4-H Roundup. We qualified for the trip at the annual Provincial 4-H Judging Competition in Olds, Alberta. When we arrived at the Hotel, we learned that 950 4-H'ers and FFA members, from 38 states and of course, Canada, were all staying in this hotel!

Friday was a free day, so the four of us spent time being tourists. We went on a tour of Coors Field, home of the Colorado Rockies, and shopped at Sheplers, a huge western store and the Aurora Mall. Probably the most enjoyable time was in the van with Rob Smith, 4-H Specialist and chaperone, seeing his wonderful driving skills (wink, wink) and him receiving a parking ticket. We also had several intelligent conversations, like one in depth discussion about 'Degrassi' and 'Degrassi: The Next Generation'.

Saturday was our judging day, one of my most rewarding 4-H experiences. We were competing as a team of four, among 24 other 4-H teams of Americans who

judged almost every weekend and even had more than one judging 'season'. There were 10 classes: two oral beef, one reasons, two oral sheep, two oral swine, and one reasons class. We did not give our reasons for any class until we arrived back at the hotel, so we had to be well prepared. That evening we enjoyed a dinner theatre at the Country Dinner Playhouse. Our group of 10 was reunited as we watched the play 'Gypsy', a hilarious and heart-warming tale of a young woman and her mother's struggles in show business.

Sunday was our final day, and we arrived at the Livestock Judging Awards Banquet fatigued and excited. Our team took great pride in placing 18th out of 24. I believe the four of us learned a lot about not only the American judging system, but also about American life itself.

I'd like to thank our chaperones Rob Smith and Theresa Johnson for always keeping us informed and making our weekend a memorable one; our generous sponsors, The Alberta 4-H Program, ATB Financial, Innisfail Travel & Cruise Centre and UFA; the people of Denver, and the organizers of the Roundup. 4-H has given us all amazing opportunities and friendships that we will cherish for the rest of our lives. Thanks to my team members Erin Belva, Amanda Elzinga and Meghan Sayers. I hope we all stay in touch. 🍀

## Western 4-H Round-Up

BY AVERY UNRUH

4-H MEMBER

The beginning of January was busy for Jennifer Linder of Stony Plain, Katie Neufeld of Didsbury, Roberta Templeton of Coaldale, and myself (Avery Unruh) from Vauxhall. We had the top four scores at Provincial 4-H Horse Classic in August 2004, earning us a trip to Denver to compete in the Western 4-H Round-Up. Theresa Johnson from Berwyn and Rob Smith, 4-H Specialist from Lethbridge were our chaperones.

On the first full day, we completed a slides and written test. Slides is where they show you a picture, and ask you a question about it, and the written test has various questions about horse health, feeds and care. After lunch, we continued onto the team problems and identification stations where we matched 10 items to their names or uses. After a short break, we went to one of the hotel ballrooms for the opening banquet. Craig Zablocki, motivational speaker talked to us about the Columbine shootings. Near the end of his speech, he told each table to collect at least \$10 in 60 seconds, and bring it to the front. After collecting over \$1000, he donated it to the Red Cross for the tsunami victims. There was a dance and state/provincial pictures after the banquet.

Right after breakfast on the second day, we took the bus to the show grounds where we judged the following four classes: Quarter Horse mares, Arabian geldings, western

pleasure, and hunter under saddle. After we finished, we toured a trade show and the stockyards. Later that evening we went to the Country Dinner Playhouse with the livestock team for supper. We saw the play 'Gypsy' then went back to the hotel for the farewell dance.

On the final day, we attended the recognition breakfast where we found out that we did very well. The results are as follows:

### Exam – High Individual:

Katie Neufeld – 4th

Avery Unruh – 3rd

### Exam – High Team:

Alberta – 2nd

### Stations – High Individual:

Avery Unruh – 6th

### Judging – High Individual:

Roberta Templeton – 9th

Avery Unruh – 6th

Jennifer Linder, 1st

### Judging – High Team

Alberta – 1st

### Overall – High Individual:

Jennifer Linder – 7th

Avery Unruh, 4th

### Overall – High Team:

Alberta – 3rd

All in all, it was a very rewarding trip and definitely one I would recommend to my fellow 4-H members. 🍀



# Awards & Scholarships

## Cochrane leader inducted into Hall of Fame

BY MARK MUCHKA

4-H SPECIALIST

4-H would like to congratulate Greg Hawkwood, of Cochrane, for his recent induction into the 4-H Volunteer Hall of Fame.

Hawkwood is currently the chair of the Alberta 4-H Foundation's board of directors, but his relationship with 4-H began at a much earlier age. Over the years, he has participated as a 4-H leader, as president of both regional and provincial councils, and now as a director on the Alberta 4-H Foundation. His involvement, leadership and direction have positively impacted all levels of the 4-H program in the province.



*Greg Hawkwood and Lloyd Andruchow, Director – Rural Services Division, Alberta Agriculture, Food and Rural Development.*

The official induction ceremony took place on Jan. 15, 2005 at the annual 4-H Leaders' Conference in Red Deer.

