

Alberta

4-H

MAGAZINE

FALL 2010 // www.4h.ab.ca

VOLUME 6 • ISSUE 2

TECHNOLOGY AND ALBERTA 4-H

page 35

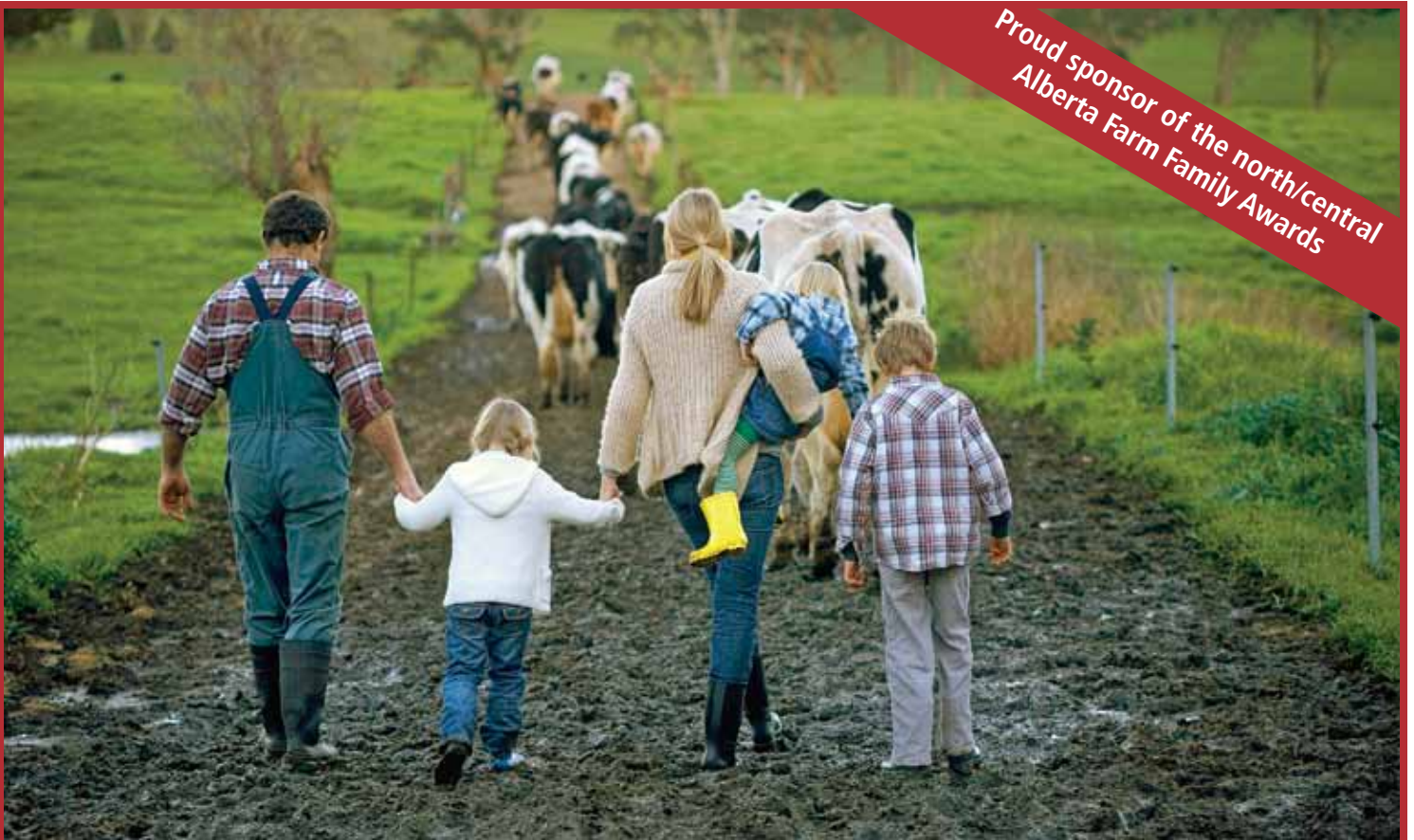
Looking for the Program Booklet?

Check out page 25



PM41132526. If undeliverable as addressed, please return with the forwarding address to:
4-H and Agriculture Branch, 200 - 7000 113 Street, Edmonton, AB T6H 5T6.

Proud sponsor of the north/central
Alberta Farm Family Awards



Taking good care of you with AMA Farm Insurance

Your farm is your home and livelihood. Protect what matters most with AMA Farm Insurance. We offer flexible coverage for:

- your home
- equipment
- vehicles
- outbuildings
- livestock
- and liability needs.

Call, come in or visit us online to see if you are eligible for **discounts of up to 40%** on your farm property insurance.



Experience
CAA **AMA Insurance**

Alberta Motor Association Insurance Company

1-866-308-3708 | AMAInsurance.ca/Farm



Submission Guidelines

Your stories are important to us, and we want to see them published in the next issue of the *Alberta 4-H Magazine*.

Here are a few tips to ensure that this happens:

1. Articles should be about 200-250 words;
2. Some examples for possible article topics might be: a fun and interesting event that you and your club took part in; an exchange that you went on; a fundraiser that your club was a part of; a lesson you have learned from your 4-H experience; an innovative project or activity that you and your club took part in.
3. Articles should NOT contain long lists of results;
4. Photos are a huge complement to any article – please send HI-RES pictures, as attachments via email or as hard copies through the mail. Please do not embed the photo(s) into the email itself;
5. If you do send a photo, please be sure to name ALL of the people who are in the photo, and include where the photo was taken. For example: *Jill and John at Edmonton's annual Folk Festival*.

If you are unsure about any of the above tips, please do not hesitate to contact us:
magazine@4h.ab.ca.

NOTE: We attempt to make every effort to accommodate each article that is received; however, articles may need to be shortened, and sometimes withheld from publication, due to spatial restraints.

Alberta 4-H Magazine

Editor:

Jessica Hainstock
4-H Specialist – Resource Development and Communications

Wing Man:

Cameron Horner
4-H Specialist – Communications and Marketing

Design & Layout:

Perpetual Notion Design Inc. – www.perpetualnotion.ca

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

4-H and Agriculture Education Branch

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

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

Deadlines for submissions:

February 27, July 25 & October 24

Distribution to public:

April 1, September 1 & December 1

Advertising Inquiries

Please contact Pauline at 1.587.999.2240 or foundation@4hab.com
Deadline for submissions are February 15, July 15 & October 15

Publication Mail Contract #41132526. If undeliverable as addressed, please return with the forwarding address to 4-H and Agriculture Branch: Room 200, 7000 – 113 Street, Edmonton, Alberta T6H 5T6.

Contents

- 04 EDITORIAL
- 05 NATIONAL NEWS
- 06 PROVINCIAL NEWS & EVENTS
- 16 REGIONAL NEWS & EVENTS
 - 18 SOUTH REGION
 - 19 CALGARY REGION
 - 20 WEST CENTRAL REGION
 - 21 EAST CENTRAL REGION
 - 21 NORTHEAST REGION
 - 22 NORTHWEST REGION
 - 22 PEACE REGION
- 27 TRAVEL & EXCHANGE
- 32 FEATURES
- 39 CLUB & DISTRICT
- 45 ASK AN EXPERT

on the cover

Delegates at Intermediate Camp 2010.
Photo credit: Ted Andrew.

4-H Motto: "Learn to do by doing."

4-H Pledge: I pledge

My head to clearer thinking,

My heart to greater loyalty,

My hands to larger service,

My head to better living,

For my club, my community
and my country.

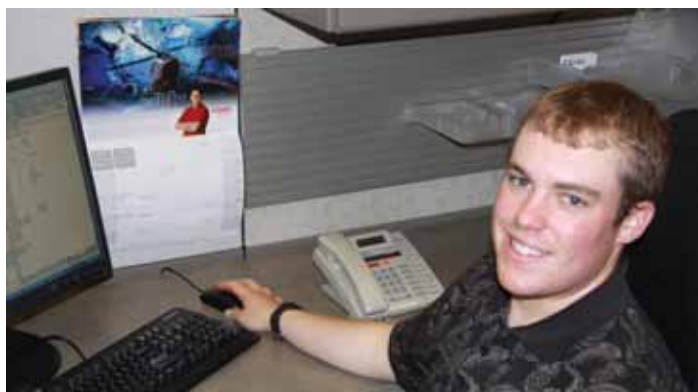
Government
of Alberta



Recycled
Supporting responsible use
of forest resources
www.fsc.org Cert no. SW-COC-1383
© 1996 Forest Stewardship Council



Editorial



There are two questions you get asked when you come home from college at Christmas: *How's school going?* and *What are your plans for the summer?* The former is easy to answer, the latter, not so much. I had sort of thrown around the idea of working for 4-H for the summer, but it wasn't until I had come home for Christmas break that I really sat down and decided that I would apply for the Communications and Marketing Assistant position. And after submitting my application, what felt like a long wait, an interview and another long wait, I finally got the call to work for Alberta 4-H.

During my summer working with 4-H, I have done a lot and have seen a lot of 4-H. And one thing that I have noticed about 4-H is that it is a lot like going to an amusement park. You arrive at the park and there is so much to see and do; from the rides to the games and the shows, you could spend the whole day there and not see everything. This is how my summer has felt. I have had the chance to see what 4-H members from across the province learn and do. And even though I have been to a lot of shows, and exhibitions and competitions and programs, I know that there is a lot I didn't get to see. I guess that's just the price you pay when you work for a busy and non-stop organization.

This summer has been an amazing one. I thank my supervisor, Jessica Hainstock for all of her help and understanding throughout the summer. Also, to the amazing staff throughout the Branch and 4-H that I have had the chance to work alongside, I would like to say thank-you. To all the 4-H clubs that are getting reorganized, I hope that you are all getting excited and ready to take on a new 4-H year.

Happy 4-Hin,

Ted Andrew

Communications and Marketing Assistant

Online Program Registration and Payment

Tired of cheques and handwritten application forms? Program registration and payment is now available online for a selection of 4-H's finest provincial opportunities. Visit www.4h.ab.ca to find out more information.



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, the 4-H Foundation of Alberta, and the Alberta 4-H Council.

Marguerite Stark P: 403.948.8510 F: 403.948.2069
E: marguerite.stark@gov.ab.ca

Branch Head

Airdrie 97 East Lake Ramp NE AIRDRIE AB T4A 0C3

Karren Griffiths P: 403.948.8509 F: 403.948.2069

E: karren.griffiths@gov.ab.ca

Branch Administrator

Mark Shand P: 403.948.8508 F: 403.948.2069

E: mark.shand@gov.ab.ca

Programs Specialist

Calgary 97 East Lake Ramp NE AIRDRIE AB T4A 0C3

Rob Smith P: 403.948.8501 F: 403.948.2069

E: rob.g.smith@gov.ab.ca

Regional Specialist

East and West Central Box 600, 4705-49 Ave STETTLE AB T0C 2L0

Janet Kerr P: 403.742.7547 F: 403.742.7575

E: janet.kerr@gov.ab.ca

Regional Specialist

Edmonton RM 200, 7000 113 ST EDMONTON AB T6H 5T6

Registar P: 780.427.4426 F: 780.422.7755

Toni Harley P: 780.422.4H4H(4444) F: 780.422.7755

E: toni.harley@gov.ab.ca

Administrative Assistant

Cameron Horner P: 780.427.0753 F: 780.422.7755

E: cameron.horner@gov.ab.ca

Communications and Marketing Specialist

Corinne Skulmoski P: 780.427.4340 F: 780.422.7755

E: corinne.skulmoski@gov.ab.ca

Electronic Desktop Publisher

Jessica Hainstock P: 780.427.4466 F: 780.422.7755

E: jessica.hainstock@gov.ab.ca

Resource and Communications Specialist

Shari Smith P: 403.340.5375 F: 403.340.4896

E: shari.smith@gov.ab.ca

Manager, Resource Development and Delivery

Northeast Box 24 4701-52 ST VERMILION AB T9X 1J9

Leila Hickman P: 780.853.8115 F: 780.853.4776

E: leila.hickman@gov.ab.ca

Regional Specialist

Northwest Box 4560 BARRHEAD AB T7N 1A4

Jocelyn McKinnon P: 780.674.8250 F: 780.674.8309

E: jocelyn.mckinnon@gov.ab.ca

Regional Specialist

Peace Box 159 109 102 AVE FAIRVIEW AB T0H 1L0

Christine Lentz P: 780.835.7537 F: 780.835.3600

Stacy Murray P: 780.674.8214 F: 780.674.8309

Regional Specialists

South 100 5401-1 Ave S LETHBRIDGE AB T1J 4V6

Ginny Smith P: 403.381.5815 F: 403.382.4526

E: ginny.smith@gov.ab.ca

Program Assistant

Rob Smith P: 403.381.5815 F: 403.382.4526

E: rob.g.smith@gov.ab.ca

Regional Specialist

4-H Foundation of Alberta RR 1 WESTEROSE AB T0C 2V0

P: 780.682.2153/1.877.682.2153 (toll free) F: 780.682.3784

E: foundation@4hab.com (unless otherwise specified)

Andrea McFadden

Manager, Client Services Alberta 4-H Centre

C: 780.898.7826 E: mcfadden@4hab.com

Joan Stone

Manager, Finance & Administration

C: 780.898.7823 E: joan.stone@4hab.com

Pauline Copithorne

Corporate Communications Coordinator

C: 587.999.2240 E: copithorne@4hab.com

Jessica Patten

Administrative Assistant

E: patten@4hab.com

Susann Stone

Manager, Marketing & Special Projects

C: 780.898.4223 E: susann.stone@4hab.com

Henry Wiegman

Director, Fund Development

C: 780.499.4186 E: wiegman@4hab.com

Bruce Banks

Chief Executive Officer

C: 780.621.8265 E: banks@4hab.com

Alberta 4-H Council

RR 1 SITE 7 BOX 1 WESTEROSE AB T0C 2V0

P: 780.682.2648/1.877.682.2244 (toll free)

Susann Stone

Administration Manager

C: 780.898.4223 E: susann.stone@4hab.com

National News

Let The 4-H Year Begin!

BY KEN LANCASTLE

Communications and Marketing Manager, Canadian 4-H Council

The summer and the fall are always a very exciting time for 4-H Canada. There is a lot of work to get done, and lots of preparation leading into November. Why November, you ask? Because November is National 4-H Month in Canada, and there is certainly a ton to celebrate.

Make sure that you mark your calendars for November 3, 2010. That is the official Show Your 4-H Colours Day! Wear green, showcase your 4-H pride and spirit, and make sure everyone knows how great 4-H is.

Like previous years, we're having a contest to see how everyone is going to Show Their 4-H Colours. There is one difference though: this year we're going to open up the voting to everyone, so submit a photo and make sure you tell all of your friends to go online and vote for you! There are some fantastic prizes to be won! Visit the 4-H Canada website, www.4-h-canada.ca/colours to find out more! Also, look for promotional "Show Your 4-H Colours Day" items in your club start-up package, which will be sent by your Regional Specialist this fall!

November is also an exciting time because of the National 4-H Conference that takes place in Toronto. More than 100 4-H members and leaders from across Canada make the trip to

Toronto for the conference. They get a chance to see the city, visit local agriculture sites, and attend the Royal Agricultural Winter Fair. This conference is not one to be missed, so keep an eye on how you can attend future national conferences and programs.

Speaking of programs, there are also many other ways that you can get involved with national programs. There are grant programs, such as the FCC 4-H 4-Ever Grant to help your 4-H club, and the RBC 4-H Rural/Urban Outreach program, which helps us grow the 4-H program. Visit www.4-h-canada.ca/programs to find out about these and many more programs, including scholarships, exchanges, and awards!

As always, the 4-H Store continues to bring in exciting new products for 4-H members. The 4-H Back to School line is great for showing your 4-H spirit, and new clothing, belt buckles, and other products are quickly flying off the shelves. The online 4-H store is open 24 hours a day, 7 days a week. Check it out at www.4-h-canada.ca/store.

There is lots more going on at 4-H Canada, and there are plenty of ways to stay up to date on what's happening. You can visit the website (www.4-h-canada.ca), or follow us on Twitter (twitter.com/4HCanada) or 'like' us on Facebook (www.facebook.com/4HCanada).

Stay tuned for new and exciting updates, and feel free to get in touch with us to let us know how we're doing! Until next time 4-Hers! 🍀

Show Your 4-H Colours Day!



Mark your calendars!



Provincial News & Events

Ambassador Amblings

BY JENALEE BLACKHURST

Alberta 4-H Ambassador, West Central Region

*Twas the time of Selections, when all through the dorms,
All the 4-Hers were behaving, which of course is the norm.*

*Our scores have been tallied, our interviews over
Which ones would best represent the four leaf clover?*

*We are all nervous, though snug in our beds,
While thoughts of award trips danced through our heads.*

*Rosie assures us all will be well,
and that tomorrow's breakfast is sure to be swell.*

*The next morning we awoke, all bright eyed and ready,
To see who have become the ones that will work steady.*

*The final announcement is soon to be made,
Therefore our nervousness finally can fade.*

*From behind the podium they announce Cameron's crew,
A group of Ambassadors who have lots to do!*

*Two are selected from each of the regions,
To help with your workload through all the four seasons,*

Now Kelsey! Now, Jenalyn! Now Michelle and Leanna!

