

# 4-H Alberta

MAGAZINE

## YOUR SUMMER PROGRAM JOURNEY AWAITS! page 8

**SPRING 2012** // [www.4h.ab.ca](http://www.4h.ab.ca)  
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4-H and Agriculture Branch, 200 - 7000 113 Street, Edmonton, AB T6H 5T6.

See  
page 25  
for details on our  
Farm Life Photo Contest!



The first place photo from our 2010 Farm Life Photo Contest was submitted by Shelli Tattrie

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## Submission Guidelines

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

### Here are a few tips:

1. Articles should be 100-150 words and should have accompanying photo(s). You should also state the author of the article.
2. When you send your photo(s):  
Underneath the body of your article, please be sure to include a caption that names ALL of the people who are in the photo(s), and states where the photo(s) were taken. For example: *Jack and Jill at the 4-H Alberta Provincial Beef Heifer Show*.
3. When sending digital photos, please send them as a large file. Photos that are 1MB or larger are preferred.
4. Some example for possible article topics might be: an exchange that you went on; a fundraiser or act of community service 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 have taken part in.

If you have questions about any of the above tips, please do not hesitate to contact us:

E: [magazine@4h.ab.ca](mailto:magazine@4h.ab.ca) or P: 403.948.1521

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.

## 4-H Alberta Magazine

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Jalisa Barnett, 4-H Specialist – Leadership and Resource Development

### Wing Man:

Cameron Horner, 4-H Specialist – Communications and Marketing

### Design and Layout:

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

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

### 4-H Branch c/o Jalisa Barnett

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Airdrie, Alberta T4A 0C3

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

**Deadlines for submissions:** July 27, October 29, February 27

**Distribution to public:** September, December and April

## Advertising Inquires

Please contact Pauline Copithorne at P: 587.999.2240 or E: [copithorne@4hab.com](mailto:copithorne@4hab.com)  
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## on the cover

Delegates explore the low ropes course at the 4-H Centre at Battle Lake, Alberta while attending a 4-H Alberta summer program.

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 health to better living,

For my club, my community  
and my country.

## CORRECTIONS

In the winter edition of the 4-H Alberta Magazine we stated that the author of the article "Trip to the Land of Potatoes and Anne of Green Gables" was written by Shelley and Lisa Reich. At this time we would like to recognize Austin Leask of the Lobstick Multi Club as the true author of the article.



The Livestock Judging Team and I(r) in Denver.

## Editorial

Well I can't believe that it's time for the spring issue of the magazine but that spring itself has yet to really show its face...sigh. Needless to say, between all of the snow storms and chinooks there has been a lot happening with 4-H Alberta in the past few months. I bet your fingers can barely resist the urge to flip ahead and see what's new!

While you have all been busy with various 4-H related adventures, so have I! I had the pleasure of chaperoning a group of fantastic members to Denver, Colorado so that they could compete against their American hippology and livestock judging counterparts at the Western National Roundup. I learned a lot about livestock judging and had a great time checking out the Denver's expansive stock show. To read more about this experience from a delegate's perspective, flip to page 35.

Next, I was off to Leader's Conference in Edmonton where I got to spend some quality time with our fantastic volunteer leaders. Don't forget that National Volunteer Week falls in April, and that even the smallest act of thanks can mean so much to those who take the time to volunteer with 4-H.

Rounding out January was Senior Member's Conference – what an awesome time! If you're a senior member who's looking for a chance to connect with fellow members from across the province during the winter, this program is for you. Also, sessions and guest speakers help to clear up some questions that you may be having about your future independence, education and career! To hear more about SMC, check out page 16.

With the 4-H club year drawing to a close I bet you have a couple of things on your mind – achievement day and registering for 4-H Alberta's amazing summer programs! If you have a livestock project, I highly encourage you to read the article about Traceability in Alberta on page 29. And if you're looking for some direction around what 4-H Alberta summer program you will attend next – flip to pages 8 and 9 to start on your path of a summer of fun, friendships and discovery.

We love to hear from you, so send me your 4-H adventure PLUS photos and you might just see your story in the fall issue!

Happy 4-H'in,

**Jalisa Barnett**  
Editor – 4-H Magazine

## CONTACT US

Alberta 4-H has a number of people who would be happy to answer your questions and provide you with assistance. Below is a contact list for the 4-H Branch, the 4-H Council of Alberta and the 4-H Foundation of Alberta.

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# NATIONAL NEWS

## NEWS FROM 4-H CANADA

BY: ERIN BROPHY

*Communication and Marketing Manager, Canadian 4-H Council*

Spring is always a busy time in 4-H, and this year is even busier with the countdown to 100 years of 4-H in Canada.

### 4-H Canada's Centennial in 2013

Across the country, people involved in 4-H at every level have been getting involved and helping plan what will be a great celebration of one of Canada's longest running youth organizations...and dare we say the best youth organization!

In January, the press were on hand in Brandon, Manitoba at the AgDays event to capture the giant puzzle block race between 4-H members, sponsor and government representatives. It was a great way to start the year and look ahead to the 2013 celebrations.

Across the country, local celebrations are being planned by clubs. We encourage you to take a look at the 100th anniversary section of our website and submit your 4-H or community celebration at [www.4-h-canada.ca](http://www.4-h-canada.ca).

Milestone anniversaries really are a celebration of old and new. At 4-H, this celebration spans generations of members, leaders and sponsors. Families who have been involved with 4-H for four or five generations are sharing their stories; these stories are the foundation of what 4-H means to people, families and communities.

So, as part of the 100th anniversary celebration we have an online history initiative that allows people to share these stories. We're asking individuals, clubs, associations and sponsors from across the country to share their 4-H experiences by submitting photos, letters, news clippings, stories or artifacts to include in our collective history. For a preview or to submit, check out [www.facebook.com/4HCanada](http://www.facebook.com/4HCanada).

### National Program and Opportunities

Alongside our excitement for the anniversary is our focus on upcoming national programs and opportunities for youth across Canada. On the heels of the US National 4-H Conference at the end of March, 60 members from across the country will travel to Ottawa for the National Citizenship Seminar between April 13-19.

4-Hers from across Canada continue to get involved in other 4-H opportunities such as 4-H Youth Exchanges Canada and the W. Garfield Weston Foundation International Exchange – check out the 4-H Canada website for more information and to apply today!



Early sketch of the 4-H logo from 1951



### Co-operators Nation 4-H Volunteer of the Year

A big congratulations to Joyce Kelly for being named one of Co-operators National 4-H Volunteer of the Year winners! Joyce is a long-standing volunteer with the Edson 4-H Multi Club in Edson, Alberta. 🍀



Faculty of Arts & Science  
**University of Lethbridge**



$$H = \frac{m}{M} RT = vRT$$



## *Pledge Your Head to Clearer Thinking*

### **\$15,000 in 4-H Awards available at the University of Lethbridge for 2012**

At the University of Lethbridge, you'll not only develop your critical thinking skills, you'll also have the opportunity to continue to 'learn to do by doing' with numerous hands-on learning opportunities and easy access to your world-class instructors.

The Faculty of Arts & Science is thrilled to offer all senior 4-H members in Alberta the chance to win your share of **\$15,000 in Tuition Credits** for fall 2012 enrolment on our Lethbridge campus.\*

Register for programmes like: Agricultural Studies, Agricultural Biotechnology, Environmental Science, Remote Sensing and multitude of other internationally recognized degrees.

Log on to **[ulethbridge.ca/artsci/awards](http://ulethbridge.ca/artsci/awards)** for details.

**Apply by June 15th 2012 for your chance to win your \$1,000 4-H Tuition Credit.**

**DISCOVER.**[ulethbridge.ca](http://ulethbridge.ca)

\*Terms and conditions apply. See [ulethbridge.ca/artsci/awards](http://ulethbridge.ca/artsci/awards) for more information.

University of  
Lethbridge



Faculty of Arts & Science

# Provincial News & Events



Ambassadors Jennifer Wrubleski (l), Brian Lentz (m) and Breanne Durie are all smiles at SMC

## AMBASSADORS IN ACTION

BY: STACEY WOYWITKA

*Alberta 4-H Ambassador, Northwest Region*

Although it has been snowy and cold this has not stopped our 4-H Ambassadors from busily helping across the province with cheerful smiles on their faces. Throughout the past few months the 4-H Ambassadors have had fun setting up and helping run numerous winter camps such as the Northwest Region's Frosty Fun, the Peace Region's Winter Junior Camp, and Senior Members' Conference. Helping out with camps is always a pleasure because we get to meet 4-H members from all over and provide them with the awesome experience that we had as 4-H delegates at camps.

Another awesome event that Ambassadors have the privilege of helping out at is the 4-H Leaders' Conference. At this event ambassadors helped with numerous things such as setting up the event,

spreading their knowledge of 4-H by giving presentations, introducing guest speakers, and our Premier Award recipient gave a wonderful speech thanking our 4-H leaders. I think it goes without saying that all of the ambassadors truly had a blast at Leaders' Conference where they got to be the super heroes that their leaders have molded them to be!

Recently our 4-H Ambassadors volunteered at the Rock the Farm Conference, held in Edmonton, where they conducted surveys for ATB Financial. Also, some of them helped put on judging clinics within their districts. Most importantly, wherever they go 4-H Ambassadors have been spreading their love and knowledge of the 4-H program to 4-H members and encouraging non-members to become part of our awesome program!

If you would ever like an ambassador to help you out with anything from giving a presentation to setting up an event just contact your Regional Specialist so they can put you in touch with one of your local 4-H Ambassadors who would be more than willing to lend a hand! ❀



Ambassador Cara Noble rips er' up at SMC

# YOUR SUMMER PROGRAM JOURNEY

*For summers of fun, friendships and discovery with 4-H Alberta!*

Keep your 4-H Family Calendar handy so you don't miss any deadlines or opportunities with 4-H Alberta!

Application deadline is May 15<sup>th</sup>. To apply to a program, go to [www.4h.ab.ca](http://www.4h.ab.ca), fill out the respective form and submit to Mark Shand for Provincial programs or your Regional Specialist for Regional programs.

START  
HERE →



## JUNIOR CAMP

5 days of non-stop fun for delegates ages 9-11! Campfires and crafting, archery and dancing, beach time and slip 'n' slide – what more could you ask for? Time spent participating in activities and skill sessions while forming friendships is sure to leave the junior delegate with a taste for more!

<b>July 9-13</b>	Alberta 4-H Centre – Provincial Program
<b>July 29-August 2</b>	Alberta 4-H Centre – Provincial Program
<b>July 11-14</b>	Elkwater – Regional Program, South
<b>July 24-28</b>	Artaban – Regional Program, Peace
<b>August 13-17</b>	Moose Lake – Regional Program, Northeast
<b>August 20-24</b>	Mackinickola – Regional Program, Northwest



## COMBINED CAMP

For delegates 10-13, this camp is great for families with junior and intermediate members who want to attend the same summer program. Delegates will get to take part in their favorite large group activities, interactive games and skill sessions while catching up with 4-H friends.

<b>July 16-20</b>	Alberta 4-H Centre – Provincial Program
<b>August 13-17</b>	Alberta 4-H Centre – Provincial Program
<b>August 19-23</b>	Alberta 4-H Centre – Provincial Program

## INTERMEDIATE CAMP

If you loved junior camp, you're going to have a blast at intermediate camp! With the same fun and friends that you enjoyed as a junior delegate, but with activities and knowledge sessions designed to take you to the next level of your journey as a 4-H member.

<b>August 6-11</b>	Alberta 4-H Centre – Provincial Program
<b>July 15-19</b>	Elkwater – Regional Program, South
<b>July 30-August 3</b>	Artaban – Regional Program, Peace
<b>August 13-17</b>	Mackinickolea – Regional Program, Northwest
<b>August 20-24</b>	Moose Lake – Regional Program, Northeast



## PEOPLE DEVELOPING PEOPLE (PDP)

This program is a great way to build leadership and citizenship skills in the 13-15 year old while learning, playing and developing lifelong friendships in a community based environment. You'll engage with camping skills and activities as well as a special interest session on recreation and leisure.

<b>July 22-27</b>	Environmental Sustainability Alberta 4-H Centre – Provincial Program
<b>July 29-August 3</b>	Entrepreneurial Innovative Alberta 4-H Centre – Provincial Program



## CLUB WEEK

You've now reached the peak of your 4-H Alberta summer program journey, and Club Week just happens to be the icing on the cake. This program has been described by so many as "life changing" with its emphasis on making you think about your past experiences, your current circumstances and your vision for the future. The Club Week experience wouldn't be complete without plenty of fun, dancing, and recreation.

**July 24-29**

*Olds College, Olds – Provincial Program*

## KEY MEMBER TRAINING

If you've become a Key Member in your district (check out page 18 to find out how) come and check out this weekend of training to give you a leg up on enhancing your leadership capabilities and the knowledge needed to help your club, district and community.

**August 17-19**

*Lakeland College, Vermillion – Provincial Program*



## LEADERSHIP THROUGH COUNSELING SEMINAR (LTCS)

You're a senior member! If you want to gain teamwork, leadership and personal development skills and training for club, camping and other life situations – LTCS is the program for you. Attending this program means that you'll get to help recreate the awesome experience you had at camp by counseling a regional or provincial one later in the summer yourself!

**July 2-6**

*Alberta 4-H Centre – Provincial Program*



## PEOPLE DEVELOPING PEOPLE PLUS (PDP PLUS)

Now that you've been to PDP, and you're 14-16 years old, you can experience the hands-on sessions that will help you explore your role in the development of your club, community, country and world. You will also be given the opportunity to mentor Combined Camp participants.

**August 19-24**

*Community Development  
Alberta 4-H Centre – Provincial Program*





National 4-H Conference participants.