## 4-H Volunteer Hall of Fame

### Description of the Program

Created in 1971, the 4-H Volunteer Hall of Fame recognizes volunteers who significantly contribute to Alberta's rural youth and agriculture. Inductees demonstrate outstanding leadership in the program promoting the 4-H motto of 'Learn to do by Doing', and live out the 4-H pledge of service and commitment to club, community and country through all activities and levels of the organization.

### Who Can Be Nominated?

Nominees must have demonstrated significant leadership and initiative, and have positively impacted 4-H at the local, district, regional and provincial levels. The selection committee will also consider the individual's involvement in other community organizations. Only people outside the candidate's immediate family may nominate an individual to the 4-H Hall of Fame.

Nomination forms are available from your Regional 4-H Office, Provincial 4-H Office (780-422-4444), or 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)).

Application deadline: June 15, 2005

## Provincial 4-H Selections

BY MARK MUCHKA

4-H SPECIALIST

120 senior 4-H members are preparing for the annual Provincial 4-H Selections program, April 29 to May 2, 2005 at Olds College. Sponsored by Agriculture and Agri-Food Canada, and Olds College, Selections is a challenging and educational program that helps prepare members for the next step – post secondary schooling or the workforce.

This year's theme is "Marketing Me". Delegates will explore what they have to offer to employers or educational institutions, and will be challenged to recognize the importance of having the marketing tools to successfully achieve what they desire.

In addition, participants may be chosen to represent Alberta and 4-H at educational award programs in other parts of Canada and the United States. Approximately 60 delegates will receive award trips, 14 will be selected to serve as 4-H Ambassadors, and one will be named the 2005 Premier's Award Recipient, the highest honour bestowed upon an Alberta 4-H member.

The 4-H Branch wishes everyone attending the best of luck and hopes they have a terrific time! 🌱

## Provincial Scholarships

BY MARK MUCHKA

4-H SPECIALIST

Over \$80,000 will be awarded to 120 past or present 4-H members attending a post-secondary institution.

### Scholarship fact:

More than half of applicants receive a scholarship each year (62 percent of applicants received a scholarship in 2004).

### Scholarship fiction:

Applicants must have high diary points or be entering into an agriculture program of study to receive a scholarship. The truth is, the majority of scholarships do not list diary points or program of study as criteria.

### Application process:

All members entering or returning to college or university are strongly encouraged to apply. Each applicant will be eligible for each scholarship based on his/her ability to meet that particular scholarship's criteria.

Application forms are available on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). Applications must be postmarked and mailed to the 4-H Foundation of Alberta by May 5, 2005.

For questions regarding the scholarship program, contact the 4-H Foundation at (780) 682-2153 or [foundation@4hab.com](mailto:foundation@4hab.com). For information on other scholarships available to 4-H members, visit [www.4h.ab.ca](http://www.4h.ab.ca). 🌱

## ATB Financial Award of Excellence



The ATB Financial 4-H Award of Excellence is a series of four awards designed to recognize a 4-H member's project work, leadership and community service achievements.

The awards are distributed on the basis of a member's accumulated points from his or her Yearly 4-H Diary. Points needed for each award are as follows:

AWARD	POINTS NEEDED	YEARS NEEDED
Bronze	90	3
Silver	150	4-6
Gold	220	6-7
Platinum	320	8+

A member must fill out a diary for each year he or she has been in 4-H to be eligible to receive an award. The club leader checks over the forms and confirms the points.

To order these awards, please contact your Regional 4-H Office. Order early as requests are only processed on the 1st of each month and delivery takes 3 to 6 weeks. Clubs may only order once per year.

Copies of the yearly diaries are available by contacting the 4-H office in Edmonton or by visiting the resources section of the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). 🌱

# Ambassadors

## What a wonderful resource to have!

BY DANIELLE SCHNURER

4-H AMBASSADOR

Here's just a quick note for those in need of a few helping hands at training workshops, achievement days, and other events that are being organized in the latter part of the 4-H year.

The Ambassador program in Alberta is a wonderful program at that, and the Ambassadors exist for one reason – 4-H! And we love helping out clubs in absolutely any aspect imaginable.

Need a judge for a public speaking event, or to talk to you about summer programs coming up? Well, we can help. Basically it is our job to ensure that if help is needed within 4-H, we are there to lend a helping hand, or a few for that matter!

If you are unsure of who the ambassadors are within your region, call your Regional Specialist, or even talk to your Key Leader. But please, if you do need help at an event, or need sessions to be run, don't forget to think of your Ambassadors. We are a wonderful resource, and we are ready to be called upon! 🌱



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The Calgary 4-H Alumni Presents

# CALAWAY CAPER 2005

Celebrating the centennial with family and Friends

## Who

All 4-H members province wide along with their family and friends!  
Even non-4-H members!

## Where

Calaway Park - Just off the Trans-Canada  
West of Calgary

## When

- September 17, 2005 – Calaway Park
- Check in at 10:30am (Park opens at 11am)
- Check out at 8pm

## Cost

	EARLYBIRD	REGULAR
8 Years and Under	\$25.00	\$28.00
Over 8 Years	\$30.00	\$33.00

\* Season Pass holders may deduct \$10.00 from these prices. Earlybird Deadline June 30th, 2005. Regular Deadline September 1, 2005.