On Cara! On Janice! On Ryan and Brendon!

How many is that? No eights not enough!

We'll need more Ambassadors to do 4-H stuff!

Now Jenalee! Now Kendra! Now Shelby and Lesley!

On Erin and Lorisa! Now on with the message!

There is no doubt; 4-H is the best!

Read the story below to find out the rest!

The mission of the Alberta 4-H Ambassadors is to enhance, educate, and promote opportunities in 4-H to members and non-members through leadership and representation. The fourteen new, (and spectacular, if I do say so myself) Ambassadors, alongside the 2009 Ambassador team have been doing exactly that all summer long!



The first-year Ambassadors, all ready to go bowling at their Training Weekend.



Reanne Anderson, Northwest Ambassador, helps out at a Safeway barbeque, one of the many events that Ambassadors have been helping out at.

You may have seen us in Olds at the Provincial Beef Heifer Show and the Provincial Dairy Show, or at 4-H on Parade and Focus on 4-H, as all of these events were well-populated with the smiling faces of 4-H Ambassadors! Other activities we have been involved with include grooming and clipping demos, helping with Achievement Days, promoting the Gord Bamford Rural Roots fundraiser, and even making some stellar parade floats! Many of us have represented 4-H at Safeway Charity bbqs, where we served delicious Johnsonville Brats while raising money for a good cause! Approaching the end of summer you would have seen some of us at Provincial Horse Classic, Provincial Judging, as well as other events within our regions.

Helping out and having fun is what we are all about, so when fall comes around and "4-H season" is in full swing be sure to think of us! Whether you are in need of a presenter for a workshop or just have a question, don't be afraid to contact any one of the amazing Ambassadors! We would all be very willing to help out! Enjoy the rest of summer as it is almost time to dust off the ol' calculators and sharpen the pencils.

Happy 4-Hing to all and to all a good night! 🍀

Check out page 10 and 11 for more information on your Alberta 4-H 2010-2011 Ambassadors!



Amy Schoenkecht hands out ribbons at this year's Provincial Dairy Show.

Provincial Dairy Show Moooves in with Summer Synergy

BY TED ANDREW, *Communications and Marketing Assistant*

As the summer begins, most people are looking forward to relaxing on the beach, catching some sunshine and taking in the long hot days. But not for 4-H Dairy project members! Summer for them means the 64th Annual Provincial Dairy Show. Provincial Dairy Show brings together members from all over the province to compete in a variety of dairy-related activities. This year gave the Provincial Dairy Show a chance to be a part of Summer Synergy 2010. Summer Synergy is a new and exciting program that brings together all areas of livestock showcasing; along with the 4-H Provincial Beef Heifer Show, the Youth Draft Horse Show and various Junior Beef Breed Associations, this year's Dairy Show had a lot to interact with!

Dairy Show started on July 14 with judging. Here, members were given the chance to judge different classes of yearlings and two milking cow classes. In the evening the team judging classes took place, where members had to work in pairs to judge a set of dairy calves. The top six from the judging competition were placed together once their scores had been tabulated. One person was the judge while the other was the ring man. The teams did very well and impressed the judges who were grading them on their judging.

After team judging, the Alberta 4-H Ambassadors were on-hand to get members energized with a scavenger hunt. Members were put into teams and had to run all around the Olds Agricultural Society grounds, collecting clues by doing various tasks. Every team member that participated got a prize, and said they had a lot of fun with the Ambassadors.

The next day it was down to business with the clipping competition. Members had about two hours to clip and prepare their dairy animal for presentation. It was amazing to see the concentration and how detailed-oriented they all were! In the afternoon, the members sat down to do their Dairy quiz. Every age category had their own quiz, which tested junior, intermediate and senior member's knowledge on dairy health, housing and overall trivia of the dairy industry.

Throughout the afternoon, members were given a marketing scenario. Whether it was selling their heifer or convincing an investor to buy into the dairy industry, members all did a great job in showing their knowledge of the dairy industry.

On the final day, July 16, all clubs competed in the showmanship and conformation classes that took place in the Olds Agricultural Society's MegaDome. The members all took great pride in showing off their dairy calf or heifer. To end off the show, awards were given out to members for all of their categories.

"The show went pretty good," said Seamus Good, member of the Brooks and Area 4- H Club. "I learned a lot about the dairy industry and how to judge dairy animals better."

Presenting Partners for Provincial Dairy Show are Gas Alberta, and Partner Supporters are Alberta Dairy Industry, ATB Financial, Government of Alberta, Growing Forward, Kubota Canada and Westgen Endowment Fund. 🌱



Dairy members work together to get the job done.

4- H Dairy members take a break during Provincial Dairy Show.





Premier Award winner Erin Shaw poses with MLA Richard Marz.



The 2010 Provincial Ambassador group.

53rd Annual Selections Program Creates Opportunities

BY TED ANDREW, *Communications and Marketing Assistant*

Alberta 4-H members work extremely hard throughout their 4-H career. From project work to diligent record keeping, communication competitions to Achievement Days, they are definitely kept busy. So what is the reward for all their hard work? Selections is where Alberta 4-H members' years of communication training, community involvement, and skill development all come together.

Selections is a program with many different descriptions. Some call it a place to learn. For others, a time to meet up with old friend and create new ones. And for some it is where they cap off their 4-H adventures. Through sessions, activities and guest speakers, the truth to all of these descriptions is upheld.

One of the more anticipated moments at Selections is the announcement of the Premier's Award winner. This award, which is Alberta 4-H's most prestigious member award, is given to a member who embodies leadership, strong public speaking skills and willingness to help out wherever needed. From 123 delegates at Selections this year, the top honour was earned by Erin Shaw, a nine-year 4-H veteran and member of the Bon Accord 4-H Club.

Erin has claimed many achievements during her 4-H career. Most recently, Erin's brilliant communications skills resulted in her being named the 2010 Provincial Public Speaking Champion.

MEET THE FIRST CANOLA GROWER ON THE MOON

The future and career possibilities in agriculture are endless and exciting. That's why at ATB, we want to help you shoot for the moon so you'll land in the stars one day.

Stop by your local branch to find out more about how we are helping our future entrepreneurs get to where they want to go.



ATB Financial[®]

* ATB Financial is a trade name/registered trademark of Alberta Treasury Branches.

Erin is also very involved in her community, serving on the Sturgeon County Municipal Development Planning Committee and acting as a youth representative on the Sturgeon Valley Pastoral Charge Board. As Premier's Award winner, Erin's passion for the 4-H program will serve her well as she acts as a representative for the program on a provincial level.

"I was really excited for the opportunity," Erin commented. "The whole program was phenomenal, with only one weekend to cram it all in." When asked how much 4-H means to her, Erin said: "I wouldn't be the same without it."

"Alberta has a strong agriculture heritage and 4-H helps to ensure that legacy continues through their work with our rural youth," said Jack Hayden, Minister of Agriculture and Rural Development. "Our government is proud to be helping to build

legacies, support rural communities and develop future leaders through our continued involvement with the 4-H program."

Fourteen 4-H Ambassadors were also selected to serve a two-year term, promoting 4-H and youth involvement in Alberta. Ambassadors were selected by their Regional Specialists for their passion for, and involvement in, the 4-H program.

In addition to the Premier's Award announcement and the naming of the Ambassadors, 51 senior-aged members were chosen to represent 4-H at major educational programs throughout Canada and the United States during the 2010/11 year. They will travel from coast to coast to learn, share and start new friendships with the adventures they are about to have.

Selections was sponsored by Apache Canada Ltd., Growing Forward, Government of Alberta and hosted by Olds College. 🍀

4-H Communications Event Goes Rural

BY CAMERON HORNER, 4-H Specialist, Communications and Marketing

It is said that speaking in front of an audience is among most people's worst fears but that was not the case for 33 senior-aged 4-H members who arrived in Lethbridge on April 10 to talk, present and compete at the 2010 Annual Provincial Communications competition.

The communications competition is comprised of two separate events – Public Speaking and Presentations. In the Public Speaking event, 14 individuals, representing Alberta 4-H's seven regions, delivered prepared speeches on the assigned theme of Rural Roots/Routes. In an alternating manner, with prepared speeches alternating with impromptu topics ranging from criminal record checks to Alberta's livestock industry, members showed off their world-class speaking skills that wowed the audience at every turn.

After the total of 28 speeches, the judge's pencils came to a rest and the top three competitors were announced: Julia Ramos-Strankman, member of Altario 4-H Beef Club, was awarded third place; Amy MacTaggart of the Central Lacombe 4-H Beef Club took second; and, top honours went to Erin Shaw, member of the Bon Accord 4-H Club.

In addition to being named public speaking champion, Erin was also awarded the Grant A. Fletcher Memorial Award, which is given to the event's top speaker. Erin will go on to compete at the Canadian Young Speakers for Agriculture (CYSA) National Public Speaking Competition, which takes place in November in conjunction with Toronto's Royal Agricultural Winter Fair.

With topics ranging from candle making to saddle selection to crime scene investigation, 13 Presentations teams, comprised of 19 competitors, illustrated, demonstrated and presented their year's hard work to a full-house audience and a trio of observing judges.

Once the final PowerPoint presentation dimmed the top three teams were announced: Matthew Paton of the Bits & Spurs Equine Youth 4-H Club along with the team of Clara and Danielle Philibert of the Freedom-Naples 4-H Multi Club tied, and were declared co-runner-ups; while Nicole Briggs and Katlyn Schiewe of the Gibbons 4-H Light Horse Club, whose presentation looked into the vaccination of horses, were awarded top billing.

"All of the 33 members carried themselves with a degree of professionalism that would be the envy of any seasoned presenter," observed Cameron Horner, Alberta 4-H Communications and Marketing Specialist. "These 4-H'ers could enter a boardroom today and not miss a beat."

The Alberta 4-H Provincial Communications competition's Presenting Partner is AltaLink, with Partner Supporters Agrium, the Calgary Exhibition and Stampede, and the Government of Alberta. This year's event was hosted by Lethbridge College. 🍀



The top Provincial Public Speaking winners (from left): Erin Shaw, Amy MacTaggart, Julia Ramos-Strankman.



Provincial Presentation winners (l to r): Nicole Briggs and Katlyn Schiewe, Matthew Paton, Danielle and Clara Philibert.

Introducing the 2010 Alberta 4-H Ambassadors!

South



Leanna Santangelo

Projects: Market Lamb
Hometown: Lethbridge/Coaldale
Club: Wild and Woolly Sheep Club
Favourite 4-H memory: LTCS polar dip
Ambassador goals: To help where ever needed.
Favourite Saying: "Never say never."

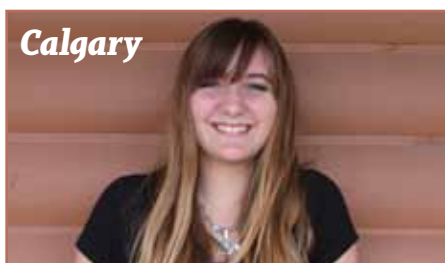
South



Michelle Schuepbach

Project: Beef
Hometown: Claresholm
Club: Claresholm 4-H Beef Club
Favourite 4-H memory: Camps
Ambassador goals: To help out, be a good role model for 4-H and have fun.
Favourite Saying: "Life's a dance, you learn as you go."
Pet Peeve: When people don't flush the toilet.

Calgary



Kelsey Cartwright

Project: Beef
Hometown: Cochrane
Club: Jumping Pound Beef
Favourite 4-H memory: Going to Montana for judging.
Ambassador goals: Be Awesome!
Favourite Saying: ...
Pet Peeve: Not being able to come up with a favourite saying.

Calgary



Kendra Kelly

Projects: Light Horse and Young Horse
Hometown: Priddis, AB
Club: Millarville Saddle Sores 4-H Light Horse Club
Favourite 4-H memory: Van ride back from Key Member Training, August 2008, with Cody Harrison, who was singing a Katy Perry song... need I say more?
Ambassador goals: To promote the 4-H program to every kid out there because of all the benefits it has and all of the friends you will make all over the province.
Favourite Saying: "To understand 4-H you have to be in 4-H, and if you're not, you might think we are weird but truly, 4-H creates a friendship that is unbreakable between all of us."
Pet Peeve: Nails on a chalkboards!

West Central



Jenalee Blackhurst

Projects: Steer, heifer, cow/calf, western horsemanship
Hometown: Rocky Mountain House
Club: Gilby 4-H Beef Club and Leslieville Trail Trotters
Favourite 4-H memory: Meeting all my 4-H friends at PDP Plus and Club Week!
Ambassador goals: Promote the love of 4-H and be a valuable asset to the 4-H community.
Favourite Saying: "Be the change you wish to see in the world." – Gandhi
Pet Peeve: Slow-walking people in the hallway!

West Central



Shelby Patten

Projects: Leadership
Hometown: Winfield
Club: Alder Flats 4-H Multi Club
Favourite 4-H memory: Club Week
Ambassador goals: Help out whenever I am needed; make 4-H more enjoyable for younger members and help them get the most out of what 4-H offers.
Favourite Saying: "Life is what you make it."
Pet Peeve: People who are late.

East Central



Brendon Wakefield

Project: Market Steer
Hometown: Coronation
Club: Coronation 4-H Beef Club
Favourite 4-H memory: NWT award trip
Ambassador goals: Promote 4-H.

East Central



Lorisa Dawn Schilling

Projects: Market Steer, Carcass Steer, Commercial Herd, 2-year old Purebred Cow/Calf Pair
Hometown: Halkirk, AB
Club: Byemoor 4-H Beef Club
Favourite 4-H memory: Selections 2010
Ambassador goals: To attend as many 4-H programs as possible and to promote 4-H to the youth of Alberta.
Favourite Saying: "I know, like..."
Pet Peeve: Long fingernails.

Northeast



☺ Janice Tymofichuk ☺

Projects: Heifer, Junior Leader

Hometown: St. Paul

Club: Elk Point 4-H Multi

Favourite 4-H memory: Counselling at Moose Lake.

Ambassador goals: Attend events from all over my region, and be a role model.

Favourite Saying: "The schnozberries taste like schnozberries," and "Power to the cheese."

Pet Peeve: Being late, burnt food

Northeast



☺ Jenalyn Myggland ☺

Project: Horse

Hometown: Wainwright

Club: Lucky 13 Light horse

Favourite 4-H memory: Counselling 6-day camp

Pet Peeve: Improper grammar in print (self-professed grammar snob).

Northwest



☺ Erin Shaw ☺

Project: Leadership

Hometown: Gibbons

Club: Bon Accord Beef

Favourite 4-H memory: Counselling 4-H camps!

Ambassador goals: To make 4-H as fun for younger members as it was for me.

Favourite Saying: "Ba-Zingal!"

Pet Peeve: Wearing socks to bed!

Northwest



☺ Lesley McCoy ☺

Project: Steer, Heifer, 2-year old and 3-year old cow/calf

Hometown: Tawahnow

Club: Golden Sunset

Favourite 4-H memory: Club Week

Ambassador goals: To give back to the program, and to the younger members.

Biggest fear: Hitting skunks with my car.

Peace



☺ Cara Noble ☺

Projects: Steer, Heifer, Cow/Calf

Hometown: Manning

Clubs: Three Rivers 4-H Beef Club

Favourite 4-H memory: Club Week

Ambassador goals: To promote 4-H and its programs.

Favourite Saying: "It's better to be hated for who you are than be loved for who you're not."

Peace



☺ Ryan Gauthier ☺

Project: Leadership project (sheep)

Hometown: Donnelly

Club: Smoky River 4-H 4-EVER

Favourite 4-H memory: My first provincial summer camp (combined). I had so much fun, and I learned a lot about 4-H.

Ambassador goals: To help my region grow and to help the younger and newer members have a great experience within 4-H.

Favourite Saying: "Oh BOY, that ain't good."

Pet Peeve: People asking questions when you're halfway through a long story.

Bowled Over with Success

BY JANET KERR, 4-H Specialist,
East and West Central Regions

Entries were received from over 200 4-H members from across Alberta to participate in 4-H's Online Bowl contests, which tests members' knowledge in their livestock project area. 4-H members registered in either the Online Beef or Horse contests and were given the opportunity to answer a number of questions related to their area of interest.

In the **Beef Bowl Contest** over 90 members registered and the results were as follows:

Juniors (Ages 9 – 11)

1st	Denver Prior	Irma
2nd	Ben Trenson	Rimbey
3rd	Leah Trenson	Rimbey

Intermediates (Ages 12 – 14)

1st	Ashley Bodie	Coaldale
2nd	Heidi Trenson	Rimbey
3rd	Bryanna Borle	Athabasca

Seniors (Ages 15 and Older)

1st	Cathryn Thompson	Calahoo
2nd	Mackenzie Bodie	Coaldale
3rd	Jenalee Blackhurst	Rocky Mtn House

Over 120 4-H members from across Alberta registered in the **Horse Bowl Contest**. The results were as follows:

Juniors (Ages 9 – 11)

1st	Tyrell Perreault	Rocky Mtn House
2nd	Victoria Wehlage	Milk River
3rd	Riley Van Dyck	Edson

Intermediates (Ages 12 – 14)

1st	Austin Perreault	Rocky Mtn House
2nd	Shawni Lapaschuk	Vilna
3rd	Janet Taylor	Pincher Creek

Seniors (Ages 15 and Older)

1st	Katie Garber	Milk River
2nd	Haley Scott	Lacombe
3rd	Zane Perreault	Rocky Mtn House

Thanks goes out to the sponsors of these contests: Northlands Farm and Ranch Show, Apache Canada and Lammles Tack and Western Wear, and to Olds College, who hosted the event.