## HEROES AMONG US

BY: JALISA BARNETT

4-H Specialist - Leadership and Resource Development



Premier's Award recipient, Amanda Hughes, pays tribute to leaders and mentors

This January, 4-H Alberta proudly hosted 17 leaders from across the country for the National Leaders' Conference. This event was held in conjunction with the 4-H Alberta Leaders' Conference, which saw over 300 volunteer leaders from across the province congregate for a weekend of learning, laughter and recognition. For the 69th annual conference, hosted by the Northwest Region, a dedicated committee welcomed leaders to a "Heroes" themed weekend at a new location in Edmonton.

"The committee chose the Heroes theme for the 2012 Leaders' Conference to recognize and honor the contributions that leaders make to the 4-H program. With the conference, I feel

that we have also achieved our goal of supporting our 4-H heroes and equipping them with the tools they need," reported Jocelyn McKinnon, 4-H Specialist for the Northwest Region and member of the organizing committee. The weekend was interspersed with a variety of sessions and speakers that ranged in scope from inspirational to informative to developmental, offering something for every leader. There were also plenty of opportunities for networking, swapping ideas and even a few surprisingly competitive games of spoons.

While National Leaders' Conference participants arrived earlier in the week for discussion and thought provoking speakers, they particularly enjoyed being a part of Alberta's premier leader event. Janet-lee Ferris, Program Coordinator with 4-H Canada, believes that observing how other provinces do things will in turn benefit 4-H throughout the county.

4-H Alberta leaders were recognized throughout the weekend for the lengths they go to for 4-H members, their fellow leaders and the program as a whole. At Saturday's luncheon, Premier's Award Recipient, Amanda Hughes gave her speech as



Regional Specialist in the Northwest, Jocelyn McKinnon(m) visits with Hall of Fame inductees George and Judy Andrews.

a tribute to the heroes of the 4-H program – leaders and mentors. Amanda shared lessons she had learned throughout her time with 4-H, and thanked those leaders and mentors who guided her through them. Like many 4-H members, she recognized these experiences as lifelong lessons that she will carry with her well into the future.

Two humble and very well known leaders from the Northwest Region were recognized on Saturday evening as they were inducted into the 4-H Hall of Fame and personally congratulated by the Honorable Evan Berger, Minister of Alberta Agriculture and Rural Development. Committee chair, Colleen Prefontaine stated that “George and Judy Andrews have offered so much to 4-H in the past 50 years. They have spent countless hours developing our youth because they enjoy helping them grow... George and Judy Andrews are true heroes.”

Also recognized at Leaders' Conference was the Alberta Recycling Management Authority, recipient of the Golden Clover Award – look below for more details! Of course, this caliber of conference wouldn't be possible without the hard work of the committee and the support of sponsors who recognize the importance of supporting volunteers who work tirelessly in their communities.

It was a jam-packed weekend with leaders parting with increased knowledge, original ideas to take back to their clubs, districts and regions as well as new and rekindled friendships. 2012 Leaders' Conference will definitely be remembered as the year that heroes were among us.

4-H Alberta Leaders' Conference is generously sponsored by Presenting Partner Rocky Mountain Dealerships, along with



4-H leader arrives at “Heroes” dinner in style!

Agriculture Financial Services Corporation, Agriculture and Agri-Food Canada, AMA Insurance, ATB Financial, Encana Corporation, FortisAlberta, Government of Alberta, Lammle's Western Wear & Tack, Olds College and UFA Co-operative Ltd. as Partner Supporter Sponsors. Partner Friends of this program are Alberta Recycling Management Authority, Calgary Exhibition and Stampede Limited, Columbia Awards, Northlands and Talbot Marketing. Partner Host of Leaders' Conference 2012 is Radisson Hotel Edmonton South. 🍀

## 2012 Golden Clover Award

BY: SUSANN STONE, 4-H Council of Alberta

The Golden Clover Award recognizes individuals or groups who have exhibited outstanding leadership while initiating an innovative idea, program, activity or event that has made a significant difference to 4-H Alberta.

This year, 4-H Alberta proudly announced the Alberta Recycling Management Authority as the Golden Clover Award recipient resulting from the tremendous impact their innovative fundraising opportunities have made on 4-H Alberta.

While Alberta Recycling has provided on-going and innovative fundraising programs to 4-H clubs in Alberta, they have also rewarded each participating club with a financial contribution for their efforts. In turn, members and leaders provide a direct service and environmental solution to their community. With the funds that clubs receive they are better able to support their leadership and community service goals.

The Alberta Recycling Management Authority has been working with 4-H Alberta in the collection of recyclable items for more than a decade. Alberta Recycling ensures the collection programs are always evolving and improving. The collection of used tires emerged in the fall of 2005 as a provincial wide fundraising opportunity. Alberta Recycling partnered again with 4-H Alberta by developing the provincial wide e-waste collection opportunity in 2008. Alberta 4-H clubs have embraced these recycling programs and have therefore raised over \$750,000 through them.

Through these opportunities, members and leaders have been provided with endless learning opportunities around environment awareness, uses of remanufactured tires and electronics, community service as well as organizational, communication, promotion, team work, financial and time management skills.



Representatives, Betty Gray (l) and Lee Heidecker (r), of the Alberta Recycling Management Authority accept the Golden Clover Award

All levels of 4-H Alberta have benefited from this partnership with the Alberta 4-H Legacy Fund, established to enhance the long term viability of the 4-H program, receiving 10% of funds generated through the tire and electronic recycling opportunities with the rest going directly to participating clubs.

4-H Alberta would like to thank Alberta Recycling for the considerable financial contributions they have made and for helping to foster innovative learning and environmental awareness amongst our clubs, leaders, members and communities. Congratulations on being the 2012 Golden Clover Award recipient. 🍀

# Calling All Beef, Horse, Sheep and Dairy Members

A Summer of 4-H Fun Awaits You!



## Provincial Beef Heifer Show

JULY 7-10, OLDS, ALBERTA

If you're a 4-H Alberta beef member you should definitely come down to Olds for the 36th Annual Provincial Beef Heifer Show. Your cattle judging skills will be tested and built upon. You'll participate with your beef project in showmanship, grooming and conformation classes where you'll get to compete against the best beef producers within 4-H Alberta. Members gain experience, skills and beef awareness at the Provincial Beef Heifer Show – all while having a lot of fun!

➔ To apply for the Provincial Beef Heifer Show, visit [www.4h.ab.ca](http://www.4h.ab.ca) and submit your complete application to Andrea Church by June 1st



## Provincial Sheep Show

JULY 10-13, OLDS, ALBERTA

It's baaaaaaaaaack for a second year. The Provincial Sheep Show experienced a successful inaugural year and will be returning to offer sheep project members from around the province the opportunity to come together for this three day event. With classes and competitions ranging from conformation to costume to trimming you won't be disappointed!

➔ To apply for the Provincial Sheep Show, visit [www.4h.ab.ca](http://www.4h.ab.ca) and submit your complete application to Andrea Church by June 1st



## Provincial Dairy Show

JULY 10-13, OLDS, ALBERTA

Featuring opportunities for dairy project members from around Alberta to participate in judging, showring judging, a dairy husbandry quiz as well as clipping, conformation and showmanship competitions – this show will leave dairy members with a back pocket full of skills, knowledge and fun memories.

➔ To apply for the Provincial Dairy Show, visit [www.4h.ab.ca](http://www.4h.ab.ca) and submit your complete application to Andrea Church by June 30th



## Provincial Horse Show

AUGUST 4-6, OLDS, ALBERTA

With over 100 diverse classes including Western, English, young horse and gymkhana there is sure to be something for every 4-H Alberta horse member. For a weekend of fun and friendship come and check out the 4-H Alberta Provincial Horse Show!

➔ To apply for the Provincial Horse Show, visit [www.4h.ab.ca](http://www.4h.ab.ca) and submit your complete application to Ginny Smith by June 30th



## Provincial Horse Classic

AUGUST 1-3, OLDS, ALBERTA

Horse Classic is an action packed three days for 200 members from across the province to get together, compare their horse knowledge, attend horse clinics, compete for event prizes and enjoy social activities. This year, there will be three headline clinics in addition to a team horse bowl, marketing, print marketing and horse hippology contests. Clubs are encouraged to register in this program together, so start talking about it now!

➔ To apply for Provincial Horse Classic, visit [www.4h.ab.ca](http://www.4h.ab.ca) and submit your complete application to Janet Kerr by June 1st



## Navigating the 4-H Website with Cleaver Contest

Now that there are three Cleaver mascots 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, Award 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](http://www.4h.ab.ca) and we want you to find him! Between the 5th and 15th of each month (beginning on January 5 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 have to answer a question; the answer is located on the page where Cleaver is located. 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. Cleaver 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!

Make sure that you visit the 4-H website between the 5th and 15th of every month (and any other time you just want to see what's new with 4-H), fill out the application 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.

For more information contact [info@4h.ab.ca](mailto:info@4h.ab.ca)

## 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, 2012) to the:

4-H Branch  
 Alberta 4-H Magazine Contest  
 7000 113 ST NW RM 200  
 EDMONTON AB T6H 5T6  
 Fax: 780.422.7755 Email: info@4h.ab.ca

January 5 – 15

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February 5 – 15

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March 5 – 15

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April 5 – 15

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May 5 – 15

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June 5 – 15

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Name:

Age:

Mailing Address:

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Club Name:

Phone:

E-Mail:

Signature of parent or guardian (or 4-H member if aged 18 and older)

Notice of Collection: The personal information you provide on this form will be used for administration of the 4-H program and promotion of Alberta 4-H. It is collected under the authority of and is subject to the Freedom of Information and Protection of Privacy Act. If you have any questions about how your information will be used, please contact 4-H Specialist - Marketing and Communications, 4-H and Agriculture Branch, 7000 113 ST NW RM 200 EDMONTON AB T6H 5T6, 780-427-0753.

# 4-H Alberta

## NEW ONLINE REGISTRATION SYSTEM UPDATE

Part one of this extensive project – Online Club Registration - is fully operational and functioning at a very high level. Thank you to all 370 clubs who registered this year using the online system. In the months leading up to the 2012-2013 club year we will continue to fine tune and enhance the system to ensure a smooth and effortless registration process. For those who are unfamiliar with the nuances of the system – club registration, leader screening, club supplies ordering and online payment are just some of the features that the new system employs.

Part two of the project - Online Program Registration - is in the developmental phase and will be put forward for testing in the next short while. Soon, members and leaders will experience the benefit of being able to register online for programs directly from their own profile page. As with anything new and technologically different there are bound to be some hiccups along the way, and so we appreciate everyone's patience and understanding with the process. Stay tuned for updates as we move forward with second part of the project.

In the meantime, visit the 4-H Alberta website [www.4h.ab.ca](http://www.4h.ab.ca), to access registration forms and details for provincial and regional programs. Be sure to check out pages 8-9 in this issue of the magazine to discover all of your options to keep on 4-H'in this summer.

## TIDBITS FROM



## 4-H COUNCIL OF ALBERTA

BY: SUSANN STONE, Administrator, 4-H Council of Alberta

### New Directors Announced

The restructured 4-H Council of Alberta met in March of 2012. Regional Council presidents were also invited to this meeting to network and continue to build a strong relationship between regions and the 4-H Council of Alberta.

The 4-H Council of Alberta is pleased to announce the following individuals as Directors:

Lyanne Almborg	Andy Pittman - Vice President
Cheryl Hardy	Stacy Price
Sherry Howey	Mark Sayers - President
Alex Hoy	Margaret Scott - Secretary/Treasurer
Christine Patten	

### Contact Us

4-H Council of Alberta

RR 1 Site 7 Box 1, Westeros, AB T0C 2V0

E: council@4hab.com P: 780.682.2648/1.877.682.2244 TOLL FREE



Stacy Price gives greetings at Leaders' Conference on behalf of the 4-H Council of Alberta

### Cleaver Kids

The Cleaver Kids pilot project has nearly completed another year. The pilot project committee welcomes your ideas and suggestions.

Project advisory groups should watch their mailboxes for a survey on the Cleaver Kids pilot project this spring. All 4-H members and leaders should also be receiving a survey via email. Further ideas or suggestions can be sent to council@4hab.com



## GET GROWING!

4-H Alberta is excited to announce the Get Growing CONTEST!

To see which clubs can Get Growing the fastest, we're challenging clubs to get as many brand new first year members as possible to join their club and 4-H Alberta for the Fall of 2012.

The new or existing club from each region that recruits the highest number of members registered by December 1st 2012 will share in the GRAND PRIZE!

What is the grand prize you may ask?! It is a fun and all inclusive club and family camp at the Alberta 4-H Centre at Battle Lake taking place on May 17-19, 2013.

Start thinking about how you can attract new 4-H members to your club, and for more details visit [www.4h.ab.ca](http://www.4h.ab.ca)

## Many Hands Make Light Work – Sign Up for 2012 4-H Centre Work Bee

BY: ANDREA MCFADDEN  
4-H Foundation of Alberta

Each year the Alberta 4-H Centre hosts many groups from the 4-H world and beyond. Guests are always impressed with the 4-H Centre, its location and natural surroundings.

Spreading the word about our site and keeping it in great condition both take work! So each year, we invite 4-H Clubs and their members/families to join us for our Spring Work Bee. Many hands

make light work and sharing the work of a big job is a lot more fun than doing it solo. Plus, by bringing together 4-H members and families from all over the province we're introducing them to the 4-H Centre and inviting them to spread the word.

This year's work bee will be held during the second weekend of May. On Friday evening there will be a time of fellowship to help us get to know one another and to discover the site through group games and activities. A hearty breakfast will be served Saturday before crews are assembled to tackle some chores and to prepare the site for the upcoming season of Outdoor School Programs and 4-H Summer Programs. Saturday evening will be open for members



to do some club related work, schedule a workshop or have some fun outside! Sunday morning is laid back with a brunch for all participants.

