

4-H Alberta

MAGAZINE

WINTER 2013 // www.4h.ab.ca
VOLUME 9 • ISSUE 1

**4-H CANADA
TURNS 100!** page 5

**CLUB
ANALYSIS
TOOL** page 23





Congratulations to Will Kathol from the Rockyford 4-H Beef Club for submitting this winning photo in our Farm Life Photo Contest. View the winning entries online at AMAInsurance.ca/FarmPhotoContest.

Protect your farm and save up to 40%

Protect the things you care most about and **save up to 40%** on farm property insurance from AMA. We offer flexible coverage for your home, outbuildings, equipment, livestock and vehicles, as well as liability protection.

AMA also has solutions for your health, personal accident, life, business, travel medical and RV insurance needs, all in one convenient location.



Alberta Motor Association Insurance Company



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



Submission Guidelines

Your stories are important to us, and we want to see them published in the next issue of the *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):
 - a. Underneath the body of your article, please be sure to include a caption that names ALL of the people, and state where the photo(s) were taken. For example: *Jack and Jill at the Alberta 4-H Provincial Beef Heifer Show*.
 - b. When sending digital photos, please send them as a large file. Photos that are 1MB or larger are preferred.
3. Some examples 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 or P: 403.948.1521

NOTE: We 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

Editor:

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

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

4-H Branch c/o Jalisa Barnett

97 East Lake Ramp NE
Airdrie, Alberta T4A 0C3

Deadlines for Submissions: February 25th, July 26th, November 12th

Distribution to Public: April, September, January

Advertising Inquires

Please contact Vanessa Bosworth at E: bosworth@4hab.com or P: 780.682.2153

Deadline for submissions are February 15th, July 15th and October 29th

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



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



Contents

04	EDITORIAL
05	NATIONAL NEWS
09	PROVINCIAL NEWS & EVENTS
19	FEATURES
33	TRAVEL & EXCHANGE
38	REGIONAL NEWS & EVENTS
38	CALGARY REGION
39	EAST CENTRAL REGION
39	NORTHEAST REGION
41	NORTHWEST REGION
41	PEACE REGION
42	SOUTH REGION
42	WEST CENTRAL REGION
43	CLUB & DISTRICT

on the cover

Cara Noble having a blast at SMC 2012!

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.



Editorial

Since flipping our 4-H calendars to January 2013, it means that the centennial celebrations for 4-H Canada can officially begin. Happy 100th anniversary 4-H Canada! Congratulations on reaching this impressive milestone. Check out pages 5 and 7 to see how you and your club can help celebrate the centennial.

With the Communications Activity season upon us, I wish each and every one of you the best of luck with your speech or presentation. When I was a 4-H member, I loved public speaking but wasn't always cooperative with my parents' requests to "practice, practice, practice"! But believe me, when the time came for me to deliver my speech – I was happy that I had. For plenty of tips and tricks on how to successfully deliver your speech or presentation, check out the eLearning tool From Paper to Podium, available at www.4h.ab.ca under the Resources Login. Use the Username: alberta4h and Password: clever. Also, if you are interested in a unique public speaking opportunity with 4-H Alberta, check out the details for the FCC competition on page 14.

Through agriculture we feed the world. With a growing population, our ability to feed the world is being challenged. YOU can be part of the solution! To participate in a discussion and contribute your ideas around how the global agriculture community can combat food insecurity - apply to attend the Youth Ag Summit by visiting www.youthagsummit.ca. Check out page 8 for more information on this all-expense paid conference.

For 4-H Alberta, January mean Leaders' Conference! This year's Leaders' Conference brought with it the recognition of many deserving individuals who have contributed a great deal to 4-H in Alberta. To learn more about the 4-H Hall of Fame, the Golden Clover Award or this year's Diamond Jubilee Medals PLUS the amazing individuals who received them – read on! Thank-you to all of our volunteers for all that you do. Your passion for community, 4-H and most importantly, Albertan youth is an inspiration to us all.

Recruiting new members and keeping existing members is important to the vitality of your club. When promoting your club to potential or current members, it is crucial that you know what kind of club you are. Use the Club Analysis Tool on pages 25-28 to find out what makes your club unique!

Happy 4-H'in!