Congratulations to the all of the winners. 🍀



Delegates at Club Week create memories and friendships that last a lifetime.

Club Week 2010 Carries On A 4-H Tradition

BY TED ANDREW, *Communications and Marketing Assistant*

Every organization has its traditions, and for 4-H, one of those traditions is Club Week, a personal development program that has been going strong for the past 69 years.

"Club Week is a program that allows senior members the opportunity for self reflection and personal growth as they enter a new stage of their lives," says Kari Bergerud, Club Week director.

Club Week is many things wrapped up into one: it is about personal development, social interaction and creating lasting memories. For many delegates it is defined as the highlight of their 4-H career. Club Week is literally a "once in a lifetime" opportunity, as delegates are allowed permitted to attend once throughout their 4-H career, and they strive to make the most of it.

"I had heard of the fantastic things that come from Club Week," says program delegate Caitlind Smook, "and since this was my last year in 4-H, I wanted to end it with a bang."

Throughout this year's six-day program, July 20-26 at Olds College, there was a variety of sessions and activities for the delegates to participate in. Sessions on family, friends, self-esteem, relationships and pop culture all contributed to the well of information that Club Week delegates collect during their time at the program. The delegates were also able to hear the messages of various guest speakers on the topics of overcoming adversity, human rights, opportunities in agriculture and a keynote address by Kyle Shewfelt, Olympic gold medalist,



Through small group work, members gain valuable knowledge and skills as they enter a new stage in their lives.

on reaching beyond your horizons. It is the hope that by the end of the program, delegates will leave with increased self-awareness, a sense of personal empowerment and a positive view of their future.

As the week progressed, there were many different social activities for the delegates as well. From a masquerade dance to a luau, delegates had the chance to be creative and outgoing many times throughout the week.

An important Club Week component is the program's theme song. This is a song that is selected with the purpose of inspiring delegates throughout the program, as well as offering them a time for personal reflection. The song chosen this year was "Believe" by Suzie McNeil. The lyrics of the song are about the amazing things that you can accomplish if you believe in yourself.

"The lyrics of this year's song completely reflect our hopes for the delegates at the program," comments Kari.

To fully explain what happens at Club Week you only need to ask the delegates. This six-day program is so jam-packed with speakers, sessions, activities, self-discovery and learning, it's no surprise that it is considered the pinnacle of a 4-Her's career. Also the changes in attitude and mindset of the delegates are very easy to notice.

"It really changes your perspective and mindset about what you know, and creates a life-changing turn," says Severen.

For any 4-H member 15 and older, Club Week is definitely not a program to be missed.

The Presenting Partner of 4-H Club Week program is EnCana, along with sponsorship from the Partner Supporters AFSC, Agrium, AMA Insurance, Government of Alberta and Monsanto. The program is also supported by the Donor CIBC. ♣



Teamwork is a valuable skill that members learn at Club Week.



Denver Western 4-H Horse Classic trip winners (from left) Lindsey Salomons, Hannah Jensen, Amanda Hughes, Lauren Crick, Stephanie Kinee (alternate), Mykayla Sorenson (alternate).

Province-wide Horse Enthusiasts Attend 4-H Horse Classic

BY JANET KERR

4-H Specialist, East and West Central Regions

With over 50 members from 16 Alberta 4-H light horse clubs plus over 30 volunteer leaders on hand, the 2010 Provincial 4-H Horse Classic was a resounding success. Many new faces and clubs were evident at this year's event held July 28 - 30 at Olds College. In its 16th year, the 4-H Horse Classic program attracted members from throughout the province.

"The way this program is run, it encourages participants to use their knowledge and experience as much as possible. We are able to have three industry/project clinics during the program because of the generous support from our sponsors and volunteers. The programming at Horse Classic actively develops 4-H members' skills by testing horse knowledge and working on team and individual activities," says Janet Kerr, coordinator of the Horse Classic program and an Alberta 4-H Regional Specialist for East and West Central.

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

New this year was challenge marketing where members had the opportunity to test their marketing skills by preparing materials in advance to pitch their product to the judging panel. The winner of this competition was Amanda Hughes of Calmar Heart of the Country. The top four members—based on individual hippology points—qualified for the Denver Western 4-H Horse Classic Award Trip, January, 2010. Amanda Hughes from Calmar Heart of the Country, Lindsey Salomons, Hannah Jensen and Lauren Crick all from the Blindman 4-H Lighthouse Club are this year's trip recipients. Mykayla Sorenson and Stephanie Kinee will act as alternates.

For a full listing of Horse Classic 2010 results, please visit the Alberta 4-H website's "News/ Events" section.

Presenting Partner for Horse Classic is PennWest Energy Trust, Partner Supporters are ATB Financial, and Gas Alberta, Government of Alberta, Growing Forward and Lammles Western Wear and Tack and Partner Host is Olds College. 🍀



Darryl Strankman, leader of the Altario 4-H Beef Club, with member Natasha Beier at the Coronation District Show and Sale.

Leader Weighs In on Member Retention and Recruitment

When we heard about club leader Darryl Strankman, whose membership rose from 7, to 27 members we thought that was a pretty impressive leap. Here's his response when asked how he made that increase happen.

I have been the main leader of the Altario 4-H Beef Club for 10 years. During this time the membership fluctuated from 13 members, to 7 members, to last year when we had 27 members. When I look back over this period I realize that club membership is cyclical, and will always have ups and downs; however, I believe that a few things helped us regain and maintain members.

First, I have tried to promote the kids' achievements and activities through the local school. For a few years we gave out the previous year's awards at the school's Christmas concert, giving the 4-H members exposure in the community and among school friends. The school has always been very supportive of us, dedicating a page of the yearbook to the 4-H members, as well as announcing over the intercom the winners of all of our activities such as public speaking and our Achievement Day. This publicity – if I can call it that – has given the members a chance to display their achievements, but has also made their school peers curious about our club.

Second, you have to make the 4-H program attractive to the parents. Parents commit a lot of their time and effort when their child becomes a 4-H member. Not a single member would be there if the parents did not drive them to meetings, volunteer in many ways for the club, and finally, oversee the project work at home. I try to respect the fact that we all have very busy lives, and therefore try to be consistent with keeping our meetings on the same day of each month to allow for parents to plan their schedule. It is also important that the parents feel that their concerns and inputs are heard by the leaders.

I also try to give a lot of encouragement to the members. They maybe didn't win the trophy, but they improved a lot from the year before, and they have to hear that. The difficult part, I find, is the age range of members; trying to keep it fun for everyone can be a challenge. As a leader, I feel that I keep learning as well, and one thing that I know for sure is that this is not *my* club, rather, it's a club that belongs to all of us: parents, leaders and most important, the members.

4-H Summer Camping Programs Offer a World of Opportunity

BY TED ANDREW, Communications and Marketing Assistant

As 4-Hers finish off the school year, they look forward to the many different summer camping programs that 4-H has to offer. Whether it is Junior, Intermediate or Combined camp, there is always a ton to learn and do! These summer programs are a great way for members to develop skills, while making lasting friendships.

With an overall summer program theme of "Setting Sail," the summer camping program season started off with an "All Aboard" themed Junior Camp. Here, members between the ages of 9-12 learned how to have fun in a safe and structured setting. Through different skills sessions, such as archery, canoeing and dance, and peer interaction, members who may have come to camp as shy and timid delegates left with a whole new sense of excitement, and a whole new set of memories.

This year's Combined camp was aptly themed, "Casting Off." Delegates, ages 10-13, who have previously attended junior camping programs, headed to Combined in order to take the self-awareness, learning and skill development that they had acquired through Junior camp to the next level.

For members who are hungry for more summer programming, Intermediate camp is the place to be! Delegates who are both new or old hands at the camp experience got the chance to extend, or create, the memories that are related to 4-H camps at this year's Intermediate "Raising the Sails" program. In Intermediate camp, members were given the chance to increase their knowledge of different issues during the "Appreciation" sessions held throughout the week. Also, the Overnighter, which is an activity unique to Intermediate



camp, took place. Here members get the chance to sleep in teepees, have a campfire and sing camp songs until their heart is content. Members found these activities entertaining, as well as educational.

Summer programs are touted as being one of the top events that 4-Hers remember the most about their time in 4-H, and from the amount of fun, learning and exciting events that happen at all of these programs, it's easy to see why.

Presenting Partners for the Annual 4-H Camping Program are Cenovus Energy, PennWest energy, and Partner Supporters are Canadian Natural Resource Limited, Government of Alberta and Peavey Mart. Partner hosts are the Alberta 4-H Centre and Regional 4-H Councils.

Be sure to check out the write-up on People Developing People and People Developing People Plus in the December issue of the *Alberta 4-H Magazine*! 🌟



All photos depict the fun had at Alberta 4-H camping programs.



2010 Alberta 4-H Council: Back row (l to r): Ellen Bonde, Margaret Scott, Rae Tugh, Daphne Schnurer, Andy Pittman, Lyanne Almberg; Centre: Colleen Prefontaine, Heather Polasek, Dwayne Fulton, Mark Sayer, Alex Hoy, Sally Barkwell, Shelly Grover; Front: Shelley Sallis, Stacy Price, Sherry Howey, Marguerite Stark

Alberta 4-H Council Corner

BY SUSANN STONE, Alberta 4-H Council Administration Assistant

Cleaver Kids

In the fall of 2009, the Alberta 4-H Council received a request to implement a Cleaver Kids project. The Cleaver Kids three-year pilot project was introduced and ten clubs participated in the pilot's first six months. Effective September 1, 2010, this pilot project will be an option for all Alberta 4-H clubs willing to meet the pilot project requirements. Information is included in your club start-up package if you are interested in participating. Contact Alberta 4-H Council for more information and the pilot requirements.

Leader Screening

Alberta 4-H Leader Screening has had a face lift! Watch for the improved, easy-to-follow screening package, which will arrive as part of your new club start-up package. Please note there will be a deadline for all leader screening applications of December 15, 2010.

Golden Clover Award

The Golden Clover Award is to recognize individuals or groups who have exhibited outstanding leadership 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. A nomination form and more information can be found on the "Council" page at www.4h.ab.ca, or by emailing Susann Stone, Alberta 4-H Council Administration Assistant, at susann.stone@4hab.com.

What does the Alberta 4-H Council do?

- We support the 4-H program as we meet with everyone from perspective members, to the minister.
- We lead marketing of the 4-H program through our Marketing Action Committee (MAC).
- We work to ensure that two-way communication is effective from members, leaders, districts, regional councils. Alberta 4-H Council and beyond to Alberta 4-H Partners.

- We continue to write, review and monitor the 4-H Policies.
- We manage the leader screening process.
- We administer the insurance policies for the Alberta 4-H members and leaders.

Watch the 4-H website, www.4h.ab.ca, for Alberta 4-H Council updates and initiatives.

New Address

Alberta 4-H Council
RR 1 Site 7 Box 1
Westerose, AB T0C 2V0

Alberta 4-H Council Representatives

Name	Region	Position
Ashley Fox	Alumni	
Erin Shaw	Northwest	Ambassador
Jenalee Blackhurst	West Central	Ambassador
Marguerite Stark	4-H Branch Liaison	
Dwayne Fulton	Calgary	
Stacy Price	Calgary	President
Anita Mappin	Canadian 4-H Council Rep	
Lyanne Almberg	East Central	
Shelly Grover	East Central	
Daphne Schnurer	Northeast	Secretary
Margaret Scott	Northeast	
Alex Hoy	Northwest	
Colleen Prefontaine	Northwest	
Sally Barkwell	Peace	Treasurer
Sherry Howey	Peace	Past President/ Foundation Liaison
Shelley Sallis	Peace	
Mark Sayers	South	Vice President
Bob Wallace	South	
Ellen Bonde	West Central	
Greg Coleman	West Central	
Susann Stone	Alberta 4-H Council	Admin Assistant

4-H Members Learn How to “Take the Helm” at LTCS 2010

BY TED ANDREW

Communications and Marketing Assistant



Summer Staff Cole Hoeber (right) shows LTCS delegates how to run a canoeing session.

The summer means one thing for 4-H members throughout the province: camps. Whether it's regional or provincial, members are excited and ready to learn new skills, create and rekindle friendships, and make a ton of new memories. Instrumental to this camp experience are the summer program staff and counselors, and at the Leadership Through Counselling Seminar (LTCS), 4-H members learn how to make summer camping programs a memorable experience for all delegates.

LTCS is a program designed to provide members, ages 15 and up, the opportunity to expand on their leadership skills. “LTCS is an intensive training program for future counselors,” explains Mark Shand, Alberta 4-H Program Specialist. “This training helps to continue their experience as they can pass along their enthusiasm for the 4-H program and its summer programs.” 4-H members who attend LTCS have the chance to counsel at many different 4-H programs throughout the summer.

Most teenagers likely wouldn't jump at the chance to spend a week working with children who are energetic, excited and don't always pay attention. But delegates at LTCS willingly accept the challenge.

“I remember coming to these camps and seeing all of the counselors and thinking, ‘I want to be one,’” says Austin Reimer, a delegate of LTCS and soon-to-be counselor.

The way LTCS is designed gives delegates the chance to organize and schedule the program. Each group is given a certain activity, such as beach time, final dance, or talent show to plan. Throughout the week they put on their activity for their fellow delegates to participate in to show what planning goes into a program. Through hands-on learning, everyone is given the chance to learn about and evaluate the different activities that makes an entire program enjoyable and effective.

LTCS also gives future counselors the tools they need to lead different interest sessions. From archery to dance to canoeing, they learn how to teach activities involving these skills. LTCS delegates also participate in a number of different self-development sessions such as behaviour management, first aid and working with youth that prepares them for their role as a summer camp counselor.

Throughout the program, delegates like Kendra Rawluk from Loughheed see the benefits of LTCS. “This program gives me the opportunity to improve my leadership skills and learn how to

better communicate with members and show them how to have fun. It also helps me learn how to become more of a positive role model in their lives.”

As the delegates of LTCS learn, plan and prepare for their counselling opportunities, they become just as excited to counsel camp as younger members are to experience it.

Presenting Partner of Leadership Through Counselling Seminar is Penn West Energy, and Partner Supporters are Agrium, Farm Credit Canada, Government of Alberta, Monsanto, Olds College, and Peavey Mart. Program Friend is the Canadian Wheat Board and Program Donor is CIBC. The program is hosted by the Alberta 4-H Centre. ♣



Delegates at LTCS learn how to help one another out in both counselling and play.



Future counsellors learn how to run a program through hands-on activities.



Members get right down to judging at Provincial Beef Heifer Show.



Rebecca Reich of the Two Rivers Beef Club gets her heifer all clipped up for the show.

Bring on the Beef – Alberta 4-H's 34th Annual Provincial Beef Heifer Show

BY TED ANDREW, *Communications and Marketing Assistant*

4-H is all about bringing great ideas together, and this year at the Provincial Beef Heifer Show (PBHS) in Olds, Alberta, a really great idea came together: 4-H, along with the Olds Agricultural Society, Calgary Stampede and Olds College, created a new event that combines many areas of youth livestock showcasing. This brings together youth from all over the Western Canada in various breeds of cattle. The program's title is "Summer Synergy".

The program officially kicked off on July 12 at the Olds Agricultural Society's MegaDome with the Opening Ceremonies and Parade of Clubs. There were over 40 clubs, representing all over the province, including one club from British Columbia. After a few words of welcome from Rob Smith, 4-H Specialist for the Calgary and South Regions, it was on with the show.

Synergy is defined as: the working together of two or more people, organizations, especially when the result is greater than the sum of their individual effects. And with the many outstanding organizations that teamed up and the stories of people coming together for this show, it's easy to see how great the effects are.

The first day of PBHS had the members working on their judging and marketing skills. There were classes of yearling heifers and cow-calf pairs that the members had to assess and were to give oral reasons on. For marketing, members had the chance to give a presentation to a panel of judges. Each age category was given a different scenario on how to promote beef and cattle to large markets. The competition was fierce and when it came down to selecting a winner, the judges said that the

ideas the members gave and the way the members presented didn't make their job any easier.

Junior and Intermediate members were also put to the test in team grooming competitions. They had a certain amount of time that they used to clip, comb and create a great looking heifer. Then they were judged on how well they worked together.

For an evening activity, the Ambassadors set up a bunch of challenges that members had to complete in teams, which everyone had a lot of fun doing.

On Day Two, for the showmanship competition, members were put into teams to judge the classes, with one person working as the ring man and the other person, as the judge.