If your club is interested in attending the work bee, please RSVP by May 1st to Andrea McFadden at [mcfadden@4hab.com](mailto:mcfadden@4hab.com) or call 877.682.2153. Please let us know how many people will be coming and what needs your club has for Saturday night activity space. 🌟

# Livin' the Big Life at SMC

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

What do you call a winter weekend full of learning, laughing and the making of life-long friendships? Those in the 4-H community would call it the 2012 Alberta 4-H Senior Members' Conference!

This year's conference, held January 27 – 29 at the Alberta 4-H Centre, saw 85 energetic, senior-aged 4-Hers come from all corners of the province to focus on building necessary skills as they prepare to enter the workforce or go on to college/university.

Deemed one of the top programs in 4-H, this year's event did not disappoint those in attendance. Sessions ranging from social media, to nutrition, to overcoming adversity engaged delegates and encouraged interaction. "It really is important that our delegates leave the program feeling enlightened and enthusiastic about what lies ahead them as they enter a new stage in life," stated Cameron Horner, 4-H Specialist.

Saturday's banquet keynote speaker, Mark Essay, provided humour and insight with his session, Live the Big Life. During his presentation Mark had delegates explore their personal style of leadership and how to effectively motivate and inspire those around them. Brandon Eisenreich, 4-H member with the Ardmere 4-H Beef club and conference participant, applauded Mark's message, "It was an exciting presentation and I will definitely take a lot of what was said and apply it in my life".

Of course, any good winter conference wouldn't be complete without some team-building and group engagement outside. With just enough snow to get a crazy carpet to hit light speed, members made the most of the opportunity to take in the sun and fresh air.



Lookin' sharp for the dance

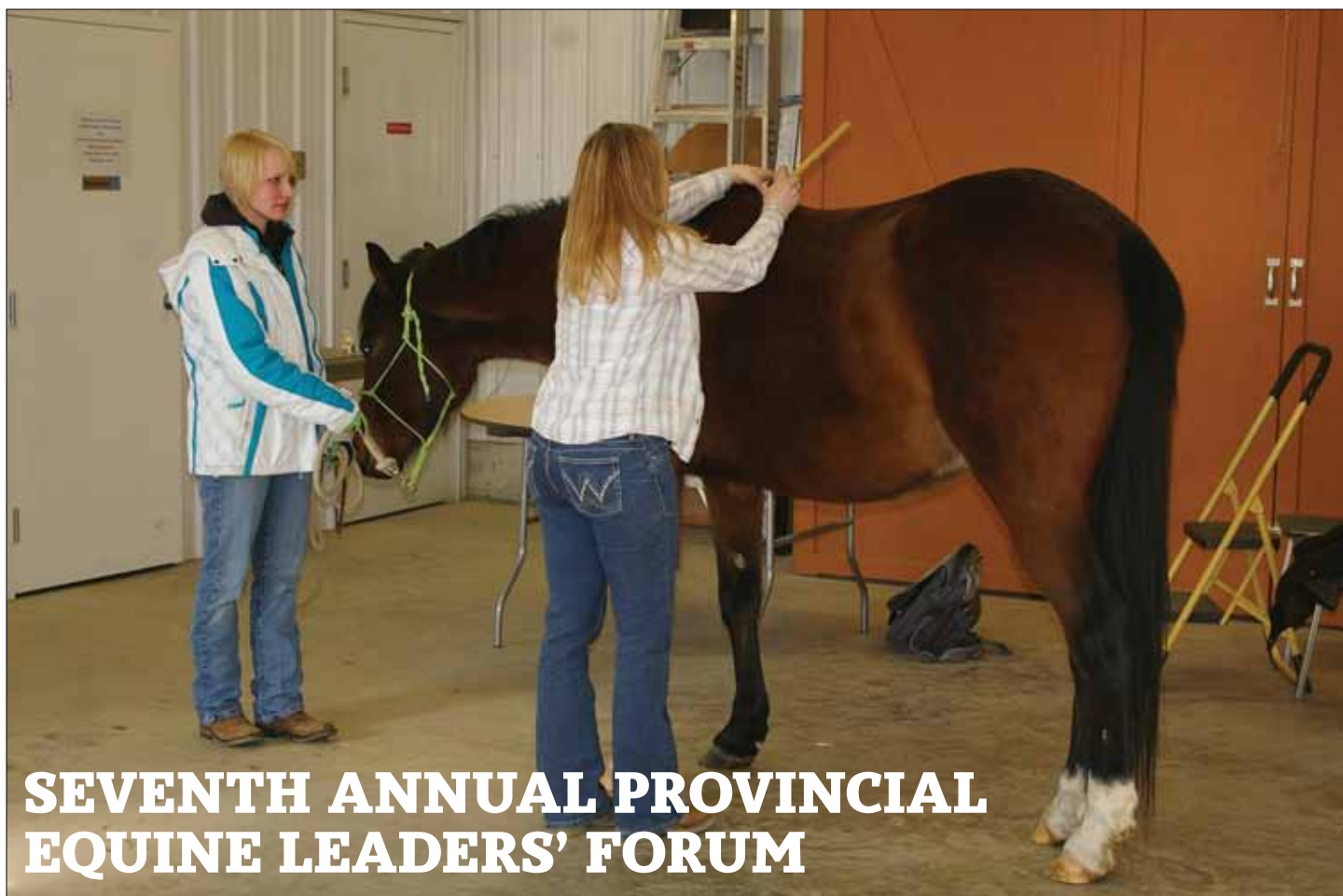
Presenting Partner for this year's event is ATB Financial, in conjunction with Partner Supporters, Federated Co-operative Limited, Government of Alberta, Livestock Identification Services, Northlands, Olds College and Rocky Mountain Dealerships. Partner Host is the Alberta 4-H Centre. 🍀



Keynote speaker, Mark Essay, had everyone's attention.



Catching up and watching the sledding shenanigans



## SEVENTH ANNUAL PROVINCIAL EQUINE LEADERS' FORUM

**BY: JANET KERR**

*Regional 4-H Specialist – East and West Central*

4-H leaders appreciate the opportunity to get together and visit. So, when you get a bunch of leaders together that have a project in common it seems as though this is even truer. This was evident from the noise level in the lodge of the 4-H Centre the weekend of February 10 – 12.

Over 100 4-H leaders from across Alberta came together for the 7th Annual Provincial Equine Leaders' Forum, a biannual event hosted by the Provincial 4-H Equine Advisory Committee and the 4-H Branch.

The weekend line-up included a variety of speakers and sessions that informed leaders about the 4-H Horsemanship levels, parasites, biosecurity, ranch roping, equine chiropractors, record books, nutrition and saddle fitting to name a few. On Saturday evening Brad Andres of Alberta Agriculture and Rural Development spoke about being prepared for an emergency situation and the importance of having a plan for animals and people if you are faced with an emergency such as a fire or flood. His presentation certainly gave people something to think about.

After all the sessions were complete and the leaders had soaked up as much information as possible, Corine Verbeek along with other members of PEAC provided some fun and games for the leaders to participate in. It was no surprise a couple of rousing games of spoons followed.

At the end of the weekend, leaders headed home refreshed and with an abundance of knowledge and ideas to share with their clubs, despite the jam packed weekend.

Thanks to our Presenting Partner – UFA Co-operative Limited for their support of this event. Not only was UFA the Presenting Partner, they also donated tickets to the Scotties Curling

There was no shortage of learning opportunities at PELF

Tournament in Red Deer to the Silent Auction. Partner Supporters of PELF are Agriculture and Agri-Food Canada, Growing Forward, Government of Alberta, Kubota Canada Ltd., Lakeland College, Lammle's Western Wear and Tack and Servus Credit Union. PELF is hosted by the Alberta 4-H Centre. 🍀



Clinicians Wes and Terry Kopas give informative ranch roping session



Key Members work on their presentation at SMC

## Key Members Keep Busy

**BY: LEILA HICKMAN**, *Northeast Regional Specialist and Key Member Program Coordinator*

The Key Member program is about giving senior members the opportunity to expand upon their skills and knowledge of the 4-H program and to act as a resource for clubs, councils and committees within their local district. By being a Key Member, they are also able to meet new people and network with other senior members from across the province.

In the 2011-2012 club year, the Key Members have been extremely busy! They have been emceeing various events and putting on workshops with topics such as executive skills, public speaking and presentations. Key Members have also visited clubs to promote all of the fantastic regional and provincial programs that are out there for members. Additionally, these individuals have helped to plan Fun Days and sessions at local Learning Days.

One unique challenge that the Key Members were given this year was the Cookbook for a Caller Challenge. With this challenge, they had

to take a 4-H cookbook down to a local radio station as a give-away gift to help promote the National Show Your 4-H Colours Day.

Key Member, Brianna Allen has thoroughly enjoyed her time with this unique program. Brianna states that, "Key Member Training was the first provincial event I had ever been to. What a life changing experience! We were taught the skills to teach clinics on everything ranging from communication to judging to farm safety". And with the experience Brianna has in her back pocket she feels as though "there is much more on the horizon".

To apply to become a Key Member in your district, simply submit your cover letter and resumé to your Regional Specialist by May 15th, 2012. Not sure who your Regional Specialist is? Visit [www.4h.ab.ca/contact/index.html](http://www.4h.ab.ca/contact/index.html) to find out! For more information on the Key Member Program please contact:

### **Leila Hickman**

Key Member Program Coordinator

E: [leila.hickman@gov.ab.ca](mailto:leila.hickman@gov.ab.ca) P: 780.853.8115

The Presenting Partner for the Key Member program is Encana Corporation with the Partner Supporter being Agriculture and Rural Development. 🍀





## 4-H Alberta Scholarships

Now Open for Applications!

Applications Due: May 5<sup>th</sup>

4-H Alberta offers members the opportunity to individually realize up to \$2,500 in provincial scholarship funds per year. By completing one online application, 4-H members will be considered for all of the 4-H Alberta Scholarships for which they are eligible in addition to regional and district scholarships.

### 2011 Stats

- 268 applications were received
- 108 scholarships were awarded
- \$88,825 in total scholarship dollars were awarded

### Scholarship Tid-Bits

- 15 of 108 scholarships are agriculturally related
- 87 scholarships aren't program specific
- 58 scholarships are specific to a municipality, region or district

### Eligibility

- Past or present members of an 4-H Alberta Club for a minimum of 3 years may apply

- For every year that you are a full time student at a recognized post-secondary institution you may apply
- Successful applicants must provide proof that they are attending a post secondary institution as a full time student

### How to Apply

1. Go to <http://www.4h.ab.ca/About/scholarships.html> to view information about scholarships
2. Go to <https://registration.4hab.com/Login.aspx> to access the 4-H Scholarship Website directly
3. Create a user name and password (if you applied in 2011 use the same login information)
4. Read all information, instructions, and criteria
5. Accurately complete each section of the 4-H Alberta Scholarship Application
6. Submit any additional information required for Regional or District Scholarships
7. Request the transcript from your 2011-2012 academic year be sent directly to the 4-H Foundation of Alberta

### For questions, contact:

Jessica Patten – Executive Assistant  
4-H Foundation of Alberta  
Toll Free: 1.877.682.2153  
Phone: 780.682.2153  
Email: [patten@4hab.com](mailto:patten@4hab.com)

Please note: Per year, applicants will only receive one 4-H Alberta Scholarship with the possibility of also receiving a regional or district scholarship.

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ENSURE A  
HEALTHY  
ENVIRONMENT



[ales.ualberta.ca/prospectivestudents](http://ales.ualberta.ca/prospectivestudents)

# Regional News & Events



4-H cake sold at Farmer Smarter auction in December

## South Region

BY: GINNY SMITH, *Regional Coordinator, South*

### 2012 Regional Judging Competition in Brooks

This was the first time that this event was sponsored by 'Farming Smarter', and the member turnout was fantastic! Hosted by the Cow Country 4-H Judging Club, participants judged classes of Red Angus Bulls, Feeder Pigs, Ranch Horses, Yearling Ewes and Rib Steaks. Many thanks to all the leaders and organizers, clinicians, reason markers, horse handlers, group leaders – this competition wouldn't happen without your help.

Junior members Bryanne Peltzer, Odessa Koppand and Falyon Fryberger; Intermediate members Cayley Peltzer, Jordan Vos-Jans and Christy Bridgeman. Members from the beef project had a strong finish in the Senior competition, with Nicona Brost, Becky Domolewski and Kaitlynn Bolduc filling the top spots.

Our Farming Smarter South Regional Judging Competition will take place in Claresholm during Easter vacation on Thursday, April 12.

### Regional Winter Snowfest and Elkwater Summer Camps

50 junior and intermediate members were accompanied by some super "alumni" staff and senior counselors as they experienced the great outdoors, with activities including skiing, snowboarding and snowshoeing.

Now that you have had a taste of camping – remember that applications forms will be available soon, for our four-day Junior Elkwater Camp (July 11-14) and five-day Intermediate Elkwater Camp (July 15-19).

### Ag Expo and 4-H

One of the largest agricultural shows in Southern Alberta, Ag Expo, provided an opportunity for some great exposure for 4-H. TNT 4-H Multi Club members participated in the North American Seed Fair, one of the oldest Seed Fair's in Western Canada,



A TNT Multi Club creation made completely out of diverse colors and varieties of seeds. Creations were showcased at the North American Seed Fair.

with artistic pictures created entirely from diverse colors and varieties of seeds including legumes, forages, and grains.

### Communications

Good luck to all members, and thank you to all of the hardworking planning committees, as we advance through all levels of 2012 communications competitions! Remember to send a thank you to AltaLink for their continued support of this noteworthy activity.

Confident speaking abilities are what 4-H members are admired for, by business and the community – it looks great on a resume!

### 2012 Regional Heifer Show

The 2012 Regional Heifer Show will take place in conjunction with the Lethbridge and District Heifer Show on June 9 in Lethbridge. Mark down the date and stay tuned for more details.