## Includes

Day Time Park admission, Supper and after hours park admission

\* Please Note: You will be responsible for your own belongings, bring a backpack to carry with you or money for lockers at the park.

## Registration Form

1. Please fill out 1 (one) for each attendee, detach and mail with registration costs to the above address.
2. Due to our zero based budget everyone including chaperones must register.
3. Please make cheques payable to: Calgary 4-H Alumni.

NAME

AGE

SEX

CLUB

REGION

ADDRESS

PHONE

EMAIL

EMERGENCY CONTACT

PHONE

RELATIONSHIP

CHAPERONE

SPECIFIC MEDICAL CONCERNS OR DIET REQUIREMENTS

### For More Information

Directions, Itinerary etc. can be obtained, via email at calgary4halumni@gmail.com

### Send Registrations to:

Calaway Caper – Laurie Jacob-Toews  
454 Sagewood Park S.W.  
Airdrie, Alberta T4B 3A9

### Questions:

Laurie 403-948-6729  
Julie 403-256-7656

### Group / Club Registrations

Group / club registration forms can be obtained from calgary4halumni@gmail.com



# Club & District Articles

## Moos on the Moove

BY KATELYN CREST

4-H MEMBER

What does an impatient cow say? Mooooooove it!

**M**oos on the Moove 4-H Dairy Club has been very busy these last few months. We had our regular meeting on January 15 at the Bikker farm. We discussed a lot of things at our meeting, and participated in a parts of the cow activity and test. Then, Mr. Glen Felske, talked to us about pedigrees. There sure is a lot to know about reading a pedigree.

January's "Meet the Members" are Janine Bikker and her brother Jos. Janine is a bubbly 10 year old who goes to school at Covenant Canadian Reformed School. This is Janine's 2nd year in 4-H and she joined because she likes showing. Janine's project calf is Star. Jos Bikker is a first year member who is 9 years old. Jos joined 4-H because his sister had a lot of fun last year. Red is his favorite color, and he enjoys living on the farm and milking the cows. Jos's project calf is Daisy.

### FUN FACT #9

**Elephants can smell water from as far as 3 miles away, a sense more powerful than even a dog has. Dogs can smell up to 2 miles away (depending on the direction of the wind).**

On January 29 we went to Tawaintaw Ski Hill to ski and snowboard. Everyone had a lot of fun and look forward to next time.

On February 5 we had another meeting at the Morey's farm. We talked about different Judging competitions and recycling oil filters as a fundraiser. After lunch we broke into groups and judged Jersey, milking, heifer and type model classes. We also gave written and oral reasons. Mr. John Free was our official and gave us some great pointers on what to look for when judging dairy.

February's "Meet the Members" are Casey and Lee Morey. Casey is 10 years old and in 4-H for her 2nd year of 4-H. She goes to Rochester school and her jersey calf's name is Jillian. Casey joined 4-H because she wanted learn more about calves. Casey's chores are to feed calves and clean the floor in the calf barn. Brown is Casey's favorite color, I wonder if that why she likes jersey so much? Lee Morey also goes to Rochester School and his jersey calf's name is Haley. Lee is 9 years old and he joined 4-H because he thought it would be fun. Black is Lee's favorite color and although Lee has no chores to do, I'm sure he works hard on their dairy farm. On February 27 we held our public speaking competition at the Pibroch Hall.

That's all the news for now. I'll leave you with this little riddle. What do you call a cow spying on another cow? A steak out. 🍖



## Claresholm 4-H Beef Club

BY AMANDA HIGH

4-H MEMBER

**W**hen the Claresholm Beef Club reorganized in October, we had 18 members and our female projects had increased. We have 13 steers, 5 carcass steers, 16 heifers, 8 – 2 year olds and 2 – 3 year olds. In November our animals were weighed in and most of them were already on the halter, or at least had seen one! We also learned the parts of the animals and what to look for.

Our club attended District Judging at the Fort Macleod Auction Mart and held our annual Christmas curling party in December.

January's District Diary and Selections Workshop was a success. It was very informative with the explanation of where events go in our diaries and how diaries help you in the future. Following this, in February, we went to the Claresholm Porcupine Lodge and played card bingo with the seniors. It was a lot of fun! For a fundraiser we went to "the Boyz are Back" bull sale to help out, by serving the meals and running the bulls. We also held our public speaking and presentations. There were some very interesting and informative topics. March brought our Mock Show, where we had hoof trimming, washing, blowing, clipping and grooming demonstrations.

In April, May and June, we will prepare for Achievement Day, enjoy a calf tour and participate in more judging days. Creative minds will be needed in May to create posters to promote our Achievement Day. IGA has once again agreed to purchase our 4-H carcass steers and sell the meat at a special "4-H Meat Week Sale in June". We will help promote it by having a BBQ during that week to promote 4-H!

That is all for now, good luck to everyone at their Achievement Days!

## Athabasca 4-H Beef Club

BY KYLE CZWIL

4-H MEMBER

At our reorganization meeting in October, we welcomed three newcomers Jason Bulas, Angelique Kwasney and Brittney Kwasney to our club. In celebration of National 4-H Week, November 1-7, our club set up displays at Buy-Low Foods in Athabasca where we handed out balloons and bookmarks and held a jelly-bean-counting contest. We would like to thank Buy-Low Foods for the opportunity to showcase our club and 4-H. Thank you also to Jens and Ethel Jorgensen who came to help us make rope halters and neckties during our weigh-in.