For the senior members, the "You're Hired," competition was held. Senior members submitted a resume and cover letter to apply for one of the three jobs.



Kristina Huisman (right) shakes the hands of her potential employers during the "You're Hired" competition.

Then, applicants were selected to go through an interview process to see who would "get" the made-up positions. The winners of the jobs were then given special prizes at the daily awards presentation.

After the evening meal, there was entertainment from hypnotist JayDee. JayDee put on a hilarious show made up of 4-H members who were totally put under his control. The audience had a great time watching the participants dance and pretend to fish. A very great evening was had by all after a long cold day.

Wednesday saw the conclusion of Beef Heifer Show with the conformation classes. The Purebred classes were judged by Caleb Crosswhite of McKinney, Texas. Caleb did very well at the National Western Stock Show in Denver, Colorado, and was able to come to Olds to judge PBHS.

"I am very impressed at how professional the members are, and how skilled they were in what they were doing," remarked Caleb.

At the closing ceremonies, the Aggregate awards and last minute thank-yous were handed out. One of the show's most unique awards, the "Gerald Kujala 4-H Spirit Award," was given to Justin Matile of the Crowfoot Livestock Club.

"It was really surprising (to get the award)," says Justin, "I just try to get my stuff done then help others out. I remember when I was younger getting help and now it's nice to help others achieve."

Provincial Beef Heifer Show is sponsored by Alberta Beef Producers, AMA Insurance, ATB Financial, Government of Alberta, Growing Forward, Gas Alberta, Kubota Canada, Lammle's Western Wear & Tack, Penn West Energy and Westgen Endowment Fund. ❀

Regional News & Events



Interclub Show Quality Champion Rebecca Tokariuk (Lethbridge-Coaldale 4-H Beef Club) rewards her project steer with a big kiss.

South Region

BY GINNY SMITH, 4-H Programs Assistant, South Region

The South 4-H Region members, leaders and families have had lots of opportunities through the spring and summer to get together! Here's what's been going on:

A very successful Regional Communications Competition, sponsored by KPMG and AltaLink, was held at the Medicine Hat College for members advancing from each of our ten district competitions. Lethbridge College was then the venue for the 2010 Provincial Communications Competition. Both events were exceptional, organized and well run by many volunteer parents and leaders, with great diversity in topics in Public Speaking and Presentations. We have very talents speakers – it is a pleasure to listen to them all!

Our second of two MNP (Meyers Norris Penny) sponsored Regional Multi-Species Judging Competitions was held in Claresholm, during Easter vacation (the 1st of the year was in Brooks in January). Approximately 90 participants in three age categories judged dairy, hay, horses, horned Hereford heifers and a surprise class – flower arrangements. Aggregate awards based on results from the two competitions, and also sponsored by MNP, will be presented in junior, intermediate and senior categories at the South 4-H Regional Celebration in Taber on October 9th. We are fortunate to have some very talented members in the South!

Our various Achievement Day Shows and Sales held across the region were successful and fun. These events are a great way to showcase all of the members and their achievements. For long-term members – have a look back at your past record books to see how much you have changed and grown – and the photos will be pretty funny to review as well!

The Regional Beef Female Show and the Regional Sheep Show were both held in Lethbridge in early July. Lots of hustling and bustling to get through all of the classes, but fun for members and parents too – especially the Sheep Costume Class!

Our two summer Elkwater camps, Junior and Intermediate, were very well attended and reports have been wonderful!



Del Bonita club leads the pledge at the Lethbridge and District Show and Sale.



Carol High (l) talks to Janessa Brewin about her project at the Regional Beef Female Show.

The weather cooperated (for the most part), food was fantastic (so kudos again to chef Shirley Jago), and the camp moms, Shari Wehlage and Arlene Good, and the counselors received top marks for their enthusiasm, patience and talents for working with all of the participants. Come back next year, ya hear?

In mid August, at the Claresholm Agriplex, was the highly anticipated Regional Horse Show, which was accompanied by evening Horse Learning Sessions. The horse show featured events including Costume, Showmanship, Western, English and gymkhana events over a busy four days. There will be lots of fun competition, with plenty of smiles and laughter from all of the competitors. The learning sessions include giving injections to horses by practicing on yummy cupcakes, team penning, sorting and trick riding demonstrations, as well as a session about the Equine Green Certificate program.

That sums up the South for another quick year. It won't be long until clubs are restarting for the 2010-2011 year. Watch for email blasts throughout the year to keep you posted as to what is happening across the region, and for great opportunities to interact with members and leaders from across the South. 🍀

Calgary Region

BY TED ANDREW, *Communications and Marketing Assistant*

Rain Can't Wash out the 34th Annual 4-H on Parade

Parades are usually events where you see huge floats, bright balloons and goofy clowns on bright sunny days. However, 4-H on Parade is not your typical type of procession.

Calgary Region's 4-H on Parade is in a category unto its own. Being the largest 4-H gathering in Canada, it shows many different aspects of 4-H. From livestock to life skills, there is something for everyone to learn and partake in.

"When I explain 4-H on Parade to people I tell them it is youth in agriculture in action," says Rob Smith, Calgary 4-H Regional Specialist. "It is the single greatest showcase, in my opinion, of youth in action with their 4-H projects."



Wyatt Matile chats with Gord Bamford during a pancake breakfast at 4-H on Parade.

4-H on Parade 2010 kicked off on May 28 on a cold and rainy morning at the Calgary Stampede grounds. The temperature was down to zero, and it was snowing, then raining, then snowing again for the entire weekend. Hot chocolate couldn't even warm you up! But the cold didn't make one bit of difference to the 4-Hers' attitudes.

From early Friday morning to late Sunday afternoon every 4-H member, leader and parent alike were busy as ever with their clubs. The Main Barn and Producer Tent were abuzz with activity. The sounds of stalls shutting could be heard throughout the barn, the scent of horses and cattle were in the air and you could see that members and leaders were busy getting ready for the days ahead.

The first event that went down was the Beef Female show in the Big Top. This was the largest group of livestock with over 200 heifers and calves walking through the ring. Throughout the day, the Sheep and Dairy Trimming Competitions were also happening. You could tell the members were focused on their clipping because of their tense concentration in the ring.

In the evening, the Multi Species Judging Competition was held. Almost 250 members gave reasons on sheep, beef steers and heifers, dairy, and horses. Members were also given a Consumer Decision Making class. 4-Hers were assigned the task of deciding which of four lawnmowers, each with their own pros and cons, was the best fit for a grass cutting company. Members certainly took their time and thoroughly analyzed each machine for this competition. At this time an announcement was made: the Calgary Stampede Board made a donation for each 4-H member to attend this year's Calgary Stampede rodeo. The



Gary Pieschel gives some words of encouragement to Jared Couch before he goes into the ring.

Board felt that along with providing the grounds for the weekend, this was a great way for them to give back to 4-H.

Saturday kicked off with a free pancake breakfast sponsored by Encana, and the Calgary Stampede Caravan was on-hand to flip pancakes and sausages in the early morning rain. Country superstar Gord Bamford was also on-hand to sign autographs and copies of his new CD "Day Job." Encana also made it possible for every 4-H member present to get a free signed copy of Bamford's album. This meet and greet with Bamford was also in conjunction with his "Rural Roots Run Deep" fundraiser with 4-H. Devon Parkinson, a member of the Golden Rod 4-H Club Multi Club, who helped Bamford at the breakfast said, "It was a lot of fun (helping Bamford). He was such a down to earth guy. He would talk to you about anything and he was able to connect with a lot of the kids since he had been to 4-H on Parade when he was a member. There was one little boy that was there for probably an hour asking Gord Bamford a bunch of questions, and Gord would just answer each of them. It was such a great experience meeting him, and to see how much 4-H has helped him and how involved in 4-H he still is."

As the day progressed there was always something to check out. In the Main Barn, the Life Skills alley was full of 4-H projects. Over 50 projects, ranging from photography, cake decorating to crafts, were there for people to ogle. There were also 33 silent auctions items that Parade-goers could bid on. The highest selling piece went to Cam McPeak, who sold his welded sign at \$270. The highest selling photography project was Darci MacDonald's "Flowers of Paradise," which went for \$125. Meanwhile at the Corral, the Horse show was in progress. Sixteen horse



Keltey Whelan (left) and Sarah Nixdorff (right) work on their marketing task at 4-H on Parade.

clubs were represented, with 125 horses going through the ring. They all competed in various English and Western and Heavy horse events.

When Sunday rolled around it was time for the Sport Dog events. Members of all ages and dogs of all different breeds were competing in showmanship, obedience and agility. The final order of business for 4-H on Parade was the steer and sheep sales. The highlight of the auction was the sale of the charity animals. Every year, a steer and a lamb are raised by Calgary Region clubs. This year, the charity steer Jagger was raised by the Jumping Pound 4-H beef club. Jagger was auctioned off for \$10/lb and bought by Encana. The money raised by Jagger went to the Alberta Children's Hospital. One of their own members, Kelsey Cartwright, had brain surgery done at the Alberta Children's Hospital so they all felt that it was an excellent opportunity to give back. The charity lamb, which was raised by the Foothills 4-H Club and sold for \$30/lb, was bought by Balzac Meats. Profits from this year's charity lamb went to STARS Air Ambulance. The reason for supporting STARS was because members have a strong connection to the ambulance service. After the selling of all the animals and takedown of stalls, the curtain fell on 4-H on Parade 2010.

"I would have to say that by all accounts, this year's 4-H on Parade was a success," says Smith. "There were times this weekend where it was cold and miserable weather and we could have found fault in what are we doing here. But seeing members in the ring smiling, or talking to people about their project or just hanging out with other 4-Hers, smiling and laughing, can make me put down a checkmark to say that this weekend was a success."

4-H on Parade is sponsored by Encana, the Calgary 4-H Region and Agro and hosted by the Calgary Stampede. 🍀

West Central Region

BY JANET KERR, 4-H Specialist, West Central Region

The West Central Regional Light Horse Show happened on the June 4-6 weekend. The event was held at Westerner Park in Red Deer and had over 15 clubs entered. There were a variety of classes for members to enter in both English and Western classes. Friday night had showmanship, dressage and equitation over fences. Saturday was a full day of Trail classes, pleasure classes and a dance. Then on Sunday they had gymkhana events (barrel racing, pole bending and keyhole) and awards. 🍀

West Central Upcoming Events

October 22/23 Something To Say

November 11 Fun Day - Lacombe

November 20 Regional Council Meeting

November 27 Executive Workshop

December 4 New Horse Leader Workshop

FUN FACTS!

The average person falls asleep in seven minutes

Butterflies taste with their feet.

New look, same commitment to excellence.



College
Lakeland
Live the Learning

1 800 661 6490
www.lakelandcollege.ca
Campuses in Vermilion and Lloydminster

 Find us on
Facebook

East Central Region

BY JANET KERR, *Regional Specialist, East Central Region*

Rodeo Results

There were four rodeos this year in the East Central Rodeo Circuit. After all events were held, the following members received high point awards:

Juniors

Barrel Racing	Madelyn Schauer	Halkirk Hicks
Pole Bending	Madelyn Schauer	Halkirk Hicks
Keyhole	Keyonna Derr	Big Knife Beef
Goat Tying	Logan Spady	Halkirk Hicks
Breakaway Roping	Logan Spady	Halkirk Hicks
Steer Riding	Riley Jacobsen	Big Valley Outriders
Overall High Point	Madelyn Schauer	Halkirk Hicks



Junior high point buckle winner Madelyn Schauer.

Intermediates

Barrel Racing	Brittany Nichols	Paintearth Multi
Pole Bending	Desiree Kelts	Neutral Hills 4-H
		Rodeo Wranglers
Keyhole	Desiree Kelts	Neutral Hills 4-H
		Rodeo Wranglers
Goat Tying	Roper Gorgichuk	Thundering Hooves
Breakaway Roping	Riley Smith	Coronation Range
		Riders
Steer Riding	Riley Smith	Coronation Range
		Riders
Overall High Point	Desiree Kelts	Neutral Hills 4-H
		Rodeo Wranglers



Intermediate high point buckle winner Desiree Kelts.

Seniors

Barrel Racing	Lesley Liknes	Neutral Hills 4-H
		Rodeo Wranglers
Pole Bending	Elliot Mabbot	Halkirk Hicks
Keyhole	Rae Anne Cordel	Halkirk Hicks
Goat Tying	Elliot Mabbot	Halkirk Hicks
Breakaway Roping	Jaydon Smith	Coronation Range
		Riders
Steer Riding	Jaydon Smith	Coronation Range
		Riders
Overall High Point	Elliot Mabbot	Halkirk Hicks



Senior high point buckle winner Elliot Mabbot.

East Central Upcoming Events

November 5/6 Something To Say

November 19 Regional Council Meeting – Castor Community Hall

Northeast Region

BY LEILA HICKMAN, *4-H Specialist, Northeast Region*

NE Horse Camp and Show

Warm summer air and frisky horses were on the request list for summer fun for approximately 70 Northeast horse members as they attended the annual Horse Camp and Show, held in Vermilion from August 4 – 8. Hosted this year by the Wainwright District, participants were treated to four days of sessions ranging from basic horsemanship and cattle events, to English. The weekend event concluded with a horse show hosted by the Vermilion River horse clubs. This proved to be a fantastic venue to put many the new skills to the test. Both events, while combined on the calendar, were organized separately and many individuals put countless hours into their success; thank you so much.

Moose Lake Camps – 2010

Camp has always been a highlight for many 4-Hers, and for one

Northeast Upcoming Events

September 15

Deadline for Regional Project Book competition

November 6

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

November 20

Northeast Forum

November 26 - 27

Fall Fling

December 3-4

NEW this Year – "Something to Say" workshop for senior-aged 4-H members to be held at Lakeland College in Vermilion.

hundred and forty members from across the Northeast, they called Moose Lake home for a week. Once again both our junior and intermediate camp weeks were well attended and members lined up to get their week started early. Much of the success of the Moose Lake program lies in the exceptional summer staff that program the camps, the counselors and camp volunteers that give up a week of their time to mentor younger members and the Northeast Regional Council's dedication to supporting this regional camping program by offering an amazing week at a significantly reduced rate. On behalf of the Northeast region we would like to thank everyone involved in ensuring that both Moose Lake camps were a week to remember for all those participating.

CONTEST Reminder - Parade Float / Promotion Photo Contest

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

New Northeast Program!

If you are between the ages of 13 – 16, we have a fantastic fun-filled overnight program coming your way. The 24-hour 'Something To Say' workshop promises to be a great time, while also providing you with some great tips on how to communicate effectively. You won't want to miss out on this great program, and because space is limited, get your application into the office today. Applications are available on the Alberta 4-H website, www.4h.ab.ca, under the "Northeast Regional" information tab.

Club Profile...Innisfree 4-H Multi Club

The Innisfree 4-H Multi Club has been around for about 60 years but not always with the same name. Originally started as the Milky Way 4-H Club, it then changed to the Milky Way Crafty Fingers 4-H Club. It was later decided to drop the "Milky Way" and become the Crafty Fingers 4-H Club, which eventually gave way to the Innisfree 4-H Multi, which is a name that has stuck.

The members were asked what they felt was the biggest challenge that they faced as a club and the most common response was the lack of members and the difficulty of finding dates to plan events.

This club has done a lot of memorable activities in recent years, but the most prevalent memory seems to have been the canoeing lessons, adopt a planter community project and hosting the district dance. Members also think public speaking and communications are very memorable experiences, as is the club's Achievement Day.

Members from this club have been active in the region and province with members attending Fall Fling, Spring Fling, Northeast Forum, Communications, and People Developing People (PDP). The leaders have also made 4-H a priority by attending Northeast Forum, Provincial Leaders Conference, Small Animals, Lifeskills, Technology and Trade (SALTT) and the Provincial Equine Leaders Forum (PELF).

Thank you to the Innisfree 4-H Multi Club for sharing with us, and best of luck in a successful 2010 – 2011 club year!! 🍀

Northwest Region

BY JOCELYN MCKINNON, 4-H Specialist, Northwest Region

Northwest 4-H Fair

Member and Leaders in Life Skills projects plan on spending November 27 at the annual Northwest Region 4-H Fair. The Yellowhead District has lined up an impressive list of 20 workshops including card making, woodworking, native crafts, snowman jar and other Christmas themed projects, painting and pottery projects, photography challenges, a small engine activity, rockets, mosaic and rope making. Adults have the option of four sessions. Clubs will receive a registration form in September and are asked to respond by October 25. The event takes place at the Yellowhead Koinonia Christian School in Edson. The fee of \$15 includes two workshop sessions, lunch and two snacks.

Northwest Learning Day

The Sturgeon 4-H district hosts the Northwest region's second Learning Day for 4-H Leaders and Members. This training day, scheduled for December 4 will include workshops on judging (preparing and giving reasons and marking reasons), communications (led by provincial winners Erin Shaw, Nicole Briggs and Katelyn Schiewe), executive positions (learn about your jobs), Leader Level 1 training, and other topics.