### Do you know who your Key Leader is?

The role of a Key Leader in a District is to provide support for club leaders. They can offer expertise and knowledge in almost any capacity. We are currently seeking a Key Leader for Pincher Creek and Willow Creek Districts. For further information, please contact the 4-H office in Lethbridge.

### eBlasts

Monthly email blasts arrive in your club leader's email the beginning of each month – hopefully before your club meeting. They are also posted under the Southern Region on [www.4h.ab.ca](http://www.4h.ab.ca) and provide information on upcoming programs and events. 🌱

### South Upcoming Events

<b>April 12</b>	Southern Regional 4-H Judging Competition – Claresholm AgriPlex
<b>April 13</b>	Southern Regional 4-H Sheep Learning Day – Taber AgriPlex
<b>April 17</b>	Southern Regional Horse Committee Meeting – Taber

## Calgary Region

BY: **ANDREA CHURCH**, *Regional Specialist, Calgary and South*

Whether it's the leaders or parents of your club, or the local agribusiness manager that came to speak to your club – thank your volunteers! It takes all of our volunteers to create the program we enjoy today.

On December 4, 2011 the Calgary Region held its annual Regional Awards Recognition evening. It was a great day to recognize leaders with 3, 5, 10, 15, 20 and even one 25 year pin. In addition, three long-serving 4-H volunteers were presented with the Calgary Region Recognition Award – Marylou Tainsh, Kneehill District, Lorilee Dundas, Wheatland District and Rosemary Comstock, Wheatland District. Their years of service and dedication to the program are very much appreciated. Members were also recognized for their record book, judging, bursary and scholarship as well as Awards of Excellence achievements. Thank you to the Foothills District for hosting the event to our Key Member emcees, Ethan Gourley and Brianna Dreidger.

Mountainview District's Multi Judging competition in Olds welcomed over 175 members that judged five multi-species classes and three consumer decision-making classes. It takes a lot of extra people to make a day like this happen so plenty of parents stepped up to help; thank you to them and the Mountainview District for another successful judging competition.

Every year 4-H members from around the Region look forward to participating in the Regional Funspiel. It is a program that is enjoyed by every member that shows up and curls that day. A great big thank you to Earl Ziegler who has organized the event for many years.

What happens when you gather 51 junior and intermediate campers at Winter Bonanza? A GREAT time is what happens!

Delegates enjoyed a weekend filled with fun activities and great food. Did we mention a lot of fun was had by all? Thanks to Lorraine Parkinson for all she did to make the weekend happen.

4-H Communications competitions are now well underway throughout the Region. It takes a lot of time and organization to pull off the competitions and often it can be a seemingly thankless job. Even if it's not your club that is putting on the event, thank the organizers for all they did - it is amazing how that little "thank you" can help to brighten a person's day.

Looking ahead in the Calgary Region, everyone is gearing up for their achievement days and 4-H on Parade which is taking place June 1-3. Everyone is invited to come and check it out as it is always a memorable event, particularly so with this being Calgary Stampede's 100th year.

Over the next few months there are going to be many more occasions to thank the various volunteers for all they do. It doesn't have to be big or elaborate or come from a group; those little "thank yous" that come from the heart can speak volumes to those people who are wanting to make a difference in a young person's life.

To volunteers, parents, and leaders - thank you for the difference you are making in the lives of the young people within 4-H Alberta. You are appreciated! 🍀

## West Central Region

BY: **JANET KERR**, *Regional Specialist – West and East Central*

As we move in to spring, many clubs are finishing their club year with thoughts of achievement days are turning to summer activities. Be sure to check out all the great provincial programs that are available – from livestock shows to camping there is a program(s) for you!

Winter Bonanza group photo





Representatives from West Central welcome leaders to the 2013 Leaders' Conference to be hosted by the West Central region.

## West Central 4-H Horse Show

The West Central 4-H Horse Show will be held Friday, June 1 - 3 at the Westerner Grounds in Red Deer. The show offers a wide variety of classes ranging from dressage to barrel racing for riders of all ages and levels. The deadline for application is April 24. Club contacts have entry forms or you can find them at [www.4h.ab.ca](http://www.4h.ab.ca). Please register with your club when you register.

## Regional Heifer Show

The Regional Heifer show will be held on June 17 at the Bashaw Agricultural Grounds. This one day show includes marketing, showmanship, judging and conformation classes and is open to all 4-H members. Conformation classes are provided for heifers, 2 year olds with calf at foot and 3 year olds with calf at foot. This show is a qualifying show for the UFA Youth Supreme Quest and the National Young Cattleman's competition. Female beef project members can watch for the entry forms in the mail and are available at [www.4h.ab.ca](http://www.4h.ab.ca). 🌱

## East Central Region

BY: JANET KERR, *Regional Specialist – East and West Central*

### Grandma Shirley's Horse Camp

The Big Valley Rusty Spurs are hosting a horse camp May 18 – 21 in Donalda. The camp is in memory of Shirley Woods, the first leader of the Big Valley Rusty Spurs and a well known horse-woman and 4-H leader from the Big Valley area. Each day of the camp will focus on a different area of horsemanship. Day 1 focuses on equine health, Day 2 on polocrosse and gymkhana, Day 3 on showmanship, trail and English riding. Day 4 is a horse show and gymkhana. The cost is \$100 for one day or all 4 days. Members may enter the horse show and gymkhana separately. Camping is available in Donalda for those who want to stay overnight. The registration deadline is April 13 and information about Grandma Shirley's Horse camp can be found at [www.4h.ab.ca](http://www.4h.ab.ca).

### FUN FACT

You share your birthday with at least 9 million other people in the world.

## 4-H Rodeos

The East Central 4-H horse clubs have planned a series of rodeos which are open to 4-H equine project members:

- |              |   |
|--------------|---|
| June 2 & 3   | Halkirk Rodeo Grounds hosted by Halkirk Hicks                             |
| June 9       | Stettler Ag Society Grounds hosted by Stettler Silver Stars               |
| June 23 & 24 | Gooseberry Lake Rodeo Grounds hosted by Neutral Hills 4-H Rodeo Wranglers |

Events include barrels, poles, keyhole, goat tying, breakaway roping, team roping and steer riding. Entries are taken by telephone on a specific date ten days to two weeks prior to the rodeo. Compete information about the rodeos and how to enter has been sent to all the equine clubs in East Central and is available at [www.4h.ab.ca](http://www.4h.ab.ca).

## Regional Heifer Show

The Regional Heifer show will be held on June 17 at the Bashaw Agricultural Grounds. This one day show includes marketing, showmanship, judging and conformation classes. It is open to all 4-H members. Conformation classes are provided for heifers, 2 year olds with calf at foot and 3 year olds with calf at foot. This show is a qualifying show for the UFA Youth Supreme Quest and the National Young Cattleman's competition held in Bashaw in August. Entry forms will be mailed to all 4-H members with a female beef project and are available on the 4-H web-at [www.4h.ab.ca](http://www.4h.ab.ca). 🌱

## Northeast Region

BY: LEILA HICKMAN, *Regional Specialist – Northeast*

### You Be the Judge

The Northeast Region hosted over 100 members and leaders at the annual 'You Be the Judge' program on February 11. Thank you to the Lakeland College Judging Team and the Collegiate 4-H members that shared judging tips and pointers with the group for thirteen different stations. The Lakeland College Judging Team gathered up several judging classes for the local 4-H members to evaluate and learn from. This year we had a wide variety of classes and everyone was able to take away a lot of good information.

### Northeast Adventure Day

For the Northeast Adventure Day portion of the program, members are encouraged to enter a project display for a 'People's Choice' competition. Congratulations to our winners who were treated to a choice of West Edmonton Mall attraction passes, a digital camera or a \$60 gift card. It was tight competition and the votes were so close. Every participant received a Northeast desk folder for their efforts. Plenty of indoor games were played, and other sessions in the afternoon included learning more about the rabbit project, small engines and creating a duct tape wallet or rose.

We would like to thank Charlene Carey, Vermilion River Key Leader for helping with our future 4-Hers. The youngsters had a chance to practice filling out a judging card and presenting oral reasons and then at Adventure Day they played games and made a Valentine's Day craft and card.

Thank you to the Minburn District for their help in hosting the day for the Region. Overall it was a fun and successful learning day in the Northeast! 🌱

## Northeast Upcoming Events

<b>May 5</b>	Northeast Scholarship Deadline, Apply with the Provincial Scholarship process
<b>May 15</b>	Moose Lake Junior and Intermediate Camp Application Deadline
<b>May 15</b>	Key Member Application Deadline to Leila Hickman

## Northwest Region

BY: JOCELYN MCKINNON, *Regional Specialist – Northwest*

### Frosty Fun Weekend

If you have ever been to Camp Nakamun, you know of the many opportunities available on the north shore of Lake Nakamun. The annual winter camp, hosted February 3 to 5 became Festival de Carnaval for our intermediate and senior 4-H members. The counselors planned a full weekend of fun, packing the



Delegates enjoy the Frosty Fun Weekend

schedule with outdoor activities including a wild scavenger hunt, skating, snowshoeing, maple taffy making and the famous sled building and race competition. "I'm coming back", "awesome", "I had so much fun", "good times, good Food", "loved the counselors - great job!" were common comments – so don't miss out on a frosty fun weekend February 1-3 2013!

### Northwest Judging Competition

On April 21 members of all ages have the opportunity to judge five livestock species classes and five consumer choice classes. This year, the consumer decision making classes will be wooden tool boxes and apples with judges also having to place thermoses and toques. The District Challenge, sponsored by East Light Farms, will occur for Districts with a minimum of four judges. We thank our program sponsors and supporters: Barr-Tech Heavy Equipment Repair Ltd, PennWest Exploration, TransAlta Utilities, Barrhead and Districts CO-OP and Barrhead Agricultural Society.

### Focus on 4-H

The Focus on 4-H committee looks forward to recognizing and honoring the achievements of members and leaders and having some fun July 5 to 8, 2012 in Barrhead. The program schedules



Infamous sled making competition at Frosty Fun

are set for the shows, workshops and events. Some changes for 2012 include a tug a war, expanded sheep and goat shows, more life skills workshops, as well as having a two day Regional Beef Show and a new approach to the judging competition. Judging will follow a drop-in format which includes a judging and an information seminar. The Regional Horse Show has switched the showing days for western and English classes. Check the Northwest section of the 4-H Alberta website for details on Focus on 4-H.

### Northwest Summer Camps

When mid-August arrives it's time for junior and intermediate 4-H members to head north to Long Island Lake for a week of camping. The Intermediate Camp is scheduled for August 13 - 17 and the Junior Camp for August 20 to 24.

### Northwest 4-H Scholarships

The Northwest Region was pleased to recognize Reanne Andersen, Alison Ditner, Nicole Briggs, Amanda Hughes, Lesley McCoy, Troy Lyster and Jenna Geis for the 2011 scholarships. Northwest members are encouraged to apply for the scholarships through the Provincial 4-H application, and to write the appropriate essays. 🍀

## Peace Region

BY: ALEXIA HOY, *Regional Specialist – Peace*

### Frosty Fest

On November 25-26 the Peace Region hosted a new version of Frosty Fest. This year the event was a one night winter camp for Intermediate members. Members from across the region attended the event where they participated in various camp activities including 4-H Jeopardy. Participants also had the opportunity to attend sessions where they learned a bit more about 4-H, Farm Safety, team building and dancing. Not to worry, it was not all work and no play- there was also card making and gingerbread house making! The camp was topped off with a dance, in which the members put their new moves to the test! The event was sponsored by Kubota and the Peace Regional 4-H Council. Thank-you to everyone who made the event possible!



Delegates enjoy regional program in the Peace

## Something to Say

New to the Peace Region this December was a workshop all about Communication. This is the first year for “Something to Say” in the Peace. This one day program put members through the paces as they worked through sessions on: presentations, public speaking, impromptu and the importance of public speaking in enhancing and developing communication skills. This program, designed for 13- 16 year olds was held December 10th at the Grande Prairie Regional College. A huge thank-you goes out to Kelsey Hedley who helped with the event.

## Junior Winter Camp

Perfect winter weather helped to make the Junior Winter Camp on February 3-4 a huge success. Held at the Fairview high



Fun at Winter Camp in the Peace

school, members from across the region learned about Farm Safety and Team Building during the morning sessions. After an early afternoon dance session, the campers headed outside for some fun in the sun and snow. Campers also made cards and decorated sugar cookies for their valentines! This event was sponsored by the Peace Regional 4-H Council. Thank-you to all the counselors and helpers!

## Spring Rally and Regional Bench Show

Our Spring Rally and Regional Bench Show was held on March 31st. The day consisted of a judging workshop, followed by a judging competition with a wide variety of classes.