At our December meeting we discussed ways that the Ag Society and our 4-H club could work closer to benefit each of us. Thanks to Morris and Lily Wasieczko for the team and wagon for the sleigh ride enjoyed by all on December 12.

At our first meeting in 2005, Wendy Bickerstaff showed us how to complete our record books. She gave us some very helpful ideas. Thanks Wendy. On February 6, our club took part in the Athabasca District curling

fun day organized by Colinton 4-H Multi. This is a great way for all of the members in the district to get to know each other and have FUN. Club public speaking competitions were held in February as well.

It is hard to believe that it is already April. It seems like just yesterday that I was out in the pasture picking out my 4-H steer. He has learned a lot since then and so have I. I'd like to thank Lorne Bodell for teaching us how to halter break, groom and show our calves. 🌿

## Newell 4-H District News

BY VIONE KADING

NEWELL 4-H DISTRICT HISTORIAN

This year the Newell District honoured Margaret Douglass as the District's Friend of 4-H. Louise Beasley accepted the honor in her mother's memory. Louise asked clubs and districts, during her acceptance speech, to make sure and keep a history log of past people in their areas who have helped 4-H, and honor these people while they are still with us.

The Newell 4-H District's Junior Council is up and running with Amberley Sparry and Megan Baron as the Ju-

nior Leaders. The Junior Council held a speech and presentation clinic on Jan. 13, 2005 to prepare for the district speak offs, which were hosted by Bow River on March 6. 🌿

## Brand New Blazers

BY RAILEY TREMBLAY

4-H MEMBER

Hi fellow 4-H members, this is the Cowboy Trail Blazers. We are a brand new club with 10 members that has been having a lot of fun this year with and without our horses.

Seven of our members competed at the Calgary Stampede rodeo and even though it was cold and wet, we helped each other and had a blast. We are keeping busy learning about public speaking, record books, multi judging and of course riding. Our club rides once a week practicing horsemanship, gymkhana and trail.

We are planning to attend 4-H on Parade, the regional horse show, trail rides and clinics. We are having a great time learning new things, and are having a fantastic year together.

See you on the Trail! 🌿

## Didsbury Outlaws: 4-H Horse Club

3rd Annual Gymkhana

Sunday August 21, 2005

10 am – Rain or Shine!

### WHERE

Didsbury Rodeo Grounds, Didsbury, Alberta

### EVENTS

Barrels, Poles, Keyhole and Stakes

### JACKPOT

Entry At Rodeo

### ENTRY FEES

\$5.00 per event, late entries are \$10.00

### DEADLINE

August 10th, 2005

### ADDITIONAL INFORMATION

Call: 403-335-8977 or 403-660-5432 between 6 – 9 pm.

All age categories welcome!



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## Telus-CHAT Radio food drive

BY SHANNON TRAXEL

The Seven Persons 4-H Beef Club annual community service the past few years has been to help the Kiwanis Club sell apples. The Kiwanis Club is a great supporter of the community and of 4-H. Not all the members were able to help with the Kiwanis apple drive so they chose to help with the Telus-CHAT Radio food drive. These eight members collected 471 pounds of food in 2 short weeks.

The food drive is an annual event held in Medicine Hat in which CHAT Radio, with the support of Telus, clubs and businesses collect food, with a bus, for the food bank. This year they collected about 3000 lbs of food, almost double of last year. The day before the actual collection (November 17, 2004), the CHAT Radio van visited outlying areas, such as ours, to collect food. The support from the community was wonderful. 🍀

## Rocky Top 4-H Riders

BY ANITA MAY

4-H LEADER

February 6 was all about public speaking. Our members had awesome speeches and showed great effort towards improving their communication skills – skills that will benefit them throughout their lives. Now that speeches are drawing to a close we look

forward to spring and riding. Wanita Davies is our Horsemanship Leader and has lots in store for the members including level testing and preparing for a clinic and achievement day. 🍀



Senior public speaking participants and their placing (left to right): Chelsey Copithorne, Bonnie McKay (3), Dusty Evans (2), Johnny Evans (1).



Junior public speaking participants and their placing (left to right): Lyndon Copborne, Meagan Overwater, Jordyn Watt, Merish Laing, Rylee Davies (3), Brooklyn Copithorne (2), Janelle Laing (1).



# Sponsors

## Beef Breeds

BY CORINNE SKULMOSKI

**B**eef breed associations offer product or prizes yearly to 4-H clubs. The Provincial 4-H Office, as a service, provides this information to you and beef breed associations. When contacting a breed representative, please allow enough time for shipment of product or prizes (if you are awarding these at your awards night).

### How do you find out what each beef breed association is offering?

Information provided by beef breed associations is available in the resources section of the Alberta 4-H website. To access the resources section, you will be prompted to enter the username and password. The username is alberta4h and the password is cleaver.

Click on the livestock link once in the resources sec-

tion. On this page you will find a listing of each of the beef breed associations.