Northwest Regional Council

The annual meeting for the Regional Council occurs Saturday, November 20 in Villeneuve. A presentation by the 4-H Ambassadors, Horse project awards and Elections are special additions to the meeting.

Northwest Summers Camps

2010 regional camps experienced the largest number of registrations in many years. The Junior camp August 17 to 21 was full to capacity at Camp Mackinicholea. The Intermediate camp August 9 to 13 had increased enrollment, and was held at Camp Lessard. Thanks to our keen counselors, camp staff, and camp moms for making this a happy, fun filled week. The regional would like to especially thank our cooks Irene Panting and family at the Junior Camp and Mavis McDonald and family at the intermediate camp. They provide outstanding specially prepared meals and keep our campers and counselors very well fed.



Kennedy Biro and his dog Winchester wait their turn during the Canine show at Focus on 4-H.



Brian Huisman (right) helps members out during the Iron Member Decathlon.

Focus on 4-H

Thank you to the members who promoted the event and came to participate. Congratulations to some of the special event winners: Lip Sync: Gibbons 4-H Light Horse; Campsite: RQB Rancheros 4-H Multi; Heart and Hustle- Horse: Carrissa McGregor; Beef: Rebecca Reich; Life Skills: Shawna McLaughlin; Canine: Jocelyn Biro; Beef Aggregate: Cheyenne Klepper- Jr; Kyle Dodgson- Int; Sarah van Sickle – Sr Judging: Overall J-Rachel Spiker; I – Tanysha Van Hecke; S - Kristina Huisman.

Focus on 4-H has many components. Thank you to the committee members who organized the different events. Some dedicated 4-H leaders have worked on the event since last fall, a number taking on several jobs. In a number of cases, these volunteers worked with limited help. Velma Collins, Morley Collins, Lorne Bodell, Flossie Bodell – all multi tasking several parts of the program. Leona Petherbridge- Lifeskills, Dianne Fraser and Jodi Bourne - Canine, Shelly-Ann Dodgson and Jackie Blahun – Beef Show, Leslie Majeau and the Horse Show Committee executive, Corine, Tamara and Jodi, Chantelle Lalonde – Iron



Members had the chance throughout the weekend to work on different lifeskill crafts at Focus on 4-H.

Member Challenge and Greased Pig Contest, Michele Wietzel – Silent Auction and Show Office, Kasara Van Hecke – Judging Contest, Sarah Reich – Lip Sync and other events. Thank you to the members, leaders, parents and others who help who helped with the different events before and during Focus on 4-H.

Thank you to our many sponsors, whose support helps to make Focus on 4-H such a great experience for our 4-H members. 🍀

Peace Region

BY CHRISTINE LENTZ, 4-H Specialist, Peace Region

Wow, where does the time go? The Peace Region has been a busy place! The Regional Spring Rally on April 17 saw many members practicing or learning how to judge various livestock classes. We also had a small group go to Green Island Gardens (a local greenhouse in Fairview) to learn about plants and planting. The Cool Canine 4-H Club brought some of their dogs and gave a demonstration of some cool canine agility. We finished off with a pizza lunch and swimming. Late May and early June saw our Livestock Achievement Show and Sale Days wrap up, followed by most other club Achievement Days, which took on various forms.

June 25 to 27 saw the Grande Prairie District host another successful Peace Regional Days. Thanks to the many volunteers that dedicated countless hours of work to make this day a success.

"Summer time, and the livin' is easy".... Not for those members involved in the various summer programs. Several members travelled out for Leadership Through Counselling Seminar (LTCS), People Developing People (PDP), Provincial Beef Heifer Show, Club Week, and others. While many of our members travel out to the provincial programs, we also have the privilege of having a junior and intermediate camp at Camp Artaban, which is close to the town of Grimshaw. Members enjoy canoeing, archery and meeting new members from across the Peace



Delegates and staff at Junior Artaban Camp.

Region. This is often the first stepping stone for many who will take this experience and then move on to provincial programs as they advance in their 4-H career. Many of our members give back to the 4-H program by attending and becoming counselors at regional and provincial programs. Senior members take note – if you love camp – imagine how much you'll like being the “top dog” as a counselor.

The Peace Region is looking to change or modify some of the regional programs. Our committee got together in mid-July to begin work on the regional program review. Some things to keep in mind and watch for in the upcoming 4-H season are included in the calendar below.

Hope you had a great summer and enjoy the upcoming 4-H year! 🍀

Peace Upcoming Events

3rd weekend in October

SWAT (Senior Weekend at Training) – get together with other seniors for an opportunity to learn and take information back to the district and club level (Fun also included)

3rd Saturday in October

Leader/Key Leader Forum – training and information day

November 6, 2010

Regional Meeting – Fairview

last Saturday in November

Fall's Frosty Fling – 24 hour intermediates only program

1st weekend in February

Early Spring Fling – 24 hour juniors only program

April date TBD

Spring Rally – 1 day, bench show, multi species judging and consumer decision making

April/May date TBD

Regional Livestock and Small Animal show – beef, sheep, hog, canine, rabbit, chicken

May date TBD

Regional Light Horse show – just as it sounds

3rd Saturday in March

Regional Public Speaking and Presentations

July/August 2011

Regional Junior and Intermediate Camp



Jordan Thorpe inspects a class of coffee mugs for judging at Peace Regional Days.



Mikayla Crosier waits with her dog Poncho for the canine classes at Peace Regional Days.

Missing in Action ... Or Is It?

BY CAMERON HORNER, 4-H Specialist, Communications and Marketing

Looking for something? Thinking your eyes have greatly deceived you? Wondering where in the name of 4-H is the Program Booklet insert?

This is not your mind playing tricks on you. No, in fact, this is a new and exciting venture in the world formerly known as "The Program Booklet". With all of the fantastic provincial opportunities available to members, leaders, parents and families, we wanted to make organizing your yearly 4-H activities easier.

As some of you have recently found out when you picked up your mail (if not, you will shortly) Alberta 4-H has created a spiffy new Program Calendar! This thrilling new promotional piece has all you need and want to know about provincial programs – from detailed descriptions, application deadlines and event dates. Of course, you're now wondering, "But where will I find the application forms for all these awesome programs?" Do not despair. Application forms for upcoming programs are included inside the calendar, with 2011 spring and summer program reg-

istration forms scheduled to be sent out separately, early next year. And of course, we highly recommend visiting the 4-H website, www.4h.ab.ca, as an easy alternative for registration and payment.

Our hope is that you will find the calendar beneficial for highlighting all the provincial events that are available to the 4-H community. Not only that, but that you'll find some really neat stickers that can be used to document other 4-H events, such as your club meetings, a Christmas party, and council meetings, among others. Oh, and there should be just enough space available to mark your school events, hockey practices, dance recitals, and so on.

We will also be providing upcoming program reminders in every magazine edition. Does it seem like we're bombarding you with provincial program information? If you said yes, you'd be correct. Our research shows that members and leaders love attending Alberta 4-H programs. If you haven't already done so, you NEED to attend one. We know you'll have a great time! 🍀



Keep your eye out for Alberta 4-H's new Program Calendar, to be arriving in your mailboxes shortly!

Upcoming programs:

Provincial 4-H Beef Leaders' Update (BUD)

October 22 – 24, 2010

Application Deadline: September 29, 2010

Key Leader Training

October 29 – 31, 2010

2011 Golden Clover Award

Application Deadline: November 1, 2010

UFA Alberta 4-H Alumni Award

Application Deadline: November 2, 2010

Show Your 4-H Colours Day

November 3, 2010

4-H Youth Exchanges Canada 2011

Application Deadline: November 14, 2011

68th Annual Alberta 4-H Leaders' Conference – Show Your 4-H Colours

Application Deadline: November 24, 2010

8th Annual Provincial Senior Members' Conference

Application Deadline: December 1, 2010

4-H Club Registration Deadline

December 1, 2010

Where's the Line?

Power Line Safety on the Farm

BY LYNDSEY THORLACIOUS
Communications Advisor, AtlaLink

Every day three Albertans risk their lives needlessly by contacting a power line.

If you drive through the province of Alberta, you'll probably notice steel towers or wooden poles that dot the Alberta landscape. These power lines transport electricity generated from sources such as coal, wind or the sun, and deliver it to our province's farms, towns and cities.

"The electricity that is carried on these lines power our lives – from the lights we turn on each morning, to the computers we use at school and the electrical appliances that we use at work and in our homes," says Lyndsay Thorlacius, Chair of Alberta's Joint Utility Safety Team (JUST). "While power lines and electricity go hand in hand, so does the danger the electricity presents."

Electricity is considered an invisible hazard as you don't have to physically touch a power line to be injured or killed. If equipment, such as air seeders and sprayers, make contact with a power line, the consequences can be deadly.

Power lines often run through farmland and since many 4-H members live on farms or have family that work on farms, it is important that you know about power line safety and that you always ask yourself, *Where's the Line?*

As the size of farm equipment grows, it's important to know where power lines are located on the farm and the height of equipment in comparison to the height of power lines on the land. Last year, farm equipment power line contacts accounted for roughly 21 per cent of all power line contacts and at least 10 power line contacts in Alberta were a result of air seeders or sprayers snagging a power line while

in the transport position. Unfortunately there has already been at least one farm fatality in Alberta this year as a result of a farmer moving his extended grain auger into an energized power line.

So what's the best way to keep you and your family safe when working around power lines? Remember the following power line safety tips, especially during the busy harvest season:

- Stay 7 metres safe – Keep yourself and equipment at least seven metres away from overhead power lines. If you must work closer, call your local electric utility company first.
- Equipment over 4.15 metres tall is considered over-height and requires a permit from Alberta Infrastructure and Transportation. If your equipment or load is 5.3 metres or higher, in addition to a permit, the local electric utility must be contacted at least 7 days in advance for safe transport on public roads or highways.
- Know the height of your equipment and all power lines on your farm. Call your local electric utility to determine this – never do it yourself. Be aware that some power lines can be as low as 3.7 metres.
- Lower or fold equipment prior to moving.
- Make a safe work plan – As part of your safe work plan include the location of overhead and underground power lines.

If you'd like to learn more about power line safety, visit JUST's website at wherestheline.ca. Alberta's electric utilities and the Government of Alberta formed JUST to collectively help address the common safety issue of contact with power lines. At wherestheline.ca you can find their safety newsletters, recent television and radio ads and information on how to avoid electrical incidents.

So enjoy all of the great uses of electricity – from recharging your iPod to watching TV and microwaving popcorn – just remember that if you're working near power lines, to always ask yourself, *Where's the Line?*

It's Back to the Grind, and UFA is Here to Help!



BY MEGAN CANTWELL *Coordinator, UFA Marketing Communications*

Summer is over, harvest has begun and the kids have gone back to school. What else does this mean for rural communities across Alberta? It means that 4-H clubs are coming together to start their year!

The beginning of the club year is always exciting. You and your club come together as a group to plan what your upcoming year will look like. You talk about projects for your Achievements Days, fun activities you can do for your communities and what you hope your impromptu speech topic will be! You brainstorm with your club to ensure this year will be even better than the last.

One way to prepare for the new club year is to visit your local UFA. Our stores are happy to support each 4-H club in Alberta and help you find what you need to make this next year a success. Whether it's show supplies or feed, fence posts or twine, we have what you need and the experts that can help you find it.

For the past 93 years, UFA and Alberta 4-H have worked together as agricul-

tural experts, each group helping the other. We continue this sentiment today with province-wide funding for the Alberta 4-H programs that matter to you.

We provide funding for each club's Achievement Day to ensure you can get what you need to make your day a success. We have newer programs like the UFA Alberta 4-H Alumni Award. This award goes to five 4-H alumni who have received a post secondary education and now live in rural Alberta. They are nominated by community members who believe they contribute a great deal to their community and to Alberta 4-H. UFA also continues to support Alberta 4-H's leadership programming, like the Key Leader program, Leaders' Conference and leader training, to name a few.

UFA is connected to Alberta 4-H because your members are connected to us. We have 35 Farm and Ranch Supply stores and more than 110 petroleum agencies filled with experts that know what it's like to be in 4-H and can help you find the products you need.

Together, we'll make this your best year yet.



Chatsworth House in Derbyshire.

Travel & Exchange

W. Garfield Weston Foundation United Kingdom Exchange

BY LEXI HOY
International Exchange Delegate

In June and the first part of July, I was fortunate enough to spend five weeks on an exchange between the National Federation of Young Farmers Clubs and 4-H Canada. I toured five counties – Durham, Lancashire, Clywd, Derbyshire and Gloucestershire – while staying in the homes of Young Farmer members.

A few highlights...

During my first week, I absorbed as much as I could about the agriculture industry in Britain. I learned that beef animals that are sold for slaughter are between 24 and 30 months of age and that the majority of males are raised as bulls, not steers. On the arable side, fields ranged from five to 100 acres, with the average being about 50. The majority of fields are still separated by hedges or stone walls and farmers who get permission to remove them soon find out that the hedges were placed where they were for a reason (landscape changes). I toured around the Durham Cathedral and Whitby Abbey and was in awe that something so massive could be built in approximately 800 A.D.

During my second week, I experienced sheep shearing for the first time when I went with a sheep-shearing crew and wrapped the fleeces as they came off the sheep. I also experienced a typical English sheep farm, where the sheep roamed the hills and dogs were used to bring the sheep in.

Up next was a jaunt to a Welsh-speaking community in Wales. I went up Snowdon, the tallest mountain in Wales and England at 3560 feet, and visited the town with the longest name in the United Kingdom: Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch (which means “St Mary’s Church in the hollow of the white hazel near to the rapid whirlpool of Llantysilio of the red cave”).

Derbyshire quickly became one of my favourite places because of Peak National Park, which is absolutely gorgeous. My fourth week became a week of visiting old houses such as Chatsworth House, which is linked to the Duke and Duchess of Derbyshire, as well as Haddon Hall and Kedleston Hall, both of which were made famous by “Pride and Prejudice” and The Duchess, respectively.

For my final week I visited 3000-year-old Stonehenge and was amazed at the size of it compared to its age. I also toured villages in the Cotswolds and was in awe of the age of some of the houses- some were built in the 17th century!

I would like to take this opportunity to thank the W. Garfield Weston Foundation for giving me the experience of a lifetime! 🍀

Lexi in front of Stonehenge.



What is Citizenship?

BY TED ANDREW, *Award Trip Delegate*



The Alberta crew: Front row from left: Stacy Price, Robyn Fisher; Middle row from left: Jessica Hainstock, Ally Ditner, Talisa Chelick, Stacey Domolewski, Haley Scott; Back row from left: Katelyn Smith, Ted Andrew, Alyssa Bergo.

How do you define citizenship? This is the question that was asked at the National 4-H Citizenship Seminar held in Ottawa, Ontario. For six days, Alberta 4-H delegates Alyssa Bergo, Talisa Chelick, Ally Ditner, Stacey Domolewski, Robyn Fisher, Haley Scott, Katelyn Smith and I learned how to answer this query.

Our trip began on April 9. The girls from around Edmonton flew down to Calgary with our fearless chaperone Jessica Hainstock, which is where I, Ted Andrew, met up with them. Unfortunately Katelyn couldn't get into Calgary because of a freak snowstorm the night before, so she had to come on a later flight.

We arrived at Ottawa's Crowne Plaza hotel, which is right in the centre of Ottawa, where we met up with Stacey, who had already arrived as she has travelled with the Saskatchewan delegates. We had to change into our "conference wear," and then set up our provincial displays. Every province brought items that reflected their home and what 4-H is like in their own provinces. It was so cool to compare and contrast 4-H with the other provinces throughout the seminar. Our first night was full of introductions and getting a feel for the seminar. There were almost 60 delegates from all across Canada at the conference, all of whom were so much fun, and very entertaining.

The next day we took a bus tour of Ottawa. We saw many different parts of the city including the Museum of Civilization, as well as other country's Embassies and residences, and then we stopped at the Parliament Buildings. We were escorted around the House of Commons, the Senate, and were even able to go up into the Peace Tower.

In the evening we took a bus to Fulton's Sugar Bush. There, we took a hayride to see the maple run and saw how syrup is made. After a supper of pancakes, sausage, and beans, all smothered in maple syrup, it was time for square dancing. Now, you wouldn't be expecting it from a bunch of teenagers, but we got right into it. We learned "lady take lead," "birdie in the cage," and "crack the oyster."

On April 11, we had a talk from Judge Suzanne Pinel, a citizenship judge. She is in charge of delivering the Citizenship Oath



The government part during our debate session.

to new Canadians. Judge Pinel told us many stories of getting to see immigrants become new Canadian citizens. One was about how a young man told her that Canada should have been named "heaven."

In the evening, we had our keynote speaker Pat Carson. Pat is an author and activist for many causes, one being the environment. He's also been part of many national and international think tanks and roundtable discussions. His whole talk was about how to make a better tomorrow environmentally by giving us a call to action; he told us that change is needed now and we, as the youth of this country, are the ones to do it.

The next morning, bright and early, we went to a Citizenship Ceremony. Here we saw 51 immigrants from 29 countries become Canadian citizens. It was amazing to watch all these people proudly take their oaths and officially become apart of this nation. We talked to a few of them and they told us their stories of getting to this country. These made us feel more appreciative to have been born in Canada.