### Summer Camps

Once again this year the Peace Region will be hosting two weeks of summer camps for junior and intermediate members. Held at Camp Artaban, July 24- 28 is the Peace Junior Camp and July 30-August 3 is the Intermediate Camp, watch the Bits'n'Peaces and the website for registration forms! 🍀

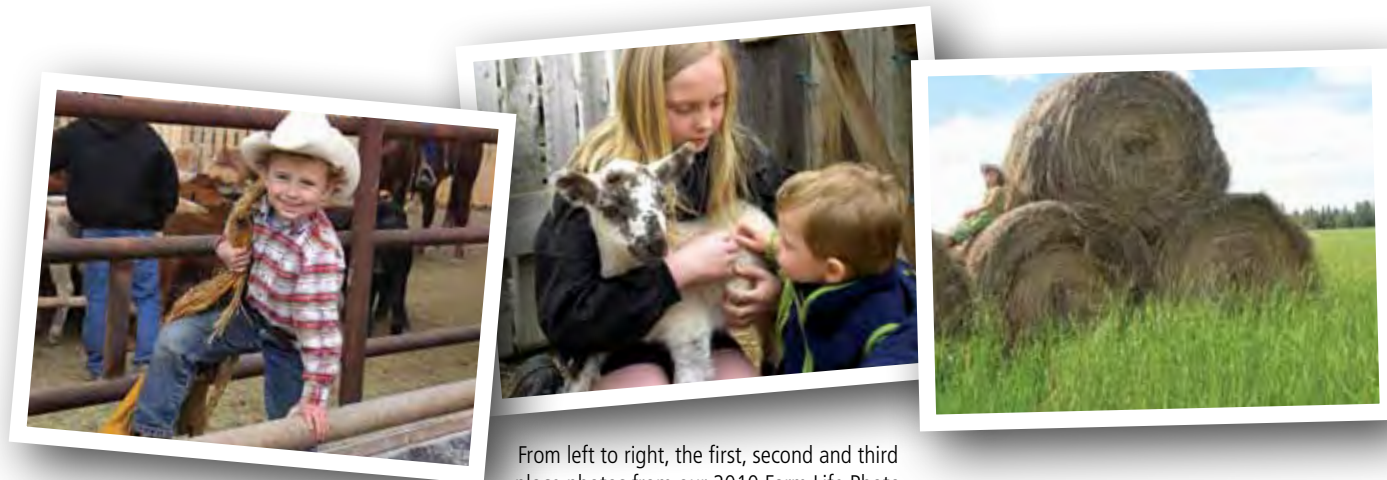
### Peace Upcoming Events

<b>Jul 24-28</b>	Junior Peace Camp
<b>Jul 30 - Aug 3</b>	Intermediate Peace Camp

### FUN FACT

Dogs and cats consume over \$11 billion worth of pet food a year!

# Farm Life Photo Contest



From left to right, the first, second and third place photos from our 2010 Farm Life Photo Contest were submitted by Shelli Tattrie, Kaitlyn Mills and Sarah Jackson.

## ENTER TO WIN!

Contest deadline: September 15, 2012

First place \$250 cash prize

Second place \$150 cash prize

Third place \$100 cash prize

### Photo Tips!

- Keep photos in focus
- Avoid using special effects or digital enhancing
- Send colour photos only
- Send high resolution photos — at least 4" by 6" at 300 dpi

Grab your camera and show us what it's like to live, work and play on the farm.

The Alberta Motor Association Insurance Company invites you to snap creative and captivating photos that offer a glimpse of life on the farm.

The winning photo will be used in an AMA Insurance advertisement in the Winter 2012 issue of Alberta 4-H magazine.

This contest is open to 4-H members, 4-H leaders and anyone currently involved in some aspect of 4-H.

AMA Insurance has been a major Alberta 4-H program sponsor since 1999 because we believe in the 4-H values which encourage personal growth and leadership among rural youth.



Alberta Motor Association Insurance Company



For full contest rules, and to enter the contest, visit [AMAInsurance.ca/FarmPhotoContest](http://AMAInsurance.ca/FarmPhotoContest)



# Features

## Partners Celebrate Milestone Anniversaries

BY: 4-H FOUNDATION OF ALBERTA

Great things are happening in Alberta this year! Many organizations and institutions that have deeply impacted the 4-H Alberta program are celebrating their milestone anniversaries or are in the midst of planning their celebrations for the following year. Every anniversary deserves to be celebrated in a memorable way, so we thought we would share the creative ways that some of our Partners are honoring their milestones. We encourage you to get involved or celebrate in your own unique way!



### ALBERTA LAMB PRODUCERS

**CELEBRATION:** Since 1972 the Alberta Lamb Producers has been a dynamic partner in building a sustainable, thriving industry for sheep producers. Through advocacy, education, training, communication, research, and ongoing community-building, the ALP proudly supports every producer in our province.

**WHAT TO WATCH FOR:** Special N-ewesletter features and Fall Round Up events.

**FOR MORE INFORMATION:** [www.ablamb.ca](http://www.ablamb.ca)



### CALGARY EXHIBITION AND STAMPEDE

**CELEBRATION:** Join Calgary Exhibition and Stampede in a community-wide, province-wide and worldwide celebration of The Greatest Outdoor Show on Earth! Experience the daily thrill of Rodeo's Richest Afternoon, the thundering power of the GMC Rangeland Derby, the nightly spectacle of the one-of-a-kind TransAlta Grandstand Show and more.

The Centennial festival, July 6 to 15, is expected to draw increased worldwide media attention. It will be a remarkable opportunity for community groups and businesses to leverage the national and international spotlight. The Stampede is encouraging all local organizations to participate in their own way.

**WHAT TO WATCH FOR:** The Ag Centennial Celebration Zone, open daily from July 6-15, will provide a vibrant representation of the Stampede's rich agricultural past with live animal exhibits, a speaker's corner, beautifully restored farm equipment, volunteers dressed in period attire and more.

**HOW YOU CAN CONTRIBUTE:** Anyone with Stampede agricultural memorabilia that they would like to see incorporated into the Ag Centennial Celebration Zone is asked to contact Lori Wheeler via telephone at 403.261.0472 or via e-mail at [lwheeler@calgarystampede.com](mailto:lwheeler@calgarystampede.com).

**FOR MORE INFORMATION:** [www.calgarystampede.com](http://www.calgarystampede.com)



### INTERNATIONAL YEAR OF CO-OPERATIVES

**CELEBRATION:** On January 12, 2012 co-operators and co-op supporters from around Canada came together to celebrate the 2012 UN International Year of Co-operatives. 14 cities across the country hosted 14 simultaneous events to mark this once-in-a-lifetime opportunity!

**WHAT TO WATCH FOR:** Join CCA on Twitter (using hashtag #coop12jan), share photos with Flickr, send us your videos, and visit our Facebook page to share your plans for 2012.

**FOR MORE INFORMATION:** [www.canada2012.coop](http://www.canada2012.coop)  
[www.coopscanada.coop](http://www.coopscanada.coop)

*FYI: Federated Co-operatives Limited, Servus Credit Union, The Co-operators and UFA Co-operative Limited are just a few of the Co-operatives that have made an impact on 4-H and will be celebrating this year.*





## LAKELAND COLLEGE

**CELEBRATION:** Lakeland College will celebrate its 100th Anniversary in 2013. This Centennial is a chance for Lakeland College to be “Celebrating the Past. Transforming the Future.”

**WHAT TO WATCH FOR:** Lakeland College is looking to create a Century Club, the top 100 people, moments, events and things in their history. They are also looking for a great name for Lakeland College’s Centennial wine! Any suggestions?

Lakeland College’s Centennial Gala will be Saturday November 16, 2013 at the Vermilion Regional Centre.

**FOR MORE INFORMATION:** [www.lakelandcollege.ca/centennial/](http://www.lakelandcollege.ca/centennial/)



## OLDS COLLEGE

**CELEBRATION:** Olds College will celebrate its 100th Anniversary in 2013. This Centennial is an opportunity for Olds College to celebrate 100 years of making a difference in young people’s lives, making a difference in rural Alberta, and making a difference in the industries it serves.

**WHAT TO WATCH FOR:** Olds College’s vision is to structure a yearlong roster of 11 signature events ranging from the World Plowing Championships, Alberta Outstanding Young Farmers Awards, International 4-H Conference and the “100 Years of Fashion” Show. Olds College is also planning numerous other Centennial initiatives such as a Centennial History Book and Centennial rose and lilies.

**FOR MORE INFORMATION:** [www.100.oldscollege.ca](http://www.100.oldscollege.ca)



## 4-H Canada

### CELEBRATION:

Start thinking about how your club can celebrate! Partner with your local fair or exhibition, give back to your community or write an article in your local newspaper. Get others excited about 4-H too by helping tell the 100 year long story of 4-H by sharing your uniquely Albertan experience of building friendships and learning valuable life skills. Special thanks to Enbridge for helping us to continue the 4-H legacy with their support.

### WHAT TO WATCH FOR:

Coming soon is a contest where we want to hear why you think 4-H is great! We’re also keen to hear what you and your club have planned to partake in the celebrations. There will be prizes, so watch for more details coming soon.

### FOR MORE INFORMATION:

[www.4h.ab.ca](http://www.4h.ab.ca) and 4-H Alberta on Facebook



## Arleta Bowhay Named Miss Rodeo Canada

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

4-H Alberta alumni, Arleta Bowhay, was crowned Miss Rodeo Canada on November 10, 2011 at the Canadian Finals Rodeo in Edmonton, Alberta. The contestants participated in a series of events and activities that evaluated their rodeo knowledge, personal appearance as well as public speaking, interpersonal and horsemanship skills. Arleta came out on top and was overwhelmed with joy and tears when Les McIntyre called her name as the first ever Miss Rodeo Sundre to be crowned Miss Rodeo Canada. For Arleta, it was an honor and a dream come true!

As Miss Rodeo Canada, Arleta will attend over 400 events across Canada and around the world; volunteering, promoting our Western heritage and serving as the Canadian ambassador for the sport of rodeo. Her first stop was the Wrangler National Finals Rodeo in Las Vegas, Nevada but she has since appeared at the National Western Stock Show in Denver, Colorado and even the Mountain View District 4-H public speaking competition as a judge!

Arleta certainly hasn't been shy about the leg up that she feels 4-H has given her. She was a member of the Bergen 4-H Multi Club for ten years and feels that her involvement has had a positive impact on her while being integral to her personal and professional development. 4-H has given her the confidence to be in front of a large crowd and to speak publically with ease.

While in 4-H Arleta took on a variety of projects including horse, beef, canine and leadership. She attending many programs at the district, regional and provincial levels and even traveled to northern Alberta and the Northwest Territories after being awarded the trip at Selections in 2010 for her dedication and contributions to 4-H in Alberta.

The 4-H community along with Arleta's leaders and peers all speak proudly of her drive, confidence, leadership strengths, warm personality and accomplishments. So, on behalf of 4-H Alberta we would like to extend our congratulations to Arleta Bowhay on being crowned Miss Rodeo Canada.



Congratulations Arleta!

# Traceability in Alberta



## Preparing for a Livestock Achievement Day

BY: ANDREA CHURCH

Regional Specialist – Calgary and South  
AND KATHERINE ALTMAN  
Manager, Traceability Division

It may not be the most glamorous or exciting part of a project, but paperwork is very important. A buzz word in the livestock industry right now is “traceability”. There are 3 pillars to Livestock Traceability in Alberta: Premises Identification (ID), Animal Identification and Animal Movement.

### Premises ID

All livestock producers and anyone who owns or keeps animals (other than house hold pets) must obtain a PID account and PID number from Alberta Agriculture and Rural Development (ARD). 4-H members under 18 years of age may use their parents’ PID account and number. If you are certain you will own livestock as an adult, you can apply for your own PID account and number after you turn 16. Be sure that you have applied for a Premise ID well ahead of having to haul your animals. For more information, go to [www.alberta.agriculture.ca/premises](http://www.alberta.agriculture.ca/premises)

### Animal Identification – Age Verification (AV)

Animal Identification includes a number of methods but in cattle, sheep and bison it is based upon age-verification. The age verification process is managed in cooperation with the Canadian Cattle Identification Agency (CCIA) and involves tagging each calf born in your herd (for your cow/calf project) with a CCIA approved Radio Frequency Identification (RFID) tag. Calves must be tagged before they turn 10 months or prior to leaving the herd of origin, whichever comes first.

To fully age verify your animal, the tag information must be recorded in the Canadian Livestock Tracking System (CLTS). For more information or to get assistance with age verifying your animal(s), please call the CCIA main office at 1-877-909-2333 or 310-FARM for the name and number of your local Mobile Field Representative. A good business practice, if purchasing a 4-H project, is to request a copy of the Birth Certificate which verifies that the animal has been age verified by the herd of origin.

<b>Part A - Purpose of Manifest</b>		<b>LIS Use Only</b>				
<input type="checkbox"/> Transport Only	<input type="checkbox"/> Transport for Sale by	<input checked="" type="checkbox"/> Owner	<input type="checkbox"/> Dealer on Behalf of Owner			
Check if Livestock Security Interest Declaration is by Separate Document <input type="checkbox"/>		Inspection Only <input type="checkbox"/>				
<b>Part B - Transportation and Sale Details</b>						
Pen or Lot Number	Date	2010/02/16				
Owner or Dealer Name (Print Clearly & Press Hard)	Phone #	403-222-3333				
John Smith						
Owner or Dealer Address						
Box 123, Calgary, Alberta, T1A 1A1						
On Account Of						
Pay To (If other than to Owner or Dealer named above)	Address					
(permitted only if there is no livestock security interest)						
Transport From Address	Premises ID	AA031RW34				
Box 123, Calgary, AB T1A 1A1						
Transport To Name						
Alberta Auction Market						
Transport To Address						
RR1, Calgary, AB T1S 1S1						
<b>Part C - Description of Livestock</b>						
Number	Colour	Kind	Brand(s) / Identifier(s)	Loc.	AV	Other Information
4	RWF	Cow	A-A	RR	N	
10	MXD	Calves	NVB		Y	
					Y/N	
					Y/N	
					Y/N	
					Y/N	
					Y/N	
Total	14					
<b>Part C - Parts A and B Certification</b>						
I CERTIFY THAT PARTS "A" AND "B" ARE TRUE						
X John Smith (Owner) (If Permitted) Owner's Agent						
<b>Part D - Inspector</b>						
Agt Total	Inspector Signature	Inspector #	Client #			
Inspection Site #	# NOT eligible for Livestock Security Interest	# Eligible for Check-Off	Livestock Permit #			
<b>Part E - Transporter</b>						
Transporter's Name (Print)			AAA-123			
Transporter's Signature			Phone #	Trucking Charges		
Bob Doe			(403)233-3919	\$400.00		
<b>Part F - Livestock Security Interest Declaration</b>						
I hereby declare that I have no security interest in the Livestock of the Livestock or if None Indicate "NONE"						
123-4 Street SE, Calgary, Alberta T2T 3T3						
I CERTIFY THAT THIS DECLARATION IS TRUE						
X John Smith			Date	2010/01/01		
<b>Part G - Destination</b>						
Date and Time Received	Count	Placed in Pen #				
2010/01/01 11:00 AM	14	123				
Received and Copied By: (Print Name) Signature	Premises ID					
Sam Taylor	AA031RW34					

Example of a complete Animal Livestock Manifest

### Animal Movement

Alberta Livestock Manifests are required for transporting cattle, horses and sheep in Alberta. When a manifest is required, it is the responsibility of the animal

owner to complete and retain a copy for 10 years as required by the Livestock Identification and Commerce Act (LICA).