Jalisa Barnett

Jalisa Barnett
Editor – 4-H Alberta Magazine

CONTACT US

4-H Alberta 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.

4-H BRANCH

AIRDRIE 97 East Lake Ramp NE AIRDRIE AB T4A 0C3

F: 403.948.2069 E: info@4h.ab.ca

Branch Head – Marguerite Stark

P: 403.948.8510 E: marguerite.stark@gov.ab.ca

4-H Specialist – Programs – Vacant

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

P: 403.948.1521 E: jalisa.barnett@gov.ab.ca

EDMONTON

RM 200, 7000 113 ST EDMONTON AB T6H 5T6

F: 780.422.7755 E: info@4h.ab.ca

Manager – Leadership and Information Management – Shari Smith

P: 403.340.5375 E: shari.smith@gov.ab.ca

4-H Specialist – Communications and Marketing – Cameron Horner

P: 780.427.0753 E: cameron.horner@gov.ab.ca

Electronic Systems Coordinator – Corinne Skulmoski

P: 780.427.4340 E: corinne.skulmoski@gov.ab.ca

Registrar – Julie Law

P: 780.427.4426 E: julie.law@gov.ab.ca

SOUTH

100 5401-1 AVE S LETHBRIDGE AB T1J 4V6

F: 403.382.4526

Regional 4-H Specialist – South – Andrea Church

P: 403.948.8501 E: andrea.church@gov.ab.ca

Regional Coordinator – South – Ginny Smith

P: 403.381.5815 E: gabby.smith@gov.ab.ca

CALGARY

97 East Lake Ramp NE AIRDRIE AB T4A 0C3

F: 403.948.2069

Regional 4-H Specialist – Calgary – Andrea Church

P: 403.948.8501 E: andrea.church@gov.ab.ca

EAST AND WEST CENTRAL

Box 600, 4705-49 AVE STETTLETT AB T0C 2L0

F: 403.742.7575

Regional 4-H Specialist – East and West Central – Janet Kerr

P: 403.742.7547 E: janet.kerr@gov.ab.ca

NORTHEAST

Box 24 4701-52 VERMILION AB T9X 1J9

F: 780.853.4776

Regional 4-H Specialist – Northeast – Leila Hickman

P: 780.853.8115 E: leila.hickman@gov.ab.ca

NORTHWEST

Box 4560 BARRHEAD AB T7N 1A4

F: 780.674.8309

Regional 4-H Specialist – Northwest – Jocelyn McKinnon

P: 780.674.8250 E: jocelyn.mckinnon@gov.ab.ca

PEACE

Box 159 109 102 AVE FAIRVIEW AB T0H 1L0

F: 780.835.3600

Regional 4-H Specialist – Peace – Alexia Hoy

P: 780.835.7537 E: alexia.hoy@gov.ab.ca

4-H COUNCIL OF ALBERTA

WESTERORE RR1 Site 7 Box 1 WESTERORE AB T0C 2V0

P: 780.682.2244 (TOLL FREE) F: 780.682.3784

Council Administrator – Susann Stone

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

4-H FOUNDATION OF ALBERTA

WESTERORE RR 1 WESTERORE AB T0C 2V0

P: 877.682.2153 (TOLL FREE) F: 780.682.3784

E: foundation@4hab.com

Manager – Client Services Alberta 4-H Centre – Andrea McFadden

P: 780.898.7826 E: mcfadden@4hab.com

Chief Executive Officer – Bruce Banks

P: 780.621.8265 E: banks@4hab.com

Executive Assistant – Jessica Patten

P: 780.898.6234 E: patten@4hab.com

Manager – Finance and Administration – Joan Stone

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

Assistant – Finance and Administration – Barb Karlstrom

P: 780.682.2153 E: foundation@4h.ab.com

Coordinator – Corporate Partnerships – Vanessa Bosworth

P: 780.898.9497 E: bosworth@4hab.com

CALGARY

13-4101 19 ST NE CALGARY AB T2E 7C4

Manager – Corporate Partnerships – Carmen Stone

P: 403.869.3528 E: cstone@4hab.com

Executive Assistant – Corporate Partnerships – Rae-Lee Pieschel

P: 587.999.2240 E: pieschel@4hab.com

NATIONAL NEWS



BY: VIOLETTE STEPANIUK

Communications Advisor, 4-H Canada

National 4-H Conference

Delegates from across the country attended the National 4-H Conference in Montreal, September 19-23. With a conference focused on Canada's official languages, the historic city offered a truly bilingual experience. The delegates enjoyed a series of presentations and workshops by guest speakers including Jean Béliveau who spent 11 years walking around the world to promote "peace and non-violence for the benefit of the children of the world." Other activities included visits to the Pointe-à-Cal-lière Museum, Montréal Science Centre, two farms, and CBC Radio Canada. It wasn't all work and no play in Montreal, though. The delegates also spent free time in Old Montreal and Old Port, followed by a Ghost Hunt. Check out page 34 to find out about the Albertan delegates' experience.