Other places we toured were Rideau Hall, Supreme Court of Canada, the Canadian War Museum and we got to take a haunted tour of Ottawa. We spent our night at the Carlton County Jail and got quite scared at some points, especially at the gallows.

One evening we sat down to have our debate about mandatory military service. Throughout the week we had been preparing our points and rebuttals and were now ready to present. We debated our points for about an hour and in the final vote, the parties voted against passing this mock bill. Everyone did a great job.

For our final evening we had a banquet with our Members of Parliament. Then we made provincial presentations on what

citizenship means to us. Our group made a list of all the words that represent "Canada" to us; words like pride, respect, and safety were brought up. We then each took a word and explained how it represents citizenship.

Going to the National 4-H Citizenship Seminar was, without a doubt, an amazing experience. We all now have a news sense of what being Canadian is. We knew that Canada was a free and peaceful nation, but now we have a richer understanding of how we obtained that freedom and how important it is to value it. To all the people who put the seminar together, thank-you and to next year's group going to Cit Sem, get ready for an eye-opening experience. 🍀



The Tomb of the Unknown Soldier.

Rosie Goes to Washington

BY ROSIE TEMPLETON, *Award Trip Delegate*

For many members, 4-H is a way to make lifelong friends, acquire valuable skills, and discover ambitions. All of these characteristics describe my 4-H experience, but until this March, I never realized how far the program could take me, literally. After my trip to Ottawa and Washington, D.C., I realized that lifetime friends could live across the continent, that valuable skills could be found by exploring a country's history, and that ambitions can be discovered through a like-minded environment.

My journey to the USA National 4-H Conference began with a flight from Calgary to Ottawa, where I travelled with the delegate from Saskatchewan. Upon arriving in Ottawa I met up with our chaperone from Ontario and other trip recipients from Manitoba, Quebec, Prince Edward Island, and Newfoundland. We spent two days touring Ottawa, which included watching a Citizenship Ceremony for new Canadian citizens, taking a tour of the Canadian Parliament buildings, and watching Question Period. We also visited the War Museum, which was an amazing experience and lesson in history for our group. Our final night in Ottawa involved a supper across the river in Gatineau, Quebec, where this Alberta beef loving farm girl reluctantly ate a snail... yes a snail...for the first time.

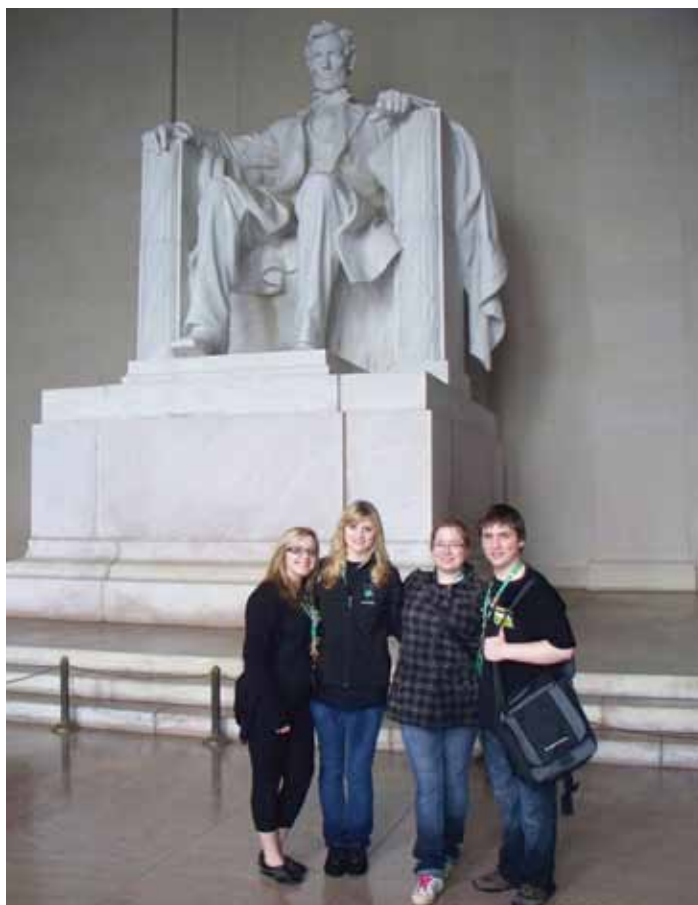
Upon landing in Washington, D.C, we made our journey to



Rosie tries to keep the Washington Memorial up.



Outside the National 4-H Conference Centre.



Rosie and other Canadian delegates stand in front of the Lincoln Memorial.



Rosie and the Canadian delegates pose with Citizenship judge Thanh Hai Ngo.

Chevy Chase, Maryland, the site of the National 4-H Conference Centre. The centre was the size of a small college, with a beautiful auditorium and conference rooms, a cafeteria equipped with a popular soft ice-cream machine, and a residence building to hold almost a thousand people. This day was filled with introductions as I tried to meet as many of the 350 delegates as possible, and each state or country performed a cheer to the group. One of the highlights of the week was the Pin Swap, an activity that involved each delegation running around frantically to other groups, trading state or country pins and souvenirs. I learned that as Canadians, our group was of huge interest to the Americans, although not necessarily something they were especially knowledgeable about. We had a little fun with this, managing to convince a group that our President was Tim Horton and we spend our winters in igloos. Aside from these jokes, I learned a lot about different parts of the United States and how incredibly similar, yet different we all are.

The next morning brought a lively speaker to wake up the group, followed by introductions to our roundtable groups. I was lucky to have a very diverse group, from all over the US, Hawaii, Canada and Puerto Rico. Within these groups, the main topic of citizenship was explored as we got to learn more about each other and our diverse views.

The day of the Citizenship Excursions will stand to be the most amazing and memorable part of the trip. This was the day we toured the city of Washington, D.C., and its monuments. Our day began with the Franklin D. Roosevelt Memorial, which was rich with history even as we walked through it in the pouring rain. The Korean War Memorial, followed by the Vietnam War Memorial, were very meaningful and peaceful tributes to these conflicts. As we continued to travel the American Mall, we visited the larger-than-life Lincoln Memorial, the Washington Monument which was visible from almost any part of the city, and the World War II Memorial. We were also able to see the White House from a distance and visit the September 11 Memorial at the Pentagon. The most beautiful and significant place we visited, in my opinion, was Arlington Cemetery, where tens of thousands of military service people are put to rest. Here we visited the graves of the Kennedy brothers and witnessed the changing of the guards at the Tomb of the Unknowns. This whole day was a great experience and gave all of us a chance to explore history.

The rest of the week was filled with interesting workshops on communicating and volunteering, as well as delegation interacts where we were able to share ideas and projects with other states. We spent another day out in Washington, D.C., where we visited the Canadian Embassy and were able to meet the Canadian Ambassador to the US, Gary Doer. After a tour of the building we walked to the US Holocaust Memorial Museum, where we spent a few hours. This museum was unbelievably compelling and difficult yet interesting the look through, and provided a greater lesson than any classroom could offer.

Our final event was the closing banquet, which took place at the beautiful Smithsonian Museum of American History and was accompanied by excellent food. We spent the night with the museum to ourselves, a very unique way to experience a fabulous museum.

Our program was officially closed and goodbyes were said as we left for the airport early the next morning. I am so grateful for the sponsors that made this trip possible, as well as all of the new experiences and friendships I made that week. I would advise anyone going to Selections to try to go on this trip, as I can wholeheartedly say it was the best adventure of my life to date. 🍀

Taking the Scenic Route to Montana

BY KRISTY OATWAY, Award Trip Delegate

Four kids, one van and one incredibly brave chaperone equals one wild ride and an American state forever changed. For eight days we traveled in the van and put on almost 3000km of fun. We – Kristy Oatway, Jennifer Ruskowsky, Matthew Paton, and Paul Diachyshyn – began our journey by being chosen to attend the Montana Congress trip through Provincial Selections at the beginning of May. Two months later we were reunited and began our whirlwind adventure. We began our journey on July 4 by meeting our chaperone Christine Lentz, who was picking up everyone at various spots around the province, and arguing with the GPS. By the end of the first night the word “recalculating” had become infamous and the GPS lady’s voice was like nails scraping a chalkboard.

After staying overnight in Cardston, visiting the Mormon Temple grounds, and taking a “guided” tour around Cardston, courtesy of Christine and the hotel desk clerk, we began our second day by heading South, out of our great country.

We made a quick stop in Waterton National Park and a visit to the Prince of Wales Hotel. Before long we were at the Chief Mountain Border crossing and were having our IDs checked. On our drive through Glacier National Park we had Christine on the edge of her seat, driving through fog on the “Going to the Sun” Road and all of our cameras at the ready. That afternoon was spent white-water rafting on the Flathead River, which we learned was made famous by the film “A River Runs Wild”. It quickly became one of the trip highlights, hail and all.

Taking the “scenic route” quickly became motto. This led to us visiting a little town called Harrison. If you ever happen to

pass through here, stop at the Town Haul Restaurant (yes, I spelt it right). Be sure to get a milkshake, which are made with cream instead of milk!

Before long we had reached Bozeman and our traveling came to an end for a little while. Here we spent three days immersed in the American 4-H culture at the Montana 4-H State Congress. We were all able to attend exciting workshops, watch state competitions, learn more about American culture and try to learn how to dance the Jitterbug. We learned to “Unlock the Treasures of 4-H” and picked up a little bit of an accent.

After saying goodbye to our new friends, we headed to Yellowstone National Park and discovered, much to Jennifer’s delight, that we would actually get to go through two states on this trip, the second of which being Wyoming. The buffalo, geysers and mud volcanoes made the day an exciting one.

Our visit to the Capitol Building, the carousel and Parrot Cafe turned out to be highlights of our trip to Helena. With a final stop in Great Falls to visit the Charlie Russell Museum and of course, the Big R store. After singing “Alberta Bound” at the Sweetgrass line we were home, but our memories of Montana will last a lifetime. We all gained friends we will cherish forever, and we got to learn more about our neighbouring country.

Thank you to the Calgary Stampede Association for sponsoring our trip; thank you to Montana 4-H for inviting us to your program, and a huge thank you to Christine Lentz for being the best chaperone ever. This trip should certainly be the one at the top of your Selections trip list. 🍀



(L-R) Jennifer, Kristy, Paul, Matthew at Flathead River in front of Flathead River in Glacier National Park.



(left to right) Jennifer, Matthew, Paul and Kristy at Yellowstone National Park.



(front to back) Matthew, Paul, Jennifer and Kristy at the Town Haul Restaurant.

Features 4-Hers Go International!

A Not-So-Ordinary Summer Job

BY TED ANDREW, *Communications and Marketing Assistant*

For most people, a summer job goes along the lines of working at a pool, or a restaurant or cutting grass. But if you're Danny Hertz, former 4-H Ambassador, a summer job means traveling to the Philippines to be a part of a microfinancing group.

As part of the Loran Scholarship Danny received in high school, he is required to spend his summers working in different areas of development. Last year it was public policy where he worked for the Canadian Embassy in Washington, D.C. This year Danny decided to spend his summer working on international personal and community development in the Philippines.

"I decided to pursue a position in the microfinance field this summer as it's an area of international development work that I strongly support and felt that my skills would be able to help out with," says Danny.

So, just what is microfinance? Danny explains it as providing basic financial services (lending, savings, insurance, and money-transfer) to lower-income segments of society. When looking at where to go, Danny decided on the Philippines because he wanted to spend some time in Southeast Asia, and had heard positive feedback about the Philippines.

Throughout the summer months, Danny was working for a company called Seed Finance, working in six different cities on five different islands. The company provides over \$9 million in training services to 70 retail microfinance institutions. These institutions then provide financial products to over 1.2 million people throughout the Philippines.

As the summer progressed, Danny was researching two initiatives for Filipinos: money transfers via cell phones and bringing ATMs to rural areas.

"Filipinos are some of the most active users of payment services in the world," says Danny, "due to the vast number of people working abroad and also the distribution of the local population across the many islands of the Philippines."

It was through Danny's research that they were able to offer members of the Seed Finance network the chance to send money through text message for as little as two cents. The mobile money can then be exchanged for cash at "money in-money out" centres. The result has been savings and convenience for the Filipinos across the country.

Also throughout the summer, Danny had the chance to see much of the islands. His favourite place was definitely the Ifugao rice terraces.

"The architecture design was simply amazing," said Danny, "and certainly different than the agriculture we see in Canada. The locals have dubbed it the 'Eighth Wonder of the World' and I can only imagine the enormous amount of work it must have taken to construct them."

These man-made structures were built thousands of years ago as a way to grow rice on the slopes of the mountains. Each terrace is about 15 feet high and 8 feet wide.

As his work with Seed Finance concludes, Danny notes that there is something for Canadian financial institutions to learn.

"Perhaps the most significant lesson Canadian financial institutions can learn from microfinance is that providing credit to families should be done with the best interests of the lendee in mind. There is a significant push in microfinance to prevent client-over-indebtedness, and the credit crisis has revealed that North American banks would be well-served by doing the same back at home."

So what does next summer hold for Danny? He says that he needs to complete his enterprise internship.

"I'm hoping to find a position in the finance sector, ideally either investment banking or private equity.

And where would he like to do this work?

"Hopefully New York, London, Hong Kong or Singapore."

But, Danny also notes that if the right opportunity were to come up, he certainly wouldn't mind working in Toronto or Calgary.

Next summer be sure to check out what exciting adventures Danny will be partaking in!



A Jeepney, which is a popular form of transportation in the Philippines.



It's not uncommon in the Philippines to squeeze 14-16 people into these Jeepneys, a low-cost versions of vans crossed with a jeep.



Ifugao rice terraces. Dubbed by the Filipinos as the "Eighth Wonder of the World."



Danny Hertz accepting his Selections 2007 award trip to the USA National 4-H Conference in Washington, DC, from Canadian 4-H Council representative Bob Boulton.



Heather Polasek in traditional Japanese attire.

Past 4-H Member Goes International

BY TED ANDREW, *Communications and Marketing Assistant*

It's a hit or miss if someone will get bit by the international travel bug, but for Heather Polasek, it has been a huge hit. Heather, a past Key Member and Peace Region Ambassador, has had many opportunities to see the world, and they all started with 4-H.

A few years ago Heather went to Japan with the Labo and Lex Exchange program. The Labo International Organization is for Japanese youth between the ages of 3-18 who want to improve their English-language skills and learn about other cultures. Every year a group of Alberta 4-Hers, ages 12-18, can apply for the opportunity to go to Japan to experience Japanese culture, language and lifestyle. Then, in turn, Alberta delegates host a Japanese delegate at a later date. When Heather went to Japan in 2007, she spent one month in a language program and then one month with host families. While there, she noticed how much excitement there was in the Labo organization. "I just looked at what they were doing and thought, 'I want that job,'" says Heather.

And fast forward a few years, when Heather's thought about working for the Labo International Exchange Program is now a reality. Heather will be working Labo, showing Japanese children and youth about life in Canada. Through songs, games and presentations about our country, these children will come to better understand Canada.

"I really want to show them what a great country we live in," explains Heather. Heather will be with the Labo organization for one year. Her first month will be spent in a language courses and then six months in Hiroshima. The rest of her time will be with host families across Japan.

4-Hers Use Skill to Score Scholarships

BY TED ANDREW, *Communications and Marketing Assistant*

Call it the effects of Blockbuster movies, or pop culture in general, but typically, when you hear about high school students getting scholarships, you would mostly think of tracksuit-clad star athletes or calculator carrying bookworms. But for Alberta 4-H members Kelsey Cartwright and Robyn Fisher, their scholarships had nothing to do with tracksuits or calculators – just pure 4-H skill.

Kelsey Cartwright is a member of the Jumping Pound 4-H Beef Club in Calgary who has taken a great interest in judging. Last year at the Alberta 4-H Provincial Judging Competition, she earned a place on the team for the Northern International Livestock Judging Competition (NILE) in Billings, Montana. While there she caught the interest of the Trapper Livestock Judging team from Northwest College. The team, which is based out of Powell, Wyoming, told Quinn LaFollette, coach and organizer of the judging team, about Kelsey and he looked into her scores from the competition.

"When Kelsey came down to check out the school in February," says LaFollette, "I found her to be very outspoken and outgoing and a really good person." In fact, they were so impressed with Kelsey they decided to offer her a scholarship to be on their judging team.

"I thought, 'why not try it?'" explains Kelsey. "If you have the chance to do something that you enjoy while going to school, why not take it?"

Kelsey is the first international student that LaFollette has accepted onto the team of up to 40 teammates. The team practices and trains four days a week, starting the first day of the school year and going straight through until the last day, all of this on top of attending classes. Kelsey will be taking her pre-veterinarian studies while being on the team.

4-Hers do many things throughout their years of club involvement. From community service to volunteering and holding positions within their club, they have a long list of items to keep track of. When Robyn Fisher was applying to go to Montana Tech in Butte, Montana, her academic advisor encouraged her to apply for the different scholarships they offer.