### How do you get your awards?

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 you, the 4-H Leader requests awards, a specific courier location must be requested for it to be delivered to. The courier office will call you when the awards come in. Please ensure that these awards are picked up

promptly after receiving notification. We work in conjunction with other government offices to arrange to have the awards dropped off at select locations and want to continue to use their service. Beef breed associations must follow the correct shipping protocol or they will lose this shipping privilege.

If you have any questions please contact Corinne Skulmoski at the provincial 4-H office at (780) 427-4340 or [corinne.skulmoski@gov.ab.ca](mailto:corinne.skulmoski@gov.ab.ca).

## Beef Product and Breed Association Application

PHONE: (780) 427.4340 E-MAIL: CORINNE.SKULMOSKI@GOV.AB.CA

Club Name		Club Leader
Address		Phone Number
Approved Government Courier (Select form Online List)		Awards Date
Member Information for Awards		
Number of Clubs at Show	Number of Head Shown	

Name (alphabetical)	Mailing address (mailing address and postal code)	Age	T-shirt or Jacket (XS) X-small (34") (S) Small (38") (M) Medium (42") (L) Large (46") (XL) X-large (50")	Phone number (xxx)xxx-xxxx	Years showing breed	Showed (S) Steer (H) Heifer (CC) Cow-calf	At Club (C) Champion (RC) Reserve Champion (HG) High Gain (P) Placed	At Inter-Club (C) Champion (RC) Reserve Champion (HG) High Gain (P) Placed

Mail or fax to the breed contacts by the deadline listed for each breed.

LEADER'S SIGNATURE

## Partnership Builds on Heritage, Benefits Communities.

**T**he World Professional Chuckwagon Association (WPCA), EnCana and 4-H Alberta are partnered for the Dodge Pro Tour, a 10-city race series with stops throughout Alberta and northeast British Columbia.

EnCana's Manager of Community Investment, Mary Ann Steen says, "At EnCana, capacity building is at the heart of everything we do. We look for opportunities where an investment will make a difference by creating value-added relationships. The opportunity to help bring together the WPCA and 4-H is the most fundamental kind of capacity building we can think of."

Through the three-year partnership, EnCana will contribute \$150,000 per year to the WPCA, a significant portion of which will support each location's 4-H and host committees.

The WPCA Dodge Pro Tour kicks off in Grand Prairie, continuing its circuit through Medicine Hat, Lethbridge, High River, Ponoka, Edmonton, Strathmore, Drumheller, Dawson Creek and Red Deer, from June 1 – August 21 this year.

EnCana is one of North America's leading natural gas producers, the largest holder of gas and oil resource lands onshore North America and is a technical and cost leader in the in-situ recovery of oilsands bitumen. In 2004, EnCana invested more the C\$15 million in the communities where it

operates, and expects to contribute an additional C\$15 million in 2005. EnCana subscribes to the Imagine Canada program, which sets a benchmark for corporate giving at one percent of pre-tax profits. ♣

## EnCana Endows New 4-H Scholarship

BY BRUCE BANKS

4-H FOUNDATION OF ALBERTA

**E**ach year the Alberta 4-H Scholarship program builds new and strong relationships with community minded organizations.

EnCana Corporation is North America's largest gas producer and leading developer of oil sands. EnCana focuses on contributing to the strength and sustainability of the communities in which it is privileged to operate. In 2004, EnCana invested more than \$15 million in these communities, and expects to contribute an additional \$15 million in 2005.

In January 2005, Tristone Capital Inc made a donation of \$25,000 to establish the EnCana 4-H Scholarship Fund. This gift from Tristone on behalf of EnCana was a thank you for a large project Tristone was awarded by EnCana. Each year \$1,000 will be awarded to one past or present Alberta 4-H member planning to attend a post secondary. The recipient of

Proud of our western roots. Proud of our youth.  
Proud to be your neighbour.

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Visit our 4-H partners at a WPCA event near you.

[www.encana.com](http://www.encana.com)



this award will exhibit outstanding 4-H involvement and be or have been involved in communities where EnCana operates.

This scholarship is available through the Alberta 4-H Scholarship Program. To obtain the scholarship application form, visit the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) or call the 4-H Foundation of Alberta at (780) 682-2153. To learn more about EnCana Corporation ([www.encana.com](http://www.encana.com)) or Tristone Capital Inc ([www.tristonecapital.com](http://www.tristonecapital.com)), please visit their websites. 🌱



Left to Right in Photo – Bob Grant (Vice-President Acquisitions & Divestitures, EnCana), Bruce Banks (Executive Director, 4-H Foundation of Alberta), Vince Chahley (Managing Director of Corporate Finance, Tristone Capital Inc.)

## The Winning Ticket is...

BY HENRY WIEGMAN & YVONNE YAREMCIO

**M**arcy Beddome, a five-year leader of the Peace River 4-H Multi Club, thought she should perhaps take a look at her tickets, almost positive that she didn't hold the winning ticket for a trip for two to anywhere in Canada. However, when she checked, the number belonged to her! Marcy was "absolutely surprised, then, very excited!"

Marcy received many offers on the bus ride home from

Leaders' Conference from fellow leaders who wished to accompany her on her travels. However, Marcy and her husband Doug are planning to travel to the Maritimes this summer.