Food For Thought Gala

On May 30th at the Fairmont Winnipeg, 4-H Canada will host a special 100th Anniversary Gala evening themed "Food for Thought". For more information about the gala or to purchase tickets visit www.4-h-canada.ca and click on Celebrate 2013/Events & Initiatives/100th Anniversary Gala or email 100@4-h-canada.ca. Mark your calendar today!

\$100 for 100

The \$100 for 100 fundraising campaign was launched at Canada's Outdoor Farm Show in Woodstock, Ontario, on September 11th. The 4-H Youth Advisory Committee, representing nine provinces, helped promote 4-H Canada's legacy fund campaign and its goal to raise \$100,000 in recognition of 100 years of 4-H in Canada. The campaign is an opportunity for past and present 4-H members, clubs and families to contribute directly towards growing 4-H opportunities in all areas of the country. Let's introduce 4-H to a whole new generation!

Semi-Annual Meetings

Semi-annual meetings of the Canadian 4-H Council, Canadian 4-H Foundation, and Provincial Advisory Committee took place in November, during the Royal Agricultural Winter Fair in Toronto. All three groups are keenly looking forward to 2013 events as enthusiasm builds across Canada for the 100th anniversary celebrations.

Mike Nowosad Retires From 4-H Canada

4-H Canada CEO Mike Nowosad had retired after 22½ years. A dedicated employee, working closely with both the national 4-H Council Board of Directors and the 4-H Foundation Trustees, Nowosad played a key role in shaping the national program. Under his tenure, many initiatives were put in place to ensure the organization was meeting the needs of its members and partners.



Frisco the Fox has a new look!

Frisco

Frisco, the national 4-H mascot, has been spruced up in time for the 100th anniversary celebrations. He is available for 4-H functions across the country. For more information or to book Frisco, please email communications@4-h-canada or call 1-855-234-4448. 🍀

4-H ALBERTA HELPS 4-H CANADA CELEBRATE

BY: LEXI HOY, 4-H Alberta's 100th Anniversary Champion

On January 1st, we not only rung in the New Year, but we started a yearlong celebration of 4-H Canada's centennial!

Need Celebration Ideas?

Prior to the New Year your Key Leaders and Key Members received flash drives. These flash drives contain valuable information and resources for celebrating the centennial in your community! Not sure what your club can do? There are many ideas for contests and events that your club, district and region can do to help celebrate the 4-H Canada's 100th birthday!

Don't forget there are also the 4-H Canada initiatives that you can take part in- do a food drive for your local food bank or get involved with your local fair and or Ag Society to participate and celebrate the amazing milestone that we have achieved! Once you have had your

event, don't forget to share your story as part of the living history campaign!

When you doing an activity related to the 100th anniversary, please be sure to contact Lexi Hoy, 4-H Alberta 100th Anniversary Champion and 4-H Regional Specialist for the Peace Region.

Alberta's Own - A Century of Cents

A unique to Alberta celebration will be the Century of Cents. This initiative will salute 100 years of 4-H in Canada by connecting memorable stories to a certain year and accompanying penny. Not only will this be a great way to collect stories about clubs, programs and sponsors but it will also serve as a penny drive.

So start collecting those pennies today! Watch for the Century of Cents application form to apply for your year of choice!