It is a legal requirement that when you purchase an animal, you receive a Bill of Sale from the previous owner that has a description of the animal including any brands or identifiers (ie. Tattoo, markings, RFID tags). It is a good business practice to take your Bill of Sale with you when it is time to sell your 4-H Project as proof of ownership. Bill of Sale forms are included in the back of all Alberta Livestock Manifest books. Even if the animal is from your family's farm, it is important to have that paper trail as many 4-H sale committees require a bill of sale, no matter what.

Record keeping is a part of agricultural production in Alberta, and it is important to learn especially if you plan on being part of it yourself. Be sure that all the forms required are as complete and accurate as possible as it will make your day run more smoothly. Knowing the expectations of the Show and Sale committee will also reduce the time it takes to run the animals through the inspection/scale and at the end of the day.

### Where can you go for help?

If you would like additional information on Traceability or assistance with any of the requirements of Traceability, please contact the following organizations:

**Alberta Agriculture and Rural Development's Traceability Division**  
[www.agriculture.alberta.ca/traceability](http://www.agriculture.alberta.ca/traceability)  
Ag Info Centre 310-FARM

**Canadian Cattle Identification Agency (CCIA)**  
[www.ccia.livestockid.ca](http://www.ccia.livestockid.ca)  
Main Office 1-877-909-2333

**Livestock Identification Services Ltd. (LIS)**  
[www.lis-alberta.com](http://www.lis-alberta.com)  
Main Office 1-866-509-2088





The initial video shoot.



Practice makes perfect.



Look – We're on TV!!

## 4-Hers Have Talent

BY: AMANDA GREENING

*4-H Member, Calgary 4-H Southpaws Club*

I know there is an activity that us 4-Hers must do every year that some of us wind up dreading. Yes, public speaking is an intimidating prospect that has even some of the most successful people quivering in their boots. I used to be one of those kids, dreading public speaking each year and feeling a sense of relief when it was finally over. I never realised how important these skills would be until recently.

When the commercials advertising Canada's Got Talent (CGT) started airing, I knew I wanted to be on the show. Here is the story of how I accomplished this and how 4-H and the rabbit agility project helped me along the way.

Back in 2005, a friend of mine and I decided to take on a rabbit agility project with 4-H. Finding that a lot of people who were interested in what we were doing were past the 4-H age limit – we decided to start the Canadian Rabbit Hopping Club (CRHC). I'm now in my 9th year of 4-H, and have used so many of the skills learned through 4-H in the Canadian Rabbit Hopping Club's debut across Canada on CGT.

As I submitted our application to CGT I wondered if they would think we were silly, as we weren't singers or dancers or ventriloquists – we performed with bunny rabbits. We finally received the verification for our audition. Ha, I knew it! I knew all along that we would be getting on, no problem! However, instead of just going straight to filming, we were to perform in a small room before a cameraman and a producer for the chance of possibly performing before the judges. Myself and a few other members began practicing on a nightly basis to prepare. As I was a co-founder of the CRHC and had years of 4-H public speaking skills, I was named spokesperson for the club.

We learned that from the 3,000 acts that auditioned in Edmonton, 80 were selected to perform at the Calgary Jubilee auditorium before the judges. So imagine our surprise when we found out that we were one of the 80! We continued practicing with our bunnies, working on perfecting the act and meeting in secret, making sure not a peep escaped because we had signed a contract that swore us to secrecy.

Our audition before the judges, Martin Short, Measha Brueggergosman and Stephan Moccio had finally arrived. We met comedians, impressionists, dancers, singers, magicians and even a very cool guy who did some awesome illusions. Meeting them and watch their acts helped to pass the seven hour wait for our turn.

When it came time for our turn I found that I was both nervous and excited. I had known that it would be an experience, but I had no idea just how overwhelming the stage would be!

We did some backstage interviews and got a few minutes to warm the bunnies up. We all took a deep breath and stepped onto the stage to prepare it for our course. The crowd erupted into cheers with one particular section keeping us in high spirits, the amazing members of our club that had come out to support us. Their enthusiasm and positive energy meant so much to all of us. The introduction of our club was made and we chatted with Dina, the host of the show before it was time for us to begin...

I stepped towards the mic and breathed deeply. Everything I needed to say came out of my mouth without a problem, albeit a little faster than it should have but that has always been a problem of mine when it came to public speaking. All those years of experience, all those clinics and competitions, came rushing back and I actually managed to form understandable words. I have never been so happy to have been in 4-H than I was at that very moment.

We received the cue to begin our performance. I set Babbitty down and let go of his harness and he knew exactly what to do! The rest of the act passed in a blur and before I knew it, I was back in front of the microphone before the judges, one of which laughing hysterically from how adorable our act was. They were good sports about the entire thing and despite the biting disappointment from the no's we received, thus taking away our chance at going to the next round and an all expense paid trip to Toronto, overall, it was a very positive and enriching experience.

We auditioned in Edmonton on September 14, 2011 with over 3,000 other acts of all variety and skill levels. They narrowed it down to 80 acts to perform onstage for the Calgary portion of the auditions on October 18, 2011. From there, only 18 acts were aired on the Calgary episode of CGT on March 5, 2012. That means that we were part of the 0.6% of the acts that actually made it on television from the original auditions in Edmonton and we scored a five minute long segment to boot! To be part of less than 1%, I think are some amazing odds right there.

Had it not been for 4-H, there is no way I could have worked up to confidence to do something so intense, especially in front of so many people. Additionally, I would not have started this amazing project without 4-H. 4-H is such a wonderful and diverse program that teaches so many important skills, and has a wonderful selection of clinics and programs that helps members to set goals and then lays the foundation for them to achieve them. Nine years ago I never would have thought that I could do what I did with Canada's Got Talent – speak clearly and confidently to a crowd of 2,500 people and a full camera crew about a project that I helped to initiate. You never know where the road will lead and when it comes to 4-H, the possibilities are truly endless.



## Green Looks Good On You: Take the Challenge!

If you or your club took the Green Looks Good On You challenge this year – great work! Some of you did the online workshops and submitted journeys while others simply increased awareness by running a paperless meeting or carefully choosing materials for a project. If you or your club didn't participate, consider this an official challenge to Rethink, Reduce, Reuse and Recycle more in the 2012-2013 club year.

This resource was created with the support of Cenovus Energy. Check out [www.greenlooksgoodonyou.ca](http://www.greenlooksgoodonyou.ca) to get more information, or contact Jalisa Barnett, 4-H Specialist – Leadership and Resource Development.



Airdrie Helping Hands Club made centerpiece decorations out of overstocked tissue paper.



## Serious about mowing?

**Get Kubota's Z300 Series Zero-Turns on your side.**

*When 8 hours of mowing is a light day, make sure to have Kubota's Z300 Series in your fleet. Each model is powered by Kubota's own engines, transmissions and commercial mower decks.*

### Z300 Series

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- Kubota's own Twin HST transmissions
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- 45 litre capacity fuel tanks
- Weight adjustment suspension seat
- Optional catch all grass catcher and work lights

**BX25TLB**



**GR20**



**RTV900XT**



## Kubota Dealers of Alberta

To find a dealer near you, visit [www.kubota.ca](http://www.kubota.ca)





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## Get your 4-H loan at ATB Financial.

Achieving your 4-H goals starts with hard work. But you've already got that covered. All that's missing is the right financing for your project—and that's where we come in. ATB's 4-H Loan Program helps you buy the stock or crops you need, while also teaching you about money management, so you'll soon be ready to run your own farm.

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 **[facebook/atbfinancial](https://facebook/atbfinancial)**

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# Conflict Management Series: Change Brings Conflict and Conflict Brings Change

BY: ANDREA CHURCH, *Regional Specialist – Calgary and South*

“Leaders do not avoid, repress or deny conflict, but rather see it as an opportunity” says Warren Bennis. That doesn’t mean to say that a leader goes out of their way to seek conflict, but should the need arise they will confront conflict in a positive way. Conflict can be a first step to understanding.

In a conflict, often two positions/solutions are set. Our brains are programmed to move to a solution quickly so that the least amount of energy is spent on disagreeing. Under the surface of the positions are a person’s interests, beliefs, values, fears, hopes, concerns, expectations, assumptions, priorities, and needs. These motivators are what each of us must feel comfort with, in order to allow a resolution or agreement to proceed. By looking at the interests underlying each person’s positions, a clearer picture of the others’ thoughts can be formed, allowing for a better understanding.

Timing of the conversation is important. If tempers have risen, wait. It is likely best to meet on another day when everyone has had a chance to “sleep on it”. If that is not possible, wait at least an hour and have a “cooling off period” for each party. Don’t meet at the end of the day when both people are spent. The main point is to make sure everyone has had time to “take a breather” and reconsider emotions.

Someone has to start that difficult conversation. The way we approach a situation with our own dialogue is critical. Our own assumptions and predetermined judgments, based on our own beliefs and values, lead to a closed mind and therefore a specific position that we are reluctant to move from. It takes time and work to not judge. The assumptions we make about others can often be wrong. It is very important to toss those assumptions aside and be genuinely curious about the other person. Ask open ended questions; questions that allow the other(s) to elaborate on their thoughts and can’t be answered by a simple yes or no. Questions starting with “what” work well. “Why” questions can also be useful, however, ensure that the question isn’t phrased to sound like you are questioning their decision making.

“Listen to understand, before speaking to be heard.” Listening is critical when asking those open ended questions. If you just ask the questions but then don’t listen to what is said, the exercise is pointless. It is important to gain an understanding of the other person’s perspective and that can only come about through an active listening process. Purposeful listening means paying attention to both verbal and non-verbal communications. It’s a skill that isn’t learned overnight, but over time, we can all get better at it.

Conflict in our lives is inevitable, how we deal with that conflict is up to us. We can choose to create more emotion and hard feelings or we can seek to understand the other’s perspectives, help them to better understand yours and perhaps come to an even better solution. 🍀

## FUN FACT

The average person falls asleep in seven minutes.



## Correct Grammar Counts, Even While Tweeting

BY: ALISON ABEL, *Communications Advisor, AltaLink*

AltaLink meets with thousands of landowners across Alberta each year, and in 2011, we began using various social media tools to help us connect with those landowners. With conversations moving online, it’s a challenge to make sure our ideas and thoughts are clear, all while getting our message out in 140 characters, or less!

While it’s convenient to shorten words and use symbols to get our information out in the digital world, we still need to make sure our audience understands what we are trying to say. The same goes when you are sending a text to your friend, writing on your cousin’s Facebook wall, or tweeting about your 4-H club. While it’s fun to use terms like LOL or C U L8R what you are trying to say may not always be clear.

Take a look at this tweet we sent to our Twitter followers recently:

“The backbone of #AB’s transmission system hasn’t been reinforced in 30+ years and demand for pwr continues to grow.”

Most people know that AB is short for Alberta, and we think people will understand pwr is a substitute for “power.” As a result, our tweet is pretty clear.

However, if we sent a tweet like the following about our open houses, we may confuse a few of our followers, and lose credibility along the way.

“C U L8R @ the OH! Gunna be gr8 time. AltaLink <3 U.”

Not all of our followers will know that <3 will produce a heart symbol on Twitter and Facebook. Even though we are limited to the number of characters and words we can use, we always try to ensure that our message is clear and professional. It’s important to remember that anything you say online stays online forever. It’s best to conduct yourself in an appropriate manner at all times, because you never know who is following you, and who will see what you post.

## Let’s talk transmission!



Follow us on Twitter: @AltaLink



Like us on Facebook:  
[www.facebook.com/altalinktransmission](http://www.facebook.com/altalinktransmission)

## FUN FACT

Butterflies taste with their feet.

# Travel & Exchange



Posing after a John Deere demonstration

## National 4-H Conference

BY: AMANDA HUGHES, *National Conference Delegate*

In the wee hours of the morning on November 2nd, thirteen Alberta 4-Hers and our chaperone Cameron Horner embarked on an adventure to the National 4-H Conference. After catching up on some much needed sleep, we all arrived at the Toronto Pearson Airport and were greeted by two very lively organizers.

From dawn to dusk over the next five days, we along with other 4-H members from across Canada as well as Wisconsin and the United Kingdom were captivated with science and technology. Highlights included touring the Vineland Research Centre, University of Guelph, taking in discovery sessions and getting to “drive” John Deere tractors.

In true 4-H fashion we also had the opportunity to socialize and create new friendships. We were lucky enough to watch an Argonauts game from a sky box as well as check out Toronto from the 54th floor of the TD Building and take in the Royal Winter Fair.

The conference concluded with a banquet and Futurama themed dance on the final evening, with goodbyes following the next morning. Having the opportunity to travel to the National 4-H Conference was an amazing experience which I definitely will remember for a lifetime! 🍀



4-H Alberta National Conference attendees

## Round em' Up

BY: STACY BERRY, HIPPOLOGY TEAM MEMBER

Our first impression of the Western National 4-H Roundup in Denver, Colorado, was 'wow, this is fancy'. The hotel was rather large and was holding hundreds of 4-Hers and FFAers from all across the United States. We tried to put our best foot forward as we entered the hotel, but one team member successfully got stuck within the revolving door, hanging on to their suitcase that was still outside while being trapped within one of the compartments of the revolving door.