Special thanks to ITS Travel, who supplies the tickets for this 4-H fundraiser, held at the annual 4-H Leaders' Conference. Over the past three



Marcy Beddome (centre) with Leaders' Conference emcees Colleen McPhee and Greg Coleman

years, ITS Travel has donated over 25 tickets to 4-H to fly anywhere in Canada.

Clubs, families and individuals are encouraged to book travel through ITS Travel, the official travel agency of Alberta 4-H, by phoning 1-800-661-4326 and asking for Sharon at the 4-H Desk. ITS Travel in turn donates 10 percent of their commission

to the local 4-H club you designate, plus 10 percent to the Provincial 4-H Member/Leader Travel Fund. This fund supports member and leader personal development travel opportunities across Canada and the United States.

Congratulations Marcy and enjoy your trip! 🌱

## FCC First Aid on the Farm

**F**arm Credit Canada (FCC) is partnering with Alberta 4-H to deliver 'First Aid on the Farm', a program developed by St. John's Ambulance for youth in grade 8 (12-14 years of age).

The program is approximately 6.5 hours in duration and covers basic life-saving and first aid skills. Special emphasis will be place on: 1) recognizing hazards on the farm, and 2) administering first aid in situations where EMS is not immediately available.

'First Aid on the Farm' will be administered by a St. John's certified instructors and will cover: emergency scene management; shock, unconsciousness and fainting; choking; artificial respiration; wounds and bleeding; burns; poisons; eye injuries; head, spinal and pelvic injuries; cardiovascular injuries; and preparation for emergencies. Participants will also be supplied with a booklet to complete a farm audit, so that hazards may be recognized, making the farm a safer place.

Three courses will be offered in each of the four FCC geographic districts throughout Alberta.

FCC geographic areas:

- Alberta North – area north of Edmonton: contact JoAnn Dutchak, (780) 968-6472
- Alberta East – Camrose, Vermilion, Wetaskiwin areas: contact Michele VanAlstyne, (780) 679-3258
- Alberta Central – Red Deer and Calgary areas: contact Jackie Dallas, (403) 340-4224
- Alberta South – area south of Calgary: contact Lianne Warnock, (403) 382-3114

4-H groups interested in this course offering will be required to provide a participant list, look after registration (class size min. 15 to a max. 25), choose a date, location and facility, and liaise with FCC.

For more information, contact: Sandy Kirtzinger, District Manager (Alberta East), Farm Credit Canada at (780) 679-3254 or [sandy.kirtzinger@fcc-fac.ca](mailto:sandy.kirtzinger@fcc-fac.ca). 🌱



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Left to Right – Greg Hawkwood (Chairman, 4-H Foundation of Alberta), Robert Sharpe (District 2 Director, UFA), Marguerite Stark (4-H Branch Head), Maryanne Sandberg (President, Alberta 4-H Council), John Lee (Corporate Community Investment Manager, UFA)

## UFA Achievement Day Support Program

BY HENRY WIEGMAN & BRUCE BANKS

United Farmers of Alberta (UFA) has once again shown its outstanding commitment to Alberta 4-H.

Achievement day committees can apply for a grant of \$100 per club, to promote and enhance their achievement day event. Clubs that market together are encouraged to leverage their allotment by pooling resources. Funds can be used to promote the sale, provide meals or refreshment for the event participants or maximize existing marketing protocols that cooperating clubs have developed.

After the event, achievement day organizing committees are asked to submit a report to the 4-H Foundation of Alberta, outlining how they used the funds. The club(s) that had the most creative, effective, and/or most unique idea will have their funding doubled the next year.

This \$42,500 enhancement will replace UFA's purchase of 4-H marketable livestock at achievement day sales. UFA's total support to 4-H has surpassed the \$175,000 mark, and equates to an average of approximately \$16 for every member and leader involved in the Alberta 4-H program.

We encourage clubs to take advantage of this offer from one of our 4-H Legacy Sponsors. As always, acknowledge all those who support your club's endeavours, and be a proactive and positive impact in your community.

The UFA achievement day grant form has been distributed to your club leader, and is available for download from the scholarships and grants section of the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)).



## Wildrose Foundation Provincial Youth Retreat

BY THERESA YUHA

AMBASSADOR

It's not every weekend that the selfless, talented, and caring youth of our province are able to get together to make a difference. From February 11-13, I was honored to be part of the Wild Rose Foundation Provincial Youth Retreat. As a 4-H Ambassador, I represented 4-H in Alberta.

The Wild Rose Foundation sponsored the weekend and gave us the mission to create a provincial youth initiative to change the face of the young volunteering community. The group, consisting of less than twenty of us, aged 16-28, would have never dreamed that we could accomplish what we did. The results were exceptional.

All of us agreed that Alberta's youth have many opportunities to step up to volun-

teer and leadership roles. However, our province needs a central gathering place for volunteer information. So the pens hit the paper and hours later we developed our initiative. We plan to create a database of information in the form of a website including opportunities and resources for volunteers, as well as recognition and support. Eventually this site will grow to include a message board, profiles of volunteers, and a matching service to help youth find where they would enjoy volunteering.