\$100 for 100

This initiative was created for 4-H Canada's centennial, to help build a Legacy fund that will support 4-H Canada during the next 100 years! In Alberta we showcased the campaign at Farm Fair, and will continue to showcase the campaign at various events in 2013 such as the Farm and Ranch Show, Aggie Days and the Calgary Stampede. Be sure to be on the lookout for the familiar 4-H Alberta booth or donate online at 4-H Canada's website!

For more information be sure to check out the 4-H Canada website, www.4-h-canada.ca and click on Celebrate 2013! 🍀

Proud to be part of 4-H Alberta



Moody's
Equipment

Now with 8 locations to serve you!

Alberta
Calgary Wagon Wheel Rd. 403-295-7824
High River 112 St. 403-652-1410
Olds Hwy. 27 W. 403-556-3939

Saskatchewan
Kindersley Hwy. 7 W. 306-463-2335
Lloydminster Hwy. 16 E. 306-825-6141
Perdue Hwy. 14 306-237-4272
Saskatoon Hwy. 16 & 71st St. 306-934-4686
Unity Hwy. 14 306-228-2686

Visit us at www.moodysequipment.com



Show Us Your GREEN!

With November being National 4-H Month in Canada, there was plenty of green to be seen throughout the entire month. The month of November is a time to recognize 4-H as one of Canada's longest-running youth organizations and the crucial role it has played in the development of life-long skills in thousands of Canadian youth.

As 4-H Canada prepares for its 100th anniversary, excitement for 2013 celebrations are ramping up. On November 7th 2012, 4-H Canada invited 4-H members, leaders and supporters from across the nation to sport green on Show Your 4-H Colors Day.

Thanks to everyone who showed their support for 4-H in Canada. Hold onto that celebratory spirit for 4-H Canada's centennial in 2013 and 4-H Alberta's in 2017! 🌿



A 4-H volunteer looking positively wonderful in her 4-H green wig.



Above: Premier's Award Recipient, Jacob Onyschuk and 4-H Alumni Lindsey Grover celebrating Show Your 4-H Colors Day at the University of Alberta.



Left: 4-H members, leaders, families and supporters sported this ribbon in celebration of Show Your 4-H Colors Day.



YAC members at Canada's Outdoor Farm Show in Woodstock, Ontario.

Youth Advisory Committee (YAC)

BY: BREANNE DURIE

4-H Alberta's YAC Representative

Many exciting things have been happening with the Youth Advisory Committee, especially with 4-H Canada's 100th Anniversary just around the corner! Among my most recent activities, I travelled to Woodstock, Ontario, from September 10-14, promoting 4-H Canada and our centennial at Canada's Outdoor Farm Show. More specifically, my fellow Youth Advisory Committee Members and I were promoting the "\$100 for 100" campaign, which was established to recognize the one hundred years of success 4-H Canada has had as an organization, and to help initiate another one hundred years of 4-H in Canada. Many thanks to all those who support the \$100 for 100 campaign.

I was a member of the planning committee for this year's National 4-H Conference and was given the opportunity to junior staff the program. It was held in Montreal, Quebec, from September 19-23, but not before a day of bad weather resulting in a diverted flight to Toronto while on my way to the program. However, once I managed to arrive in Montreal, the program proved to be nothing but exceptional.

Over the course of the week, the delegates learned about communications and the history of our country, as well as each other's provinces. It wasn't all business! With the help of the Alberta delegates, we held a session the night before the dance to teach the other delegates how to two-step - Alberta style. I definitely enjoyed assisting with planning and staffing this program and can't thank my fellow committee members enough for being such wonderful and fun people to work with.

I am quite excited to get involved in more Canadian 4-H Council activities and with our 100th anniversary upon us, I can't wait to witness all the celebratory events. 🌿

FUN FACT

Sea otters hold hands when they sleep so they don't drift away from each other.



Register Now For Youth-Ag Summit

4-H Canada is inviting young adults from around the world to 'come to the table' on August 19th to 25th, 2013 for the global 4-H Youth Ag-Summit in Calgary, Alberta to share ideas and develop a plan of action on how to feed a hungry planet. From now until February 15, 2013, young adults between the ages of 18-25, from over 20 countries have the chance to submit an application by writing an essay (max. 2,000 words) or filming a video

(max. seven minutes) about the challenges of feeding a hungry planet. 120 of the successful applicants will receive an expenses-paid trip to the global 4-H Youth Ag-Summit – a weeklong event where ideas will be shared and opportunities will be explored with other young people, business leaders and scientists about this global agricultural challenge. One revolutionary idea could make history.