After that minor mishap, we really began our trip. It was filled with lots (and lots – the servings are very large in the United States) of interesting food, late nights, early mornings, different accents of all the states, saying 'eh' after almost every sentence and of course, non-stop laughter and fun, even for our chaperones! The Western National 4-H Roundup itself offered a banquet, dances, pin-swaps, team photos and opening and closing ceremonies.

The hippology and livestock judging competitions themselves went very well. The hippology team definitely held our own! We placed fifth in judging, and sixth in the written exam, I.D. stations and team problem and are also proud to announce that the hippology team placed seventh out of 35 states in the High State Overall. Needless to say, we were ecstatic! The livestock judging team bused back and forth between Denver and Fort Collins for their judging workout and competition. They learned a great deal, especially about the unique way in which Americans give their reasons. Each member on the livestock team placed respectfully in a variety of classes.



Hippology and Livestock Judging Teams in Denver

The Denver Stock Show was huge, with so many booths at the trade fair, it was nearly impossible to go through the entire thing in the time we had. We watched the warm-up ring full of perfectly behaved horses, wishing we could afford to buy them, and then the free style reining competition. Our unanimous favorite was definitely the Red Solo Cup pattern! The livestock judging team took in the stockyards and cattle shows that were impressive to say the least!

Before we knew it, it was time to come home. The Denver trip is amazing! 🍀

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Laurie Fisher, Wendy Konshuk and Jenny Patriquin at Montana Leaders' Forum

## Montana Leaders' Forum

BY: **WENDY KONSCHUK**, *Leader, Airdrie Helping Hands*

From Airdrie on a sunny September afternoon three 4-H leaders started south to Big Sky, Montana, for the Montana 4-H Leaders' Forum taking place from September 23-24, 2011. On the way down, we over-nighted in the heart of Gallatin Canyon at Bucks T4 Lodge.

On the drive down we never ran out of topics to discuss. We talked about what type of clubs we came from, the projects we had in our clubs, even our own 4-H memories as members and as leaders. Conversations focused especially on the experiences and friendships we have made over the years. We all agreed that the 4-H program produces very talented and confident youth who are assets to their communities.

The Leaders' Forum was an opportunity for 4-H Leaders from across Montana and Alberta to share and gather new ideas about the 4-H program. We took part in many different skill sessions that ranged from creating Wind Chimes, cooking with a dutch oven and discussing the idea of sustainability. During these sessions leaders had time to discuss topics related to projects and youth development and how every year ideas evolve into better projects.

Lois Olmstead was our guest speaker. She spoke to the delegates about her time as a member and leader in the 4-H program, and how the skills and life lessons she learned while in 4-H have contributed to who she is today. If you are interested in learning more about Lois, her website is [www.timeoutwithlois.com](http://www.timeoutwithlois.com).

Many leaders were recognized for the contributions they have made to the 4-H Program. 2012 is a milestone for 4-H in Montana, they will celebrate 100 years! The theme is "Honoring the Past, Celebrating the Present and Envisioning the Future" and the website [www.montana.4h.org](http://www.montana.4h.org) has more details.

This was a great weekend to make new friends, share ideas and motivate leaders of the 4-H program to be the best that we can be, and in turn assisting our youth to be the best they can be. 🍀

## Under Cowboy Skies

BY: **ELAINE MONNETTE**, *Leader, Grande Prairie 4-H Multi Club*

Western Regional Leader's Forum held in Cheyenne, Wyoming was absolutely AMAZING!!

"Under Cowboy Skies" was the theme and it was portrayed well throughout the conference! There were cowboy boots everywhere with some fantastic friendly hosts guiding leaders and members where they needed to be. Right from the start it was interesting and fun. We met lots of wonderful people all weekend.

Thursday was the opening ceremonies which involved flag practice and sewing 150 hats for charity. Military books for 4-H members were also created along with cards for veterans. I marveled at the craft fair and tried to remember some ideas to share with Canadian clubs such as a cowboy boot bird house that made the trip back to Canada! Pin traders shared conversations, snacks and friendships old and new.

Friday and Saturday held many workshops to choose from that were visual, hands on and interactive truly making the conference an experience you could bring back with you. Youth track was held the same time with 4-H youth members mingling throughout the weekend. Topics were specific to teens and keeping them involved. There are some pretty interesting youth within 4-H!

Sunday's guest speaker shared with us the impact we as leaders can have on 4-H members. Teenagers need to be connected with a caring adult and that leaders have that ability to guide and nurture a teenager. I know I've experience that so I encourage others to go ahead, become a leader to make an impact today!

I gained so much from the forum. The personal growth opportunities, communications skills, and techniques to teach can be applied to all areas of life, not just within the 4-H world. I would encourage parents to become leaders and 4-H members to look beyond their projects and to research all that 4-H has to offer at district, regional and provincial levels. You never know what awaits you with 4-H. I hope to continue to connect with the 4-H clubs in the United States to learn more about 4-H and all that it can be! 🍀



Elaine (l), Tim (m) and Lois (r) in front of the depot cowboy boot



Zane Perreault (front) stands with fellow competitors.

## Canadian Young Speakers for Agriculture

BY: ZANE PERREAULT

After the provincial 4-H speech competition in April, I was filled with the excitement to go to a Toronto and participate in the Canadian Young Speakers for Agriculture competition at the Royal Winter Fair.

We landed in Toronto after a slightly cramped airplane ride and made our way to our rented car and our hotel. After practicing my speech some more I decided that I was up for a little adventure. I soon found out that my bus route reading skills weren't that great and so I switched to the subway. On the subway I met three Torontonians who graciously offered to tour me around after they realized I was from out of town – perhaps the cowboy hat gave me away?! I had a great afternoon but had to find my way back to the hotel for the CYSA speakers' dinner. After four hours I finally made it back, and with a story to share at the dinner table to boot.

The competition was upon me. The format was slightly different from what I'm used to, with all the speakers being broken into two groups and a introduction and thank-you for a fellow competitor replacing the impromptu speech. I felt that my speech, "To Stand on Guard" went well but that my introduction could have gone better. Despite this, I made it to the second round! To try and rid myself of a case of the butterflies I wandered through the Royal Winter Fair.

The Fair was spectacular to say the least. From cattle, rabbits, goats and chickens, as well as produce of all description, to my mom's new favourite, pigs – there was everything you could want to see! I ran in to some fellow Alberta 4-H members on the grounds who were there for National Conference, thanks for the well wishes and the welcome breather! Despite the distractions of the fair, I was still nervous for the last round of competition.

Can you believe that for first time ever, I took a time fault! Despite this, I am happy to say that I did end up with a respectable third place finish, an honour indeed as the level of competition was remarkable. All and all it was a great experience and I came away having met some really super 4-H and agricultural people. I feel as though I have had many opportunities and doors opened for me because of this chance to speak at a National level competition. The trip to Toronto and the Royal Winter Fair was all I imagined it would be. I encourage every 4-H member in Alberta to seriously put in the time and effort required to become Alberta's next Public Speaking winner.

The only thing that plagued me as we left Toronto was the ride home and having to go through security. It was likely going to take as long as it did to get my Dad out of the Hockey Hall of Fame and away from the Stanley Cup! 🍀

## The Royal Winter Fair!

BY: JALISA BARNETT, 4-H Specialist - Leadership and Resource Development

The 2012 recipient of the \$3000.00 Jack Pemberton Youth Development Bursary was Leah Murphy of Duchess, Alberta. As the recipient, Leah was able to attend the Royal Agricultural Winter Fair in Toronto, Ontario. Leah, with the company of her mother, enjoyed lunch with Jack Pemberton himself and took in the fair that had everything from butter sculpting to horse hockey. They are both huge horse fans and particularly enjoyed the jumping competitions. Overall, they had a wonderful time with there being so much to see and learn and everyone around them being so kind and generous.

The Jack Pemberton Youth Development Bursary, in partnership with 4-H Canada, is offered to a senior 4-H member residing outside of Ontario, who has a keen interest in agriculture and a desire to attend the Royal Agricultural Winter Fair. By being in her final year of high school at St. Joseph's Collegiate, as well as a six year member of Patricia's John Ware Light Horse and the John Ware Beef clubs and having plans for post-secondary education – Leah was the perfect candidate! Leah is currently studying at the University of Lethbridge and says that it was both a privilege and an honor to see agriculture at its finest. 🍀

Leah Murphy(r) stands with Jack Pemberton(l)





## Travel With 4-H Alberta

BY: MARK SHAND, 4-H Specialist – Programs

Interested in experiencing new things? Discovering new places and faces? Then check out the amazing travel and exchange opportunities with 4-H Alberta!

With there being so many travel opportunities available for 4-H members, alumni and leaders the questions that you may be asking is how do I find out more and how can I qualify?

### Member Development Opportunities

Whether you're attending a youth conference in Alberta, traveling as a group on an exchange within Canada or experiencing another culture and country, there are so many development opportunities available to all ages and interests of registered members and recent alumni. And if you want to experience a new culture without leaving your own home, a variety of hosting opportunities for international delegates are available throughout the year.

While the majority of our trips are awarded at Selections, many of the trips, exchanges and hosting opportunities do have open application processes. The more you become involved in your club, community and country – more opportunities will become available to you!

### Project Development Opportunities

Each year we send teams of members to national and international livestock evaluation and knowledge competitions. For these opportunities, you must meet the age criteria and qualify through either the 4-H Alberta Judging Competition or the 4-H Alberta Horse Classic.

### Leader Travel Opportunities

Each year a handful of 4-H leaders are selected to chaperone 4-H members trips and to attend developmental events or conferences. As each region has a different process for selecting these leaders, please contact your Regional 4-H Specialist for more information. 4-H Alberta wants their leaders to have unique provincial, national and international travel experiences too!

Whether you are a leader, member or alumni the best way to stay up to date with current travel and exchange opportunities with 4-H is to check out [www.4h.ab.ca](http://www.4h.ab.ca) on a regular basis or become a fan of 4-H Alberta on Facebook to receive instant updates of what is new and exciting. 🌟

## Remington Takes Denver

BY: REMINGTON SHANDRO, Trip Recipient

This January, I found myself fortunate enough to be boarding a plane and taking to the skies. My destination - the National Western Stock Show in Denver, Colorado, a trip I had won at the Alberta 4-H Provincial Judging Competition last August.

Once I had collected my baggage, I was greeted by a volunteer from the National Western and driven to the show to meet my host family. The next morning we were up at the crack of dawn in order to observe the Collegiate Carload Judging Competition, where teams of university students spent the day judging pens and groups of various livestock. Afterwards we spent time touring the vast National Western Stock Show. I had the chance to sit in on a few shows, take in an auction and walk through

hundreds of show cattle from all over North America. Finally, I had the opportunity to attend the Collegiate Judging Competition Banquet and present an award to the winner of the highest individual score.

Before heading back to the show the next day, we made a quick detour to see the Red Rocks Amphitheatre which is a nine thousand seat outdoor theatre built in the 1930's. Next we headed back to the National Western where my host family's daughter was participating in the Catch-A-Calf contest. Participants get to use the calves that they catch as their 4-H projects and have the chance to show them at the National Western next year.

My trip to the Denver National Western Stock Show was truly a once in a lifetime experience. I am so thankful to the Alberta 4-H program, my host family, as well as all the volunteers and sponsors who helped to make it possible. 🌟

# Agribition Adventures

BY: GAIL VERLEYSEN, Trip Recipient

We were in Regina to represent Alberta on a team for the National 4-H and Youth Judging Competition. Our senior team consisted of Gail Verleysen, Aydon Almberg, Katie Dietrich and Luke Marshall. The junior team consisted of Dallas Schram, Valentina Gaberet, Jerri Scheweighardt, and Jesse Emery. At the beginning of the trip, none of us knew how much fun we would have together!

The first night that we were there we went to the John Deere warehouse where we had dinner and were introduced to the future of John Deere. We also toured the warehouse and training facility where got to meet some new people.

The judging began the next day. On the Agribition grounds we proceeded to judge twelve classes including horses, dairy, swine and beef cattle. We judged all morning and then proceeded to give reasons that afternoon. The competition was tough and so were the classes we were judging. With the judging part of our trip over we roamed through Agribition, checking out the trade show and the livestock on display.

Tuesday morning brought with it the conclusion of the competition. It was here that it was announced for the second year in a row the Alberta team came out on top. Also for the second year in a row, the competition was won by a member of team Alberta. Gail Verleysen was announced as the Grand Aggregate winner for this National competition. With this win Gail was able to go on to judge the First Lady Classic that afternoon. The First Lady Classic is an elite female show where heifers are shown. These heifers may return as cows with calves at side next year for a shot at being named the futurity champion.



Agribition Group Photo

The experience at Agribition is somewhat indescribable. It was amazing to witness the time and effort exhibitors and competitors put in to the event. It is not only the time and effort that can be seen, you can also see the bonds that are made and strengthened between them. The connections between the trip recipients may have started with something as simple as a smile or a funny joke, but now we are left with the lasting memories and friendships. 🍀

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# Club+District Articles



Learning how to grade eggs



Carefully observing and taking notes

## WETASKIWIN DISTRICT MULTI-SPECIES JUDGING COMPETITION

PHOTOS SUBMITTED BY: MARY MACARTHUR

This year, the Wetaskiwin District hosted their Multi-Species Judging Competition on February 4th at the Lakedell agriculture centre. It was hosted by the Rosebrier 4-H Beef, Coal Lake Light Horse and Falun East Beef clubs. The event was open to members from the Wetaskiwin District as well as to those outside of it for a separate competition. Over 70 members attended to judge classes of horses, beef, hay, seeds, show tack, eggs, plants and kitchen utensils. It was a great day. Thanks to all of the volunteers and parents who helped out! 🍀



Jonathan Wrubleski focuses on identifying seeds



Household items identification



Giving reasons

# Living On The Edge... In Edgerton!

BY: TERESA BRAUN, *Club Leader*

Our multi club is really taking off as we have 29 amazing kids in our club this year!