4-H members do plenty of volunteering in their clubs, districts, and regions, making us prime candidates for this type of project. Therefore, your involvement in the initial stages is important. Anyone is welcome to help instruct workshops, gather data, and create resource contacts. If this interests you, feel free to contact me at [theresayuha@hotmail.com](mailto:theresayuha@hotmail.com).

I feel privileged to work with some of the most amazing youth in the province and would like to thank everyone involved for ensuring such a great experience. 🍀



Participants of the Wildrose Foundation Provincial Youth Retreat

# Features



## Insurance – When are our Members, Leaders and Volunteers Covered?

BY MARGUERITE STARK

4-H BRANCH HEAD

The Alberta 4-H Council, on behalf of 4-H members, leaders and volunteers purchases three insurance policies. These policies are in place to ensure your protection while involved in club, district, regional and provincial activities.

The three insurances, Commercial General Liability, Accident, and Directors and Officers Liability are each unique in their purpose, but together provide us all with the needed insurance protection should an unforeseen incident/accident happen.

Your responsibilities regarding the insurance are simple.

- 1) All members and leaders who are registered through the club registration system are considered registered members and leaders. If you need to add a member or leader part way through the year, you must submit the information to the 4-H Registrar as soon as possible. Fees for members and screening information for leaders are due at the same time. An unregistered member or leader is not covered by the insurances.
- 2) Activities and events that your club participates in must be recorded on a calendar of events, program outline, information letter to parents, or in the clubs minutes. If your club chooses to participate in any event – ski trip/ livestock show/ bingo social/ farm tour etc. the event and the registered 4-H participants will be covered by insurance.
- 3) We recognize that, on occasion, you may use volunteers who are not registered leaders. These volunteers would assist with one or perhaps two activities throughout the club year. Provided that these volunteers' names appear on a program, in the club minutes, or in a committee report submitted prior to the activity, these volunteers are also covered by the insurance.
- 4) Siblings, friends, and outside participants in an event are not covered by the 4-H insurance policies.
- 5) In the event of an incident involving injury, damage to property, or threatened legal action, please contact the 4-H Branch as soon as possible so we can assist you in providing adequate information and detail to the insurance companies.

For further information on 4-H insurance, please contact Marguerite Stark, 4-H Branch Head at (403) 948-8510. 🍀



## The New 4-H Website

BY CORINNE SKULMOSKI

4-H BRANCH

Have you been the Alberta 4-H web site recently? We have been working hard to meet you needs – and the result is a brand new website to help you find information quickly and easily. Join me as I take you surfing through the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)).

Let's start on the navigation line. This is the dark blue line with the white lettering, located below the banner of blue images. Across the navigation are six categories:

**About 4-H.** This category holds the basic 4-H information such as What is 4-H, The 4-H Benefit, Values/History, FAQ's and the Annual Report.

**Partners.** This category holds information on the valuable partners that make up the Alberta 4-H program – Branch, Foundation, Council, and Sponsors.

**Regional Information.** Each of the seven regions – South, Calgary, West Central, East Central, Northeast, Northwest, and Peace post the latest newsletters, pro-

grams, events, special offers, minutes and agendas, constitutions/by-laws, rules and guidelines and items for loan.

**News/Events.** This is you will find our Calendar, Press Releases, Contests and Special Offers.

**Interactive Online.** Of special interest to Leaders – Level One Training Leaders Quiz.

**Contact Us.** You have to check out the Club Finder. A map of Alberta that you can select which region you are interested in. This takes you to information about where 4-H clubs are located in each region. The staff listing provides you with contact information for the Alberta 4-H Branch staff.

Now we are on the left hand side to the Message Board – you must register before submitting any messages. Links list websites that might be of interest to you. Resources Log-in will take you to the Alberta 4-H Resources. In order to access the resources you will be required to login. The

User Name is alberta4h and the Password is clever (both are case sensitive).

Would you be interested in receiving a monthly e-mail when information is updated on [www.4h.ab.ca](http://www.4h.ab.ca)? Please send your e-mail address to Corinne Skulmoski at [corinne.skulmoski@gov.ab.ca](mailto:corinne.skulmoski@gov.ab.ca) and you will be added to our e-mail listing. I hope you enjoy surfing on the new 4-H website!

## Profile: Lac La Biche 4-H Club

BY MARK MUCHKA

4-H SPECIALIST

What do you get when you mix six eager 4-H members with a roll of fishing line and some branches? Well, it's the Creative Options Fishing and Outdoors projects.

Last year, the Lac La Biche 4-H Multi Club started a fishing project as part of creative options. With material gained from attending the Western Regional Leaders' Forum in Alaska, Bryan Kumpula, 4-H Leader began working with the interested members of his club.

Over the course of the year, members learned about fish genetics, types of fish, casting, fly fishing, spawning techniques and how to test the oxygen levels of lakes. Members went fishing at Winifred Lake, commercial fishing at Lac La Biche, and completed a fish and wildlife study.

With vast knowledge about fishing under their belt, the appropriate next step was to begin the Outdoorsman project, where members are learning to build shelters and campfires, tie knots, take part in fishing and camping trips, and survive the winter.