In November 2011 the United Nations declared that the planet's population surpassed seven billion people. In less than 40 years this forecast will see 2 billion more mouths in need of healthy food and nutrition. If the next generation is to help find a solution for these people, they must first understand the challenges and opportunities their peers are experiencing around the world today. No one person, company or nation holds the answers; but through discussion and collaboration at the global 4-H Youth Ag-Summit in Calgary, it is hoped that agricultural solutions can be found, acted upon and achieved.

40 youth from across Canada will be selected to participate in this event. 20 of these participants will be 4-H members and/or 4-H alumni. Young adults between the ages of 18-25 can find more details and apply online by visiting www.YouthAgSummit.com

Bayer CropScience is the title sponsor of the Youth Ag-Summit and is committed to inspiring youth from around the world to see how they can make a difference and bring agriculture to the forefront of this global challenge. ♻️

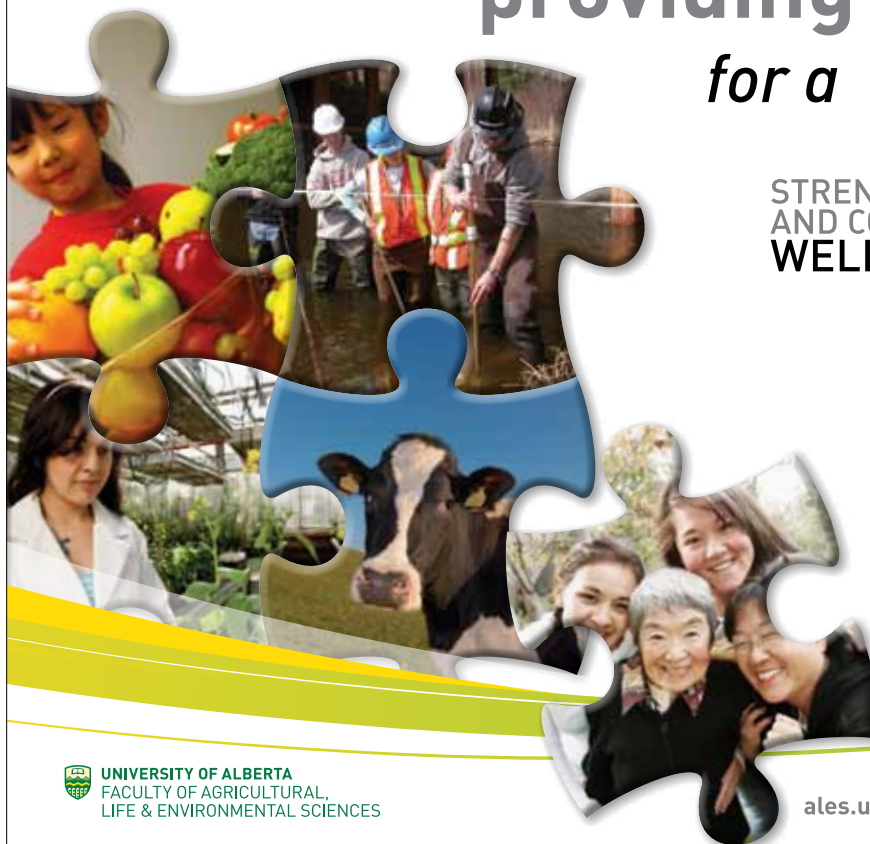
providing solutions for a better world

STRENGTHEN INDIVIDUAL
AND COMMUNITY
WELL-BEING

HELP FEED
THE WORLD

IMPROVE HEALTH
THROUGH
FOOD

ENSURE A
HEALTHY
ENVIRONMENT



 **UNIVERSITY OF ALBERTA**
FACULTY OF AGRICULTURAL,
LIFE & ENVIRONMENTAL SCIENCES

ales.ualberta.ca/prospectivestudents

Provincial News & Events



Key Members racing through the Firefighter's training course.