"I put down a lot of the positions I've held, like Key Member and those within my club, along with my community service and volunteering at Achievement Days," says Robyn. The culmination of all her 4-H efforts earned her a scholarship from the tech school. Robyn will be taking geological engineering courses at Montana Tech and is very excited about going there.

"It will be a great opportunity for meeting new people and getting to be in a different setting," says Robyn.



Kelsey Cartwright: Key Member, Ambassador, Judging Champ and new member of the Trapper Livestock Judging Team of Powell, Wyoming.



Because of her 4-H involvement, communications and leadership were two of the skills that Robyn was able to list when she applied for scholarships to the Montana Tech of the University of Montana.

GORD BAMFORD



My 4-H Friends,

For Alberta 4-H members, summertime brings a chance to go camping with your family, spend time with your friends, and if you're lucky, even attend a 4-H camp! For me, summer means touring across Canada, and many times, introducing my music to a countless number of new fans.

Since January 2010 I have been spending many hours promoting 4-H and our new partnership. I attended the Alberta 4-H Leaders' Conference in Red Deer, Senior Members' Conference at the Alberta 4-H Centre, and flew to Winnipeg to meet with representatives from across Canada at the Canadian 4-H Fund Development workshop in February. Then it was off to the Flagstaff 4-H District SG Walker Night, and then on to the Calgary for 4-H on Parade, with a few other meet and greets in between to help launch this new partnership. I've been wearing my 4-H jersey to many events. The 4-H logo is also on my new Day Job CD and on the trailer that travels with me as I cross the country. 4-H was a big part of my childhood, and I have many happy memories of my days with the Lacombe 4-H Beef Club.

You have been given the opportunity to sell my Day Job and Honkytonks and Heartaches CDs as a fundraiser for your club. I have been doing my part in promoting this great new partnership, and I am asking that you join in this special program we've created just for you. From the \$20 you sell the CD for, your club walks away with \$9 - it's a win-win situation for all involved - you get the chance to help your club, and my music finds a way to win the hearts of country music fans across Canada.

Some clubs have even taken our partnership one step further. For example, the Bar West 4-H Club (and 4-H Districts 21 and 28) from Humboldt, Saskatchewan, used our Rural Roots 4-H Fundraising program in May to raise money for the Humboldt District Hospital Foundation. The club sold tickets for a Gord Bamford concert, and managed to raise \$33,264! Over 1,000 people attended, and many said this one was of the best concerts ever held in the city of Humboldt.

Recently, for the first time ever, I have been nominated as one of five artists for the prestigious Canadian Country Music Association's Fans' Choice award. This is a very special award, and one that the fans decide who wins this award. I encourage you to go on my website to find out more about the Fans' Choice Award, and I am asking for your vote. It would mean the world to me.

Again, I am asking for your support in many ways and I hope I can count on you!

Sincerely,

What a wonderful idea of giving back to the 4-H program by assisting members in a campaign of selling Gord's CDs and donating a portion back to the 4-H clubs. Our club was given the opportunity to sell CDs at one of Gord's recent concerts. Meeting Gord was a thrilling experience for our 4-H members and leaders of Renfrew County. Gord made time before his concert to personally greet us all; he was so personable with the members, and excited to meet the youth and listen to their 4-H experiences, as well sharing his own 4-H memories. What a fantastic evening!

Allison Kubiseski,
4-H Leader, Renfrew County Ontario

To get involved or to find out more information, please contact the 4-H Foundation of Alberta 1-877-682-2153 or visit www.4h.ab.ca

Technology and Alberta 4-H

Oh, How the World Has Changed!

BY JESS HAINSTOCK

4-H Specialist, Resource Development and Communications

Technology, in all of its various forms, is here to stay. As Alberta 4-H looks towards the future it's important that we stay on top of technology as a means of remaining relevant, meeting the needs of our 4-H Family and facilitating the development of marketable skills in our members and leaders. This year, we are excited to introduce CD versions of some of Alberta 4-H's most frequently used materials and forms.

But, we understand that change can be challenging. While it's almost impossible to remember what life looked like before radios, fax machines, computers or cell phones, these technologies seemed daunting at first. Now however, they have all been incorporated into our day-to-day lives, increasing the ease and efficiency with which we communicate, seek and transmit information, and interact with one another.

If you're like many people, just when you thought you had the internet figured out, Facebook, Flickr, Wikipedia, YouTube, and Twitter entered the scene and have now become terms firmly entrenched in our vocabulary, despite us never having heard of these words five years ago.

If you feel like it's almost impossible to keep up, you're not alone. Consider this:

- It took 38 years to reach 50 million users using the radio; Facebook added over 200 million users in less than one year.
- If Facebook were a country, it would be the third largest in the world.
- By the time you have read this article, over 100 hours of video will have been uploaded onto YouTube.
- This past Christmas, ebooks outsold paper books. Some universities have actually stopped issuing email accounts to their students, instead, giving them all iPads.

While we won't be sending out iPads to all 4-H members quite yet, the 2010-2011 club year does bring with it three new CD-based resources: the Club Executive Pack, Alberta 4-H Policy and Procedures, and the Club Registration and Supplies. It's important to note that even though these resources are viewed on your computer, internet access is not required due to the files being burned directly onto the CD.

The **Club Executive Pack CD** includes the roles and responsibilities of the Executive members, the 4-H Meeting Pack, parliamentary procedure, expectations of members, leaders and parents, and appreciation supplies for volunteers. The **Alberta 4-H Policy and Procedures CD** has every Alberta 4-H Policy on it, as well as an Appendix and Glossary of Terms for quick and easy reference. The combined **Club Registration and Supplies CD** contains forms for club registration and club supply ordering, in addition to the Club Supply Catalogue and sponsorship application. These CD based resources join our communications resource, "From Paper to Podium," which was unveiled at Leaders' Conference last year. All of the pdfs included on these CDs are printable, fillable and saveable. Some might say that these resources will enable Alberta 4-H's members and leaders to have a more effective, and efficient, club experience.

As we move towards the development of more CD-based resources and work on a new and improved website, we really

want to hear your input. Please fill out the survey below as it will help us to get a better idea of what you, our grassroots, think is the best way for Alberta 4-H to stay on top of the ever changing world of technology. ✂

Technology and Alberta 4-H Survey Questions

1. I am a: ☐ Leader ☐ 4-H Member ☐ 4-H Parent
2. Please check the statements that are true for you regarding your computer use.
I use a computer:
☐ Daily
☐ More than 3 times/week
☐ Less than 3 times/week
☐ I don't use a computer
3. Please check the statements that are true for you regarding your internet access.
You may check more than one:
☐ I have high speed internet at home
☐ I have dial-up internet access at home
☐ I do not have internet access at home
☐ I access the internet through work or school
☐ I do not access the internet regularly
4. Please place a check mark in the space that most closely represents your opinion on the following:

	Strongly Agree	Agree	Can't decide	Disagree	Strongly Disagree
I like the idea of 4-H materials on CD, as long as they are easy to use.					
I get 4-H material off the 4-H website regularly.					
I think it is important for Alberta 4-H to stay up to date with technology.					

Other comments or suggestions:

Please mail your survey answers to the following address:

Attn: Jess Hainstock, 4-H Branch
RM 200 7000 113 ST
EDMONTON AB T6H 5T6
Fax: 780-422-7755

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



Kyle gathering dirt to conduct his experiment.



Kyle at Nationals with his tire recycling energy project.

4-H Does Good for the Environment and Science

BY TED ANDREW

Communications and Marketing Assistant

It seems that everyone wants to help the environment and make it better. But how does one go about doing it? For Kyle Schole of Pickardville, the answer was in the tires around his farm.

"I had seen a huge stock pile around the place and I thought there had to be a better way to dispose of them," says Kyle, a member of the Double Diamond 4-H Club. So Kyle set to work on trying to get rid of those tires.

Kyle was able to find bacteria that were able to eat, and therefore break down, the tire molecules. He then separated them from the soil sample he collected and studied them to see how much of the tire mass they would consume.

"I had found that in about 3 weeks about 20% of the tire mass was broken down," says Kyle as he started to see the experiment take shape.

Then Kyle took an LED light and put it on the bacteria and this stimulated them to eat more. This, in effect, created electricity.

"It's sort of like a microfuel cell to create electricity," explains Kyle.

Kyle took his project to his local science fair in March and placed so well he was able to compete at Regionals in Edmonton. Kyle was then put on the team to go to the National Science Fair in Peterborough, Ontario.

"When I got to Nationals we were supposed to present our projects to the judges and explain it to them. It's important to make sure that the judges understand what your project is, even though it's sometimes hard to explain it in a way so that they will."

Kyle placed first at the National Science Fair and now is able to go to Slovakia to be apart of an International Science Conference next summer.

In all of his successes, Kyle credits 4-H in helping him with his project. "4-H has absolutely helped me with my project. From the public speaking to the organizational skills I have gotten through 4-H, being involved in the organization has really helped me and is key in how I approach science fairs."

Kyle has been secretary and treasurer of his club and would like to pursue a career in political science.

"I would like to work in foreign affairs and try to bridge the connection between science and politics," says Kyle about his future aspirations.

As Kyle Schole has shown, the skills learned in 4-H are transferable in many ways and there is no limit as to where one can go with them. 🌱



Kyle in the lab.

From Colt to Champion

BY TED ANDREW, *Communications and Marketing Assistant*

When a horse is born, you never know where it will end up. That's true for Missy.

Missy was first used by Lucas Grover, a former 4-H member of the Big Valley Outriders, when he started the Young Horse Industry project (YHIP).

"I looked at it and thought that it would be a project I could do," says Lucas, "It seemed like the next progression as a 4-Her."

How the YHIP project is designed is members purchase a foal from a rancher and go through the horse levels for a minimum of two years.

Lucas started off when Missy was just a foal and trained her in Western classes. Lucas notes that Missy was a very easy horse to train.

"The only real issue I had with her was when I gave her needles," says Lucas.

When the two years of Lucas's work was up, it was time for Missy to be sold. And it just so happened that Kelsey Hallet, a member of Big Valley Rusty Spurs, was in need of a rodeo horse.

"I had outgrown my older horse and knew it was time to get a horse I could ride," says Kelsey.

Kelsey purchased the horse from Lucas when Missy was four and started using her for goat tying and pole bending. Kelsey says that turning Missy from a show horse to a rodeo horse was the first thing she had to do.

"I kind of had to start from scratch," says Kelsey. "We went for lessons and then I started entering into rodeos."

All of the hard work that Kelsey has put into Missy sure has paid off since they started rodeos. Kelsey has won a lot of 4-H rodeos and also competes in the Wrangler Rodeo circuit in goat tying. She placed first at the Provincial finals of the Wrangler Junior Rodeo circuit in goat tying and pole bending. This qualified Kelsey for the National finals in Gallup, New Mexico.

"She really likes the rodeo part," says Kelsey of Missy, "and loves to go fast."

Kelsey hopes that in the future that she and Missy will be able to compete in high school rodeos. 🍀



Kelsey Hallet and Missy.



Kelsey and Missy competing in New Mexico at the Wrangler National Junior Rodeo.



Navigate the 4-H Website with Cleaver

Contest Deadline: July 15, 2011

Now that there are three Cleavers on the loose, Cleaver has resolved to be more active than ever before (amazing, right?). As always, Cleaver will be making appearances at fun days, Awards Nights, Achievement Days, and really, any other event you invite him to, BUT, he is also going to be making his way through the 4-H website over the next few months.

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

All you have to do is make sure that you visit the 4-H website between the 5th and 15th of every month (and any other time that you just want to see what's new with 4-H), fill out the application (found on page 8) and state the answer to the question posed each month. Only one submission is allowed per navigator. The entries with the most correct answers will be entered into a draw. The diligent navigator whose name is drawn will be rewarded with a Future Shop \$100 gift certificate.

Please mail the application (postmarked by July 15, 2011) to:

Alberta 4-H – 4-H Magazine Contest
RM 200 7000 113 ST
EDMONTON AB T6H 5T6
Fax: 780-422-7755

Navigate the 4-H Website with Cleaver Application

Only one submission per person will be eligible to win. Please mail this application (postmarked by July 15, 2011) to the:

Alberta 4-H – 4-H Magazine Contest
7000 113 ST NW RM 200
EDMONTON AB T6H 5T6
Fax: 780.422.7755

January 5 – 15	
<hr/> <hr/>	
February 5 – 15	
<hr/> <hr/>	
March 5 – 15	
<hr/> <hr/>	
April 5 – 15	
<hr/> <hr/>	
May 5 – 15	
<hr/> <hr/>	
June 5 – 15	
<hr/> <hr/>	
Name:	Age:
Mailing Address:	
<hr/> <hr/>	
Club Name:	
Phone:	
E-Mail:	
Signature of parent or guardian (or 4-H member if aged 18 and older)	

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

Power Your Fundraiser

- High profit
- Brochure orders packed by seller
- No minimum order required
- Free shipping
- Quick turnaround



PLUS: we still pay top dollar for your used lead acid batteries.



Call today!

EDMONTON
1.800.361.2854



CALGARY
1.800.661.5914

interstatebatteries.com

Right in your backyard

Genuinely western.

4-H Family Day
November 9, 2010
Edmonton EXPO Centre

Featuring beef, equine, craft and canine related project activities.

Complimentary admission for 4-H members with membership card or 4-H club clothing

Visit farmfairinternational.com for more information

farmfairinternational.com

NORTHLANDS EXPO

AMA

GOOSE

UFA

Kubota

WILSON

FARMFAIR
AGRICULTURAL
SHOWCASE

NOVEMBER 5-14, 2010

Club+District Articles

Neutral Hills 4-H Rodeo Wranglers meet TV star at Mane Event



Desiree Kelts, member of the Neutral Hills 4-H Rodeo Wranglers, poses with "Heartland" star Amber Marshall who plays Amy Fleming on the CBC television series. Photo credit: Jeff Stokoe/ Red Deer Advocate

BY DESIREE KELTS, *Neutral Hills 4-H Rodeo Wranglers President*

The Neutral Hills Rodeo Wranglers went to the Mane Event Horse Expo in Red Deer on April 23-25. There, we saw many different kinds of equipment, met new friends and had a great time. We saw renowned horse trainers, including Shawn Seabrook, Jonathon Field and Curt Pate, as well as the three trainers competing in the Trainer's Challenge, Brent Trout, Ken McNabb, and Tom Forehand. We saw everything from A to Z for the horse and rider. We even got to meet Amber Marshall, who plays Amy Fleming on the TV series "Heartland" on CBC! Amber was kind enough to sign autographs and even allow for a photo to be taken. We also got to see all kinds of different breeds of horses and ponies, from miniature ponies and donkeys to Clydesdales. And, we got to go to the stables to meet all the horses.

The Mane Event was a wonderful experience for all ages of kids and adults, and I would suggest that all horse-loving people go to the Mane Event Horse Expo. It is an amazing place! 🍀

St. Paul District 4-H Council Hosts the 2010 Invitational Heifer Show

BY SHELLEY TYMOFICHUK, *Elk Point 4-H Multi Club, Leader*

June 13 was a day of smiles, teamwork and for some, a brand new experience. The St. Paul District has been hosting this invitational heifer show for many years and we are proud to say that it is our little gem. Members from our Northeast Region come with their yearling heifers, and some bring a good start to their prospective herd: a 2-year old cow with calf at foot, and a few even brought their 3-year old cow/calf pairs.

This year's event was on the smaller side, but it had all the class of the big time shows! We encouraged all members, beef and non-beef projects, to come and try their hand at the different competition classes. Some members had never judged a

heifer, so a little workshop on what to look for came in handy. Some members had never shown a beef animal, and so for them it was a memorable experience that they will always be proud of. The Grooming Competition brought out the members' different grooming techniques. We would like to say a huge 'thank-you' to Kubota Canada Ltd. for being a major sponsor for our show, along with all of our other generous sponsors. The members are proudly displaying their banners, wearing their jackets and using their showing equipment. Thank-you to all 4-Hers for participating in the show, and to their parents for taking time from busy schedules to help this show become a success!



Nicole Tymofichuk (Cow/Calf Project) and Hannah Porozni (Horsemanship & Environment Projects) with a sponsor rep from Lakeland Maine Farms.



Group photo of participating members in this year's show.

Lethbridge 4-H District Brings the Fun

BY LEANNA SANTANGELO

Alberta 4-H Ambassador, South Region

March 27, 2010 was the Lethbridge 4-H District Fun Day at Kate Andrews High School in Coaldale. Members were assigned to different teams, representing a country of their choice; we even had one adult team compete in the "4-H Olympics"! As this was a first time for this event, the District Council offered an incentive for the members to attend: the club with the highest percentage of members to show up would receive \$100 from the district to use to put on a pizza party, or other random food party of their choice. The Wild & Woolly Club were the winners!

With the help of Stuart Smith, Kenzie Bodie, Rosie Templeton and Nicole Bosch, we set up four different events to earn points towards the final round, which would determine the Olympic Champions. These sessions were set up in a very similar fashion to those at provincial 4-H summer camping programs, in an attempt to interest more members to attend these camps. Everyone in attendance won a prize in the end, and everyone, including the organizers, had a blast. This is something that we are all hoping will grow in popularity in years to come and prove to encourage younger members to attend provincial summer programs. 🍀



Ah yes, teamwork skills, one of 4-H's well known attributes.