Keeping with the 4-H motto of 'Learn to do by Doing', members are putting their skills to the test. Recently, members built quinsy's (which look and act much like an igloo) and stayed in them one night while ice fishing in the midst of our cold Alberta winter. According to Craig Kumpula, project member, "It was a lot of fun, and surprisingly, only one candle is needed to heat the quinsy or it becomes too hot." In addition to stating his excitement about the project, Craig looks forward to learning about archery, snaring, building lean-twos and surviving outdoors later this year.

38 members of the Lac La Biche Club take part in crafts, beef, horse, llama and alpaca, canine, photography and veterinary science projects. The outdoorsman project was added in response to interest shown by a few of the club's members. ❁

### FUN FACT #10

**A newborn panda is smaller than a mouse and weighs only about 100 grams.**

# Fundraising

## Ben Crane, Entertainer & Artist

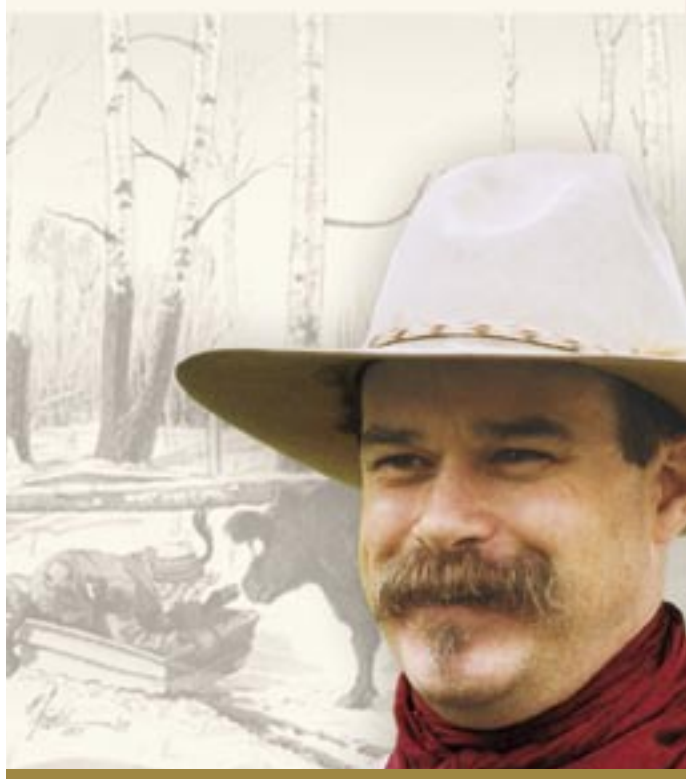
BY BEVERLEY A. HAVENS

THE HAVEN AGENCY

From the Alberta ranchlands just east of Rocky Mountain House comes western country singer Ben Crane. His love for the West Country and the outdoors shines through not only in his music but in his artwork as well. The western cartoonist and Leanin' Tree artist says "What I do beats the hang out of a real job!"

Ben has long supported and promoted 4-H throughout Alberta. If your club is planning a Centennial Celebration this spring or a club fund raiser now or in the fall, start preparing by booking Ben for a concert or dinner concert. With this one event you can accomplish your fund raising goals for the year as well as give an evening of music and humour to your community.

You can book Ben by calling Beverley Havens at The Haven Agency at (403) 226-5583, or by visiting [www.havenagency.ca](http://www.havenagency.ca) and following the link to the booking page. ❁





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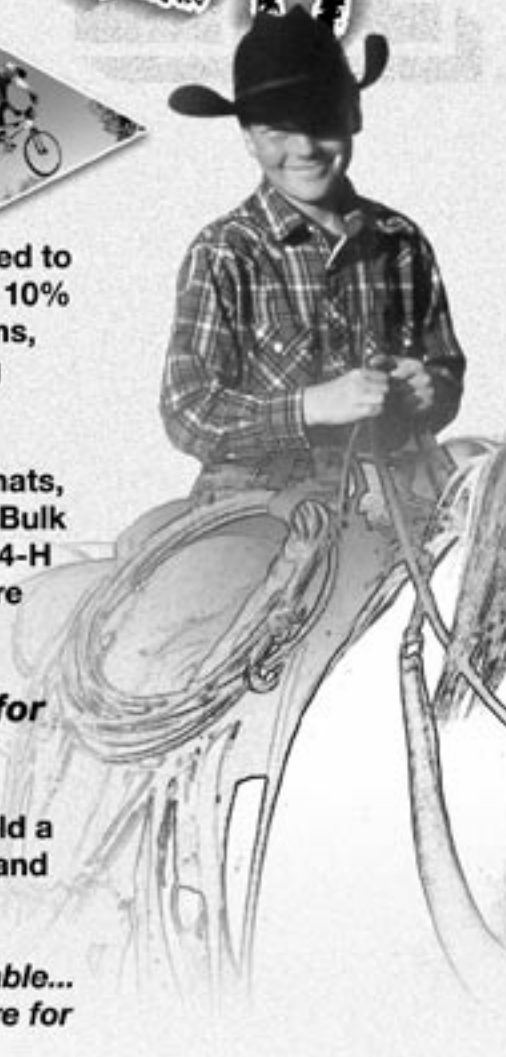
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# FOR WORK OR PLAY

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