DESTINATION: KEY MEMBER TRAINING

What was the destination of choice for forty-one senior 4-H members on August 17, 2012? Lakeland College in Vermilion! Why? Because it was Key Member training!

The Key Members who were selected from around the province, came together for a weekend of challenges and activities that helped them hone their communication, presentation and creative skills. The members collected their passport (name tag), met fellow travelers (fellow Key Members), and participated in travel theme related sessions and games. Key Members gained valuable life skills through a unique program tailored for a group of senior members interested in giving back to 4-H at the club and district level.

"We really focused on sharing some tips and techniques that members could put to use at the club and district level. Key Member training is also a great opportunity for networking with other members from across the province" commented Leila Hickman, 4-H Specialist for the Northeast Region and Key Member Program Coordinator.

Unique to this year's Key Member training program was the Combat Challenge where Key Members were able to race against one another in a mini version of the World Wide Firefighter Competition. Members were challenged to race, climb, spray, carry and pull their way through the course and across the finish line! This course challenged members to face a few fears, but the gratification that came with the conquering the course was worth the sore muscles.

Other activities throughout the weekend included mini-Olympics, a photo scavenger hunt and various games that Key Members will be able to bring back to the clubs they visit.

Encana Corporation is the presenting partner of the Key Member program which includes, not only the training week-

end, but a full year of support. Encana continues to recognize the importance of the Key Members as role models and mentors for our younger 4-H enthusiasts.

Whether you are looking for some help with a club or district event, need someone to lead a workshop for your club, or you just need some new ideas, don't hesitate to call on your District's Key Members as they are prepared and excited to put their skills to use!

For more information on the Key Member program contact your Regional 4-H Specialist, or visit the Alberta 4-H website, www.4h.ab.ca 🍀



Key Members participated in a variety of leadership building activities.



BEEF & SHEEP LEADERS' UPDATE

BY: STACY MURRAY, 4-H Specialist - Livestock

The 4-H Alberta Beef & Sheep Leaders' Update was held at the Alberta 4-H Centre, October 19th – 21st. The goal of the Beef & Sheep Leaders' Update is to equip 4-H project leaders with recent, relevant and realistic information so that in turn, leaders can go back to their clubs and share this information with their members. Attendees left brimming with ideas and excited about the 4-H year!

Jennifer Woods, a livestock handling specialist presented a session on Transportation & Livestock Handling, encouraging leaders to develop an animal care policy for their clubs. Grading Beef in Canada was presented by Cindy Delaloye. Bill Lee shared his experiences with cattle and sheep in an informative session on Multi Species Grazing. Louise Liebenberg discussed the use of Guardian Animals in the sheep flock.

Maximizing Your 4-H Beef Project led to a discussion about the health of 4-H project animals and implants. Bernie Prefontaine worked with leaders on the finer points of Judging and how to encourage members to participate. Barry Yaremicio presented the updated version of CowBytes ration balancing software. Hardy sheep leaders braved the falling snow for the chance to join Russ Finlay and his stock dogs on the lawn for a demonstration of, and opportunity to try, handling sheep.

On Saturday afternoon, Cody Coleman and Russell Gallelli spent some time with leaders to discuss the finer points of Clipping and Grooming an animal. Nicole Lamb of Bite Beef joined us for a discussion on her grass fed finished beef business. Stacy Murray and Owen Almberg, presented some Beef Project Options, outside of the traditional steer and heifer projects. Barry Yaremicio led an informative discussion on Feeding & Nutrition for 4-H project animals while Dr. Susan Markus dis-

Clipping demonstration.

cussed sheep nutrition and the use of SheepBytes, an online ration balancing program, as a tool for producers.

Adrienne Herron provided an overview of Traceability in Alberta and how it will help to protect the beef industry. Fencing Options to Mitigate Predation on Sheep was presented by Carla Amonson.

Sunday saw sheep leaders meeting about the formation of a Provincial Sheep Advisory Committee. Great things are being planned for the sheep project and its resources. Meanwhile, Jalisa Barnett introduced 4-H beef leaders to the new Beef Project resources under development. Look for this new resource in the fall of 2013! Greg Coleman had leaders playing games and laughing during his Beef Games & Activities session and Mark Sayers held a discussion for new beef leaders.