**OLDS
COLLEGE**

Explore
VISIT OUR CAMPUS

Explore All of Our Programs

October 15, 2010

Animals & Agriculture

October 29, 2010

February 4, 2011

Business & Fashion

November 19, 2010

March 18, 2011

Trades, Horticulture & Land

December 3, 2010

February 18, 2011

Fashion Marketing

(Calgary Campus)

TBD - Check our web site

Open House

April 2, 2011

Explore your passion... Register online at www.oldscollege.ca/visit





Telford 4-H Multi-Club Members Suit Up

BY CORINNA MILLER, *Telford 4-H Multi Club, General Leader*

Laying down (left to right): Julia and Sarah; Sitting (left to right): Rylee, Tristen, Ty, Cole, Regan, Grace and Jarom; Kneeling (left to right): Jen-Ann, Seth, Haley, Katie, Tanner, Shaelen, Ryan and Cody; Standing (left to right): Jessica, Kelsey, Anthony, Julie, Douglas, Steven and Darren. Missing: Taya, Sierra, Ashley and Cavan.

After a lot of work and hours spent fundraising, the members of Telford 4-H Multi-Club all have matching jackets!

In March, the jacket types were decided on, and then came the designing of an original crest for the Telford 4-H Multi-Club. With help from members Rylee and Grace, along with the assistance of Stitchery & More owners, a design was created. Following many discussions and voting by all of the club members, the jacket and designs were finalized – production could begin!

After many hours of work, a few road bumps along the way and many traveled miles, Mrs. Corinna Miller (General Leader) was proud to bring the finished jackets to the members on May 12, 2010. A big thanks goes out to Rylee, Grace, Colin and Allie, and their employees, as without all of you, this was just an idea.

All the members of Telford 4-H Multi-Club surprised the

leaders and assistant leaders with a vote that allowed all the leaders and assistants to also receive jackets, along with many parents who also choose to complete their wardrobe with a Telford 4-H Multi-Club originally designed jacket.

As you can see from the picture there were nothing but smiling faces; a job complete, with the best reward – smiles!

Telford 4-H Multi-Club members took part in a variety of events in their 2009-2010 club year: a Christmas party, donations to the local Christmas Elves chapter, put on a 'Family and Fellow 4-Her' Ski Night, a movie night out with guests, in addition to cemetery clean-ups, which were done this past summer. Telford 4-H Multi-Club is proud to have Poultry, Photography, Small Engines, Horse and Beef projects. 🌿



Market Research Study Update

Thanks again to all of those who helped make the recently completed market research study a huge success. The data gathered has been forwarded to the 4-H Partners (Branch, Council, Foundation) for review and recommendations. Look for some exciting promotional materials, new learning resources, and more to come from Alberta 4-H in the near future!



Leonard Nimoy was described as very gracious and kind to all residents of the town.



Leonard Nimoy (a.k.a Mr. Spock from "Star Trek") shakes hand with Stavelly Stampeder's leader Sherri Hosker.



Through the efforts of Sherri and the town of Vulcan, Nimoy was able to visit Vulcan.

4-H Leader Brings Spock to Vulcan

BY SHERRI HOSKER, General Leader, Stavelly Stampeder's Light Horse 4-H Club

To many residents of this rural Alberta town, the day Leonard Nimoy beamed into Vulcan will be remembered as nothing short of a miracle. It all began with a scheme of two employees of the Tourism and Trek Centre, Dayna Dickens and Erin Melcher, to host the premiere of "Star Trek XI" in Vulcan. After all, Spock was born in Vulcan.

As Stavelly Stampeder's Light Horse 4-H Club General Leader, I came on board with tourism somewhere in the midst of this endeavour. The enthusiasm of Dayna and Erin was hard to pass up, and it was so exciting to watch the whole idea take hold. Leonard Nimoy himself called CBS and the Trek Centre and expressed his disappointment that the town did not end up

hosting the show. He insisted that the community be compensated, which they were, when CBS treated 300 community residents to an all expenses paid evening to watch the show one day ahead of the actual premiere.

Then nearly a year later, Leonard Nimoy came home to Vulcan. I, as representative of the Vulcan Tourism Committee, along with 80 other Vulcan residents, got to meet Mr. Nimoy in person. Leonard was described as being very gracious and kind and extended his hand to all those present at the greeting. Then, he unveiled a bronze bust of Mr. Spock, after participating in a parade through the downtown core and leaving his famous 'Live Long and Prosper' hand print. 🌿



You've never seen tractors like this before!

Our M40 Series tractors will make your tough day seem a whole lot easier. Combine that with our legendary Kubota diesel engine and our synchronized transmission and you've got one powerful performer.



**M5040/M6040/M7040
M8540/M9540**

- 46 to 84 PTO Hp
- Ultra Grand Cab or ROPS models available
- Hydraulic or synchronized shuttle transmission
- LCD display of PTO and travel speed

Kubota Dealers of Alberta
To find a dealer near you visit: www.kubota.ca





District Baseball at Rumsey Ag Complex: Back row (left to right) – Evan Hampton, Levi Hampton, Quinn Nelson, William Hoover, Michelle Hoover, Clayton Steen, Seth Tolman, Russel Steen, Matthew McNaughton, Nathan Bell, Kirsti Bell, Carlie Bell; Middle row (left to right) – Serena Michie, Mesha Olsen, Erica Nelson, Bradley Nelson; Front row (left to right) – Garrett Holowath, Lowell Nelson

Drumheller 4-H District Celebrates Summer

BY MICHELLE HOOVER, *Secretary, Drumheller District Council* & JANICE HOOVER, *Key Leader, East Central*

4-H clubs in the Drumheller District celebrated summer at 4-H District events. The kick-off to summer was a baseball game and barbeque at the Rumsey Ag Complex. Members from the Delia 4-H Beef Club, Hesketh-Orkney 4-H Beef Club, Morrin Multi 4-H Club and the Rumsey Rowley 4-H Beef Club joined forces for a ball game and everyone came out winners.

Next on the summer line-up was the Encana Community "Pardner" BBQ in Drumheller. Salwa El-Maghrwry, Community Investment & Community Relations Advisor – Clearwater Busi-

ness Unit, Encana Corporation, rounded up 4-H members to help with the company's Drumheller barbeque. Wet track conditions postponed the chuck wagon races, but the Encana event went ahead and was a great success. 'Thanks' Encana, for allowing the Drumheller 4-H District to pardner with you on the WPCA BBQ.

Everybody loves a parade, including us! On June 30, 4-Her's gathered to put together the float for the July 1 Drumheller parade. After the float was good-to-go, we enjoyed an evening of laser tag. On Canada Day, everyone was up early and ready for the parade. We even played our Gord Bamford CDs for all to enjoy during the parade. The route was lined with people. We are still trying to figure out the answers to, "How much candy do we need for a parade?" and "How does one avoid giving out all of the candy in the first block?" But, candy or no candy, we won a red ribbon! What a great start to summer! 🍀



Encana Community 'Pardner' BBQ at the Drumheller Barn: Back row (left to right) – Jonathan Kiemele, William Hoover, Jordan Ferguson, Nathan Bell; Middle row (left to right) – Mickey Johnson, Rachel Robinson, Liam McDougald, Evan Bell; Front row (left to right) – Raine McDougald, Michelle Hoover, Justine Johnson, Kirsti Bell



July 1 Canada Day Parade in Drumheller: Back row (left to right) – Janice Hoover (Key Leader), Kyle Heck, William Hoover, Lowell Nelson, Mickey Johnson, Bradley Nelson, Kyra Koustrup, Kelsi Johnson, Alex Jaffray, Breanna Heck; Front row (left to right) – Michelle Hoover, Erica Nelson, Quinn Nelson



Hazard Management

BY LINDSEY GROVER, *Farm Safety Summer Assistant*

Thinking ahead and assessing hazards are important aspects to everyday life; however, when it comes to farming or working with livestock, the skills required to assess situations becomes even more important. A hazard can be defined as something that could cause you, or others, harm. A hazard assessment can be completed in a few simple steps and will result in the prevention of many accidents and injuries.

Using the “SafeThink Six” question set will help you to accurately and efficiently assess the hazards associated with any job that you are doing on the farm. By doing this, you can change the way that you do a task by increasing the safety, and diminishing the risk.

1. Does the work involve hazardous material, such as propane, gasoline, medicine, or battery acid?
2. Does the work involve objects, motion or force, like machinery, equipment, livestock, or sharps that could cause harm?

3. Does the work involve non-ambient conditions, such as hot or cold weather, welding flash, noise, or lack of oxygen that could cause intense discomfort or death?
4. Is current or static electricity a factor in doing the work? Electricity can be present in many forms such as power lines, outlets, frayed power cords, and static build-up in vehicles.
5. Is radiation present when doing work? Radiation can come from x-rays, microwaves and the sun.
6. Could changes in conditions create a hazardous situation? Such changes include sudden weather shifts, tire blow outs and machinery malfunction.

Protecting yourself, and others, while on the farm might seem like an overwhelming task – there are so many variables to keep track of! But by following through on these four suggestions, safety becomes an easy, and manageable, part of your daily routine:

1. **Make a commitment to safety** Make safety personal - stay alert and take action to reduce illness or injury.
2. **Ask questions by using the SafeThink Six.**
3. **Get proper training for the task** By gathering proper skills and knowledge you can better assess hazardous situations.
4. **Stay safe for the good times** Assess risk and use your knowledge to manage that risk.

For more information about hazard management please visit www.agriculture.alberta.ca/farmsafety



Discover the **Real U**

“The U of L is very similar to Alberta 4-H – both value hard work, develop strong leadership skills and have given me countless opportunities to succeed.”

Don't limit yourself. With more than 150 programs to choose from, there are many opportunities to discover your passion at the University of Lethbridge.

Apply for admission by Dec. 15 to be eligible for Board of Governors' Admission and Relocation scholarships, each worth up to \$1,000.

University of
Lethbridge



> **DISCOVER.**ulethbridge.ca

Myranda Stewart is an
addictions counselling student
at the U of L and was the 2008
Premier's Award recipient



Clever the Beaver



Photo Credit:
Sandy Sargent

Kenda Lubeck



Kristy Oatway



Marguerite Stark

Ask an Expert

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

When and how did you start working for 4-H?

A long long time ago, in a galaxy far far away...well actually, I guess that it wasn't *that* long ago and or *that* far away.

I was a very energetic and outgoing beaver, living in the rivers of Southern Alberta. Growing up, I loved to dance, do cart wheels and dole out high fives. One day, I was hanging out by a creek, practicing my cartwheels, when Sherry Machacek saw me. Sherry, a 4-H member from the Taber area, saw my energy and enthusiasm and asked if I wanted to be a mascot. There was a competition going on in Alberta 4-H for creating a mascot that would help promote 4-H to potential members. Sherry entered me into the contest and thankfully, I won. I was introduced to the public in 1986 at the Calgary Stampede. I rode with Sherry Machacek and Sherry Roth, the Premier's Award winner that year, in the parade in a gleaming 1928 Chev truck owned and operated by Lawrence Halladay of Mulhurst. We did the same routine a couple weeks later in the Edmonton Klondike Days parade.

Ever since then I've been dutifully taking on my role as the Alberta 4-H mascot. I've travelled to the far reaches of the province promoting 4-H the only way I know how: through fun, hugs, and high fives. If you would like for me to come to your promotional 4-H event, call Toni at 780-422-4H4H (and be sure to book three months in advance so that I can definitely be there!).

CLEAVER, *Purveyor of 4-H Fun*

Why should equestrian riders wear helmets?

Reducing the risk of horseback riding injuries and ensuring safety is a priority in all equestrian sports, and for all ages. When one person gets hurt, it affects everyone.

Hopping on a horse's back is an inherently risky activity. Everyone who chooses to get on a horse accepts some element of risk by doing so. One of the most effective - and easiest - measures one can take to reduce the hazards of equestrian activities is to wear an ASTM/SEI or BSI approved equestrian riding helmet every time you get on a horse.

Statistics for head trauma due to horseback riding incidents are alarming. According to the American Academy of Pediatrics, approximately 20 per cent of injuries in young riders are to the central nervous system. The majority of these injuries are cerebral contusions, concussions, or skull fractures. Use of

approved helmets has been associated with a decline in the occurrence of severe head injuries.

The \$60 price tag for an approved helmet is minimal when compared to any other aspect of owning a horse. The cost of serious head trauma is considerably higher. The Canadian Institute for Health Information states that all degrees of head trauma severity can have important and long-term implications, but moderate to severe traumatic head injuries can significantly impair physical, cognitive, emotional and social functioning.

Approved helmets come in a variety of designs from traditional western styling with stitched leather finish to an assortment of colours and decals to conventional English hunt cap styling. Helmets have evolved to focus on comfort including adjustable fit, sweat-wicking liners and adequate ventilation.

Any injury can be considered a tragedy. A mandatory helmet policy is a proactive way to reduce the risk of head trauma - a serious, and often irreversible, injury - associated with horseback riding.

KENDA LUBECK, *Farm Safety Coordinator*

What is your answer to, "What is 4-H?"

"What is 4-H?" is probably a question every 4-H member has had to answer; I certainly know I've been asked that a few million times! Really, how you explain 4-H depends on the person who asks and their background.

With sponsors and the media, I emphasize 4-H's personal development aspects such as public speaking, leadership building and networking. With parents and potential members I have found it helps to tell them about the various projects 4-H offers, as well as our amazing summer programs and travel opportunities.

In my explanation I always tell everyone about the age range of members, and share a bit about my own personal experience in 4-H. If the person you're talking to wants more information, be sure to tell them to check out the website (www.4h.ab.ca); the "What is 4-H?" section at the top page is a great place to find more information on all that 4-H has to offer and how to join. Key Members, leaders, 4-H Specialists and of course, the Alberta 4-H Ambassadors are also great people to ask about 4-H.

KRISTY OATWAY, *Alberta 4-H Ambassador, Peace Region*

Ask an Expert continues on page 46

Why are member dues increasing?

Every year, the 4-H Partners review the costs of the Alberta 4-H program. We have made the decision to increase the 4-H membership fee to \$55.00 per member in each 4-H club, effective for the 2010-2011 4-H club year. The annual cost increases of goods, services, and program-related expenditures necessitated this change in membership fees.

The Alberta 4-H membership fee is used to:

- Ensure effective promotion and marketing of the Alberta 4-H program.
- Provide programming and support to 4-H members and leaders at the regional and provincial level.
- Keep the Alberta 4-H program relevant and meaningful to Alberta's rural youth.
- Ensure up-to-date, leading edge, and relevant project materials and resources for 4-H clubs.
- Support other areas of Alberta 4-H, as determined by the Alberta 4-H Partners (Branch, Council, Foundation) representatives.

As a 4-H family, it is our hope that the Alberta 4-H program continues to be recognized for its excellence in leadership and technical skill development, and as the premier organization for developing marketable skills and expertise in our youth and adult leaders. The 4-H membership fees collected annually provide the means to deliver a quality 4-H program. We are looking forward to a dynamic 2010-2011 club year!

MARGUERITE STARK, Head, 4-H and Agriculture Education Branch



VET-U-CAN

Visit the University of Calgary
Faculty of Veterinary Medicine's
educational open house.

September 25 & 26
Spy Hill Campus

For more information and maps
visit www.vet.ucalgary.ca

U of C
THIS IS NOW

Leather carving by Julian Tubb.

Put some fun into your fundraiser!

A Ben Crane concert

with the western singer, songwriter and *Leanin' Tree* cartoon artist and his family offers an affordable fundraiser designed to help your club raise a good chunk of your budget while involving your local community and having *way too much fun* at the same time.

- WESTERN MUSIC
- SCREEN-PROJECTED CARTOON ART
- FULL OF CLEAN RURAL HUMOUR
- FAMILY ENTERTAINMENT



Sanctioned by the
4H Foundation
of Alberta

www.bencrane.com

Contact him for bookings and more details. **403-729-2747**
ben@bencrane.com

Original artwork
copyright Ben Crane.

PROUD SPONSOR of 4-H



**DON'T GET LEFT
BEHIND.**

EXPERIENCE THE
EVOLUTION
OF WESTERN WEAR



Lammle's Western Wear & Tack is pleased to offer 4-H members a discount of 10% off sale and regular priced items, including saddles (excluding advertised sale items).

Lammle's also accepts local requests for donations and sponsorships of your club. Please talk with the Lammle's Store Manager in your area for support or visit www.lammles.com for more information.



LAMMLE'S
WESTERN WEAR & TACK
www.lammles.com

Calgary • Edmonton • Fort Saskatchewan
Spruce Grove • Red Deer • Lethbridge • Olds • Lloydminster
Strathmore • Banff • Camrose • Medicine Hat • West Kelowna • Kamloops

Deep Roots Growing Stronger



Our co-operative was founded on the principle that we can achieve far greater things as a group than we can as individuals. It's why we continue to promote, support, celebrate, and invest in our communities.

Visit UFA.com to learn more about UFA's community investment.