We had a ball helping our local historical association with the Robbi Burns night clean up. Our local Christmas market drew a crowd when the foods project table put out all of their goodies, not to mention the homemade lunch we all helped make for the concession.

This is our second year for having a canine project. We were lucky enough to attend the stock dog show in Lloydmin-

ster this fall. Our members are rising to the challenge of training and working with their different sized dogs, with guidance from a trainer, that range from a bountiful heinz 57, two miniature dachshunds and a sweet tempered golden lab.

Our beef program is right on track with the confidence of all 15 members growing and showing at every meeting. Our quilting/crafts project is fantastic with the amount of time and dedication that is going in to each project. A member has shared her love for horses and her expertise as a hunter champion by starting an equine project this year! We even have a member that is trying her hand at a small business venture with her amazing baking as a 4-H project.

To say the least, things are really moving and shaking up in these hills, with the resounding cheers from our 4-H club! 🍀



Group photo of multi club members at Christmas party

## Exciting Rides for Lakeland Longriders

BY: HANNA FERSOVITCH, *Member, Lakeland Longriders*

The first three rides for Lakeland Longriders 4-H horse club were at Tellier's ranch, Fersovitch farm and the St. Paul AgCorral. At Tellier's ranch we got the horses used to the cows and then sorted them in groups for fun! At the Fersovitch farm we went on trail rides in the bush. At the agricultural corral in St. Paul we had a three day clinic with Robert and Tyler Harland who taught us groundwork. First we took a stick with a plastic bag tied down with duct tape on the end of it. We got the horses used to the bag and then we moved it all around them. The next day we used the lead shank to back the horses up and we lunged them over barrels. The third day we lunged them over a tarp then we rode them in an obstacle course. We can't wait for the next three rides! 🍀



At the Tellier's ranch, where the Longriders got to sort cattle!



Terry Kopos (l), Dallas Creasy and Kaden Kopas present Gary Waltham of the Coronation Hall Board with an AED to be mounted at the Coronation Hall.

## Coronation Range Riders Donate Defibrillator

BY: **TERRY KOPAS**, General Leader, Coronation Range Riders

Over the last few years the Coronation Range Riders have hosted concerts for The Legends as well as Gary Fjellgaard for our club fund raisers. With the money we've made from these concerts and from hosting the East Central Rodeo, we had quite a large amount in our bank account. After using what we could for club purposes we still had a sizable amount leftover.

At the beginning of this club year, after losing the main core of our members to graduation and moving onto college/universities, we had a decision to make. With only five members wanting to be in the horse club, we formed a multi club. Now, our membership has jumped to 21! We thought we should do something for the community that has supported our club for 31 years and make an impact, as a sort of legacy to the Coronation Range Riders. We decided to donate an AED (Defibrillator) to the Coronation Community Centre. Our past and present members should be very proud of this donation that has the potential to save lives in our very own community. 🍀

## 4-H Connection to Syngenta Contest

BY: **JESSE WALL**, Alumni Member, Coaldale 4-H Equestrian Club

Last spring, Denise Wall, a long time parent member of the Coaldale 4-H Equestrian Club, was awarded Syngenta's Strongest Female Producer. The contest ran for six weeks and during this time any female or male growers could go to their local retailer to squeeze a digital hand dynamometer in hopes of being the strongest in Canada.

After competing in this nation wide competition and qualifying in the top 3, Denise traveled to Calgary, to compete against the other two other qualifying female producers in a grip strength competition. She succeeded in 'out gripping' her competitors, with a 147 pound squeeze, to win an all expense paid trip for two to London, England to attend the Olympics this July. Denise decided to extend her prize by taking her three children, who are all 4 H alumni, to the Olympics as well. The other two competitors did not go home empty handed as they received Apple iPads.

Syngenta also awarded \$5000 to the community with the most growers competing in the competition. 4 H clubs in Delia and Viking did win one of the six, \$5000 awards from that competition. For more information, visit <http://www.syngentafarm.ca/strongestincanada> or check out the filming of the competition on YouTube by searching Cruiser Maxx Strongest Grower Grip Off! 🍀



Denise Wall shows off her gripping ability!

## Bluffton West Goes On Retreat

BY: **BEN TRENSON**, Club Reporter, Bluffton West 4-H Beef Club

Our club went on a retreat to the Alberta 4-H Centre on Dec 30 - 31, 2011. It was a fun event!! We took part in workshops on public speaking as well as first aid for animals and people. We held our club meeting while we were there. Other fun activities included games, snowshoeing, and movie night. A hot tub was also there for members to enjoy. The retreat was an awesome way for our members to have fun together!! The 4-H Centre at Battle Lake is a great place. 🍀



Bluffton West enjoys some fun in the snow while on retreat

## What Heroes Are Made Of

BY: DOROTHY CARLSON, *Leader, Cherhill 4-H Multi Club*

The Alberta Leaders' Conference heroes quilt began with a wrong turn to the conference planning meeting,

With a wrong turn I soon found myself at the Johnson Sewing Center, who can resist a quilt store? When I came across the hero panels the idea to make a quilt for the hero themed event struck me! I purchased the materials and soon began the work of the Cherhill 4-H Multi Club quilters.

With the help of one of our senior quilters we started cutting out the pieces. Each member sewed together a couple of blocks for the raffle quilt and with 10 members we had it together in no time! We were just waiting for the special-order blocks with the conference logo, the 4-H pledge and the four squares that were meant to represent Head, Heart, Health and Hands. Thank-you to Lynn at Homestead Fabric and Quilting for finding and applying a superhero pattern to the quilt.

The final step was the binding and that found a couple of moms, members and myself hand sewing during the Christmas holidays and at January's monthly meeting. I finished with the label being done the night before the conference.



Cherhill 4-H Multi Club members

To all my members that helped make the heroes quilt, you did a wonderful job! Be proud of the fact that you helped support a wonderful conference. Congrats to our lucky winner Margarite Zmurchyt, enjoy your quilt! 🍀

## WHAT A GEM – LOCAL 4-H CLUB ORGANIZES IMPACTFUL FUNDRAISER

On June 6, 2011 the annual show and sale of three local clubs-Bassano, Rosemary and Gem- came to the aid of the local Brooks Food Bank. A few days prior to the sale date a former 4-Her, Stephanie Heryford, informed us that the Food Bank had run out of beef while preparing food hampers that morning. Heryford asked if it would be a possible for one of the buyers to donate their purchase to the Food Bank. The success was incredible... five calves were graciously donated!

The overwhelming support inspired an idea, why not do something like this for our veterans and their families? We got in touch with the Military Family Resource Center (MFRC), explained 4-H and the success of the food back donation and soon found out that there was certainly a need for meat donations to the MFRC and the Diakonos Retreat Society. Two local families and the Gem 4-H Club immediately donated one animal, but we wanted to do more.

We believe that the Calgary Military and Family Resource Center and the Diakonos Retreat Society are worthy of our support for many reasons. By providing services and programs for those who are veterans or have been deployed nationally or abroad, as well as their family members, the MFRC aims to provide the necessary support these individuals need. Services such as child care, group events and social services are available through MFRC. The Diakonos Retreat Society is a not for profit organization that serves to create community understanding around the personnel who serve as Peace Officers, Firefighters, Emergency Services and Military Personnel and how they need to be strengthened, acknowledged and appreciated.

This year's sale date is June 4, 2012 and our hope is that a number of calves will be donated to the MFRC to supply the Veteran's Food Bank and Diakonos House. Hours of work have gone into the planning and organization of what we can only

hope will be a success, but a well known fact about 4-H is that it provides opportunities of which develop extremely valuable leadership skills in young people; this is one way we have put these developing skills into action.

Our responsibility in the partnership is to market the steers for donation after sale and deliver them for processing. The MFRC will be responsible for the processing and the delivery of the beef. We're encouraging individuals and/or businesses to collaborate to donate their calf purchase. This is a great way to show support to our veterans and service people for what they do for us.

This fundraising project has taught us that even as we move on from 4-H we will come into contact with people who have done exceptional things for us individually and for our country, and that we can and should appreciate their efforts and be warmed by our doing something good for them in return. We encourage others to experience the great feeling of giving and for buyers to donate if they wish. This isn't just about raising funds through 4-H, it's about showing how greatly we appreciate others. 🍀



Stephanie Heryford and Gwen Leitch of the Brooks Food Bank, with UFA and New West Milling representatives who purchased a calf and donated it to the Brooks Food Bank.



The Looma Lights club participate in natural horsemanship clinic

## Natural Horsemanship Works Like Magic

BY: **CLAIRE SANDERCOCK**, *Press Reporter, Looma Lights Light Horse Club*

The Looma Lights Light Horse Club kick-started its year by offering a clinic to help members understand their horses better. Karen Clousten, a fan of natural horsemanship, came to our club and taught two one-hour long sessions. One session was for less experienced members while the other for more experienced members.

During the class with more experienced members, Karen showed us first in a halter and then a bridle, how to ask the horse to put his head down by asking 'up' instead of 'down and back'. This exercise involved taking the opposite rein over the horse's neck, pulling lightly down on it while maintaining gentle pressure upwards on the bit with the other hand. As soon as the horse put his head down, the pressure was released.

After we all understood these exercises, we mounted and while halted we reached as far forward as we could and applied a soft upward pressure on the reins. Our horses' noses dropped like magic. Soon we were walking around doing this! The class with less experienced members did the same exercises as the more experienced one, but they did not mount.

Alas, our hour with Karen ended too quickly, but she gave us all a great deal to think about and to work on with our horses until we see her next. 🌿



Fun day group photo



Delegates crafting cards at fun day!

## Ponoka District Embraces Winter

BY: **TODD TRENSON**, *Ponoka District Council Club Reporter*

On January 7th the Ponoka District hosted a district and regional fun day at the Usona Hall. The activities were: hockey, human-curling, marshmallow archery, card making and creating a chocolate lovers milk bath mix. We ate a hot dog and chilli lunch and there were lots of doughnuts to snack on all day. After lunch we had a long game of capture the flag, wrapping the day up with gathering around the campfire making smores and having hot chocolate. A great time was had by all in the beautiful winter weather! 🌿



Cache McLerie stands with his steer Panda.

## A Steer for Cache

BY: **KRISTEN STALDEKER**, *Senior Communications Coordinator, Ronald McDonald House Southern Alberta*

4-H clubs and individual members have been raising funds and awareness for Ronald McDonald House® Central Alberta over the last few years. One of the most memorable events revolved around that of a steer named Panda and a Cleaver Kid named Cache McLerie.

Cache's love for animals and farm life was evident at a very young age, so his family was not surprised when he decided to follow in the footsteps of older sister Jill to raise and auction his steer. With encouragement from his family to give back, Cache decided the auction's proceeds should support other kids with health problems, as he himself suffered from asthma. As is turned out, Ronald McDonald House® Central Alberta was fundraising at the time to build a new House in Red Deer to support sick children and their families.

"I showed him how to make invitations on the computer to give to local businesses," says Christine McLerie, Cache's mother. "Cache told everyone that the sale would help Ronald McDonald House, making everyone in the community want to get involved. It was great to see how it all came together."

After Cache's hard work inviting local businesses to the Innisfail Auction Market on the day of Panda's showing, the turnout was great and bids were high. Panda was bought and re-auctioned numerous times, bringing in a total of \$19,640!

Cache had the opportunity to tour the new Ronald McDonald House® Central Alberta with his family on February 4. He was able to see what his contribution helped to build and decided that the kitchen was his favorite part.

If you or your 4-H club would like to plan a fundraiser for any of the Ronald McDonald Houses in Alberta, please visit [http://www.4h.ab.ca/News\\_Events/fund-raisers.html](http://www.4h.ab.ca/News_Events/fund-raisers.html) to learn how. 🌿

# WHERE ARE THEY NOW?

BY: JALISA BARNETT, 4-H Specialist – Leadership and Resource Development

**Name:** Nicole Lamb

**What are you doing now?**

I am a managing partner of Bite Beef Company - producing and marketing grass fed beef. I am also actively involved in the family farming and ranching operation.

**What skills do you use every day that you gained through 4-H Alberta?**

Teamwork, leadership and how to be a good sport. Within a competitive framework, 4-H taught me to always do my best. One of the biggest things 4-H ever did for me was to give me the opportunity to develop confidence and to learn the value of cooperation. 4-H taught me the value of forming positive relationships with those around you, such as your fellow members and leaders.

The intangibles that 4-H gave me are countless - from learning how to effectively take criticism to learning from my mistakes. Some aspects of 4-H made me test my boundaries, think public speaking, but in doing so I discovered that stepping out of one's comfort zone really

can open the door to a whole new realm of opportunities. I believe that success breeds further success, so in being a 4-H member you are already setting yourself up to achieve well into your future!

**What advice would you give a 4-H Alberta member who wants to become an entrepreneur?**

Trust yourself, do your "homework", have confidence and conviction in your idea and don't be easily dissuaded.

**Are you still involved with 4-H?**

Yes, yes, yes! I've been working with 4-H Alberta on the Beef Resource materials update as well as the Entrepreneurial Resource. I also enjoy judging public speaking and taking reasons at multi-species judging.

**If you could tell someone one thing about 4-H what would it be?**

That it is a great program for youth to gain confidence, make life long relationships with like minded people, and to learn (a lot) while exploring their passions! 🍀



**Want to learn more about Nicole's experience as an entrepreneur?**

Check out the Venture Out resource coming to your club this Fall!

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](http://www.lammles.com) for more information.



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\* Valid from September 30, 2011 until September 30, 2012. Discount for 4-H Club Members only. Must be presented with valid 4-H member card. Offer does not apply to feed or animal health products. Cannot be combined with any other offer. Visit your local Farm and Ranch Supply store for full details.