Interspersed throughout the weekend were several group presentations. Brenda Schoepp discussed current trends in marketing. Grady Owen explained the importance of handling the sale of animals and their meat properly. Brad Andres explained how to prepare for emergencies and gave examples of why having a plan is important.

The 4-H Alberta Beef & Sheep Leaders' Update was made possible by generous support of our Presenting Partner, UFA Co-operative Limited and Partner Supporters: Alberta Beef Producers, Government of Alberta, AMA Insurance, Kubota Canada Ltd., Lakeland College, Lammle's Western Wear & Tack, Northlands and Servus Credit Union. Thank you also to our Partner Friend, Merial Canada Inc. and our Partner Host, the Alberta 4-H Centre. 🍀

Announcing the Golden Clover Award Recipient

BY: STACY PRICE, 4-H Council of Alberta

Congratulations to Lorraine Parkinson, the latest recipient of the Golden Clover Award.

The Golden Rod Club based in the Rockyview District has for the past 15 years organized and run a cooking display held at the Calgary Exhibition & Stampede. This is not only a great experience for their members, increasing the communication skills, but is also a wonderful way for this club to promote 4-H to many people who otherwise would not know anything about it.

Lorraine has created an opportunity for the members of her club to get out and promote 4-H Alberta in a grand way by taking her club to a world class event to show off the skills they learn through 4-H. They are in fact on a world stage to show off the best of what 4-H has to offer.

Lorraine takes time out of her already busy schedule to ensure that these members are secure and confident in themselves to get up in front of the world and tell them what an amazing program they belong to.

This event takes a great deal of planning and I know that Lorraine does this as a labor of love, her love for her members and her love of the program. The dedication to this initiative is one of the many reasons why Lorraine is a deserving recipient of the Golden Clover Award.

Lorraine will officially receive the Golden Clover Award at the 4-H Alberta Leaders' Conference, January 11-13, 2013 in Edmonton. 🍀

Congratulations to Golden Clover Award Recipient, Lorraine Parkinson.



Hall of Fame inductees Edith Walker and Timothy Church stand with Verlyn Olson, Minister of Agriculture and Rural Development after the inductees were introduced at the Legislative Assembly.

TWO OUTSTANDING ALBERTANS INDUCTED INTO 4-H HALL OF FAME

BY: CAMERON HORNER

4-H Specialist – Communications and Marketing

Two Albertans who have demonstrated exceptional leadership and community involvement are being inducted into the 4-H Alberta Hall of Fame.

On National 4-H Day, Edith Walker and Timothy Church were recognized for their significant contributions to community service and youth mentorship.

"The commitment and dedication these two remarkable Albertans have shown for the 4-H program and their communities represents everything that 4-H stands for," said Verlyn Olson, Minister of Agriculture and Rural Development. "Our province was built from a foundation based on the rural way of life and a strong sense of community. These two inductees are setting an excellent example for all Albertans."

Hall of Fame candidates are nominated by their peers, members or leaders from their local 4-H organization. A selection committee, consisting of representatives of the 4-H Council of Alberta, the 4-H Foundation of Alberta and Alberta Agriculture and Rural Development, evaluates nominations based on the candidate's personal qualities, demonstrated leadership, community references and significant contributions to 4-H, agriculture and rural life.

Inductees demonstrate outstanding leadership in promoting the 4-H motto of "Learn to Do by Doing" and live the 4-H pledge of service and commitment to club, community and country through all levels of the organization.

A total of 79 men and women have now been inducted into the Hall of Fame since it was established in 1971. This year's inductees will be honoured during a special ceremony at the annual 4-H Leaders' Conference in Edmonton on January 12, 2013.

For more information about Alberta's 4-H Hall of Fame, visit www.4h.ab.ca 🍀



Youngsters sharpen skills at Stampede's Invitational 4-H Rodeo

OLDS, Alberta – It starts with an eight-second ride, but it can eventually turn into a full ride.

The Calgary Stampede held its 15th annual Invitational 4-H Rodeo, sponsored by Westcan Bulk Transport, Bayer CropScience, and Lammle's Western Wear and Tack, on Saturday and Sunday at Olds College in Olds, Alta.

For some of the approximately 100 participants, aged anywhere from 9 through 20, this was the first rodeo of their young lives. Those bitten by the rodeo bug are sure to find fun, thrills, and spills as they progress through Wrangler (junior high) and high school rodeos. And Dave Shields, who qualified for 10 Canadian Finals Rodeos from 1979 to 1990, notes that there's an even bigger reward available – a top-notch education at a sizable discount.

Like their counterparts who play hockey, lacrosse, or soccer, Shields points out that teenage virtuosos in the saddle could very well land themselves a full or partial American college rodeo scholarship.

"It sure is feasible. There are a good number of Canadian kids each year who enroll in colleges in the United States through rodeo scholarships – some full rides, or full scholarships, and some partial. But it's all available," says Shields, of Okotoks, Alta., who chairs the Stampede's 4-H Rodeo committee and has earned the Canadian Pro Rodeo Hall of Fame's Legendary Achievement Award. "They really love Canadian roughstock riders in the States, because we raise better bucking horses up here, and they like the fact that kids in Canada will ride in two or three events.



"U.S. college coaches are always keeping tabs on the Canadian high-school rodeo circuit. Word gets around – either through their scouts, or Canadian kids already at U.S. colleges who come up here to rodeo for the summer."

The Stampede's 4-H Rodeo – featuring senior (15 through 20), intermediate (12 through 14), and junior (9 through 11) age categories – attracted participants from about 30 4-H clubs from across Alberta, with timed events on Saturday afternoon and roughstock events on Sunday afternoon.

For the second straight year, Desirae Jackson, 16, of Sundre, Alta., earned three senior red ribbons at the Stampede 4-H Rodeo. Saturday afternoon, aboard her 15-year-old quarter-horse gelding Frosty, Jackson won the senior barrel racing event in 14.94 seconds, and then prevailed in senior pole-bending – which combines slalom racing and flat-out speed, with horse-and-rider teams going head to head on identical arena courses – in a time of 20.48 seconds. Sunday, she and Frosty followed it up with victory in senior goat tying, stopping the clock in 10.56 seconds.

Jackson ended up as the weekend's high-point champion among seniors, earning 44 of a possible 70 points.

Jackson, who's heading into Grade 12 at Sundre High School, was crowned Miss High School Rodeo Alberta in June and will hold the title for the 2012-13 scholastic season.

"For me, I think rodeo is going to be something I do for fun. I want to participate in college rodeo, but it'll be in Alberta, because I plan on attending the University of Calgary," said Jackson, a member of the Sundre Silver Spurs 4-H club. "The 4-H Rodeo is always a great experience overall. Everyone's friendly, and that's always nice. Win or lose, you're always going to have a good day out of it."

Trinity Thompson of Red Deer, Alta., earned the junior high-point title at this year's Stampede 4-H Rodeo, with 27 of a possible 30 points. She captured two of the three weekend junior events – pole-bending, in 22.69 seconds, and thread-the-needle, in 11.13 seconds – and placed fourth in the other, barrel racing, aboard her 20-year-old mare, Josy.

Not a bad result during her Stampede 4-H Rodeo debut, although Thompson has been on the junior rodeo circuit a couple of years. "It was an amazing day. It made it special for

me, because I got to meet new people and make new friends and prove my skills,” said Thompson, a member of the Noble Riders 4-H club. “And Josy deserves a special treat, for sure.”

Meanwhile, 13-year-old Lucas Brown of Gibbons, Alta., snared the intermediate high-point crown on a busy Sunday afternoon — which saw him and his gelding, Skeeter, compete at both the Stampede’s 4-H Rodeo and a Central Alberta Rodeo Association (CARA) event at Bowden, Alta. Brown earned 36 of a possible 70 points for the intermediate title — fuelled by victories in intermediate cow riding, with an 82-point score, and intermediate breakaway roping (a variation on, and occasionally a precursor to, tie-down roping) with a lightning-quick time of 2.27 seconds.

“I’ve been competing on Skeeter ever since I started roping two years ago,” said Brown, a member of the Gibbons Light Horse 4-H club, who’s been participating in rodeos for four years. “He’s really reliable, and even when he’s tired, like today, he’ll still give you his best.”

Luke Wrubelski of Leduc County, Alta., who’s 21, will soon be heading off to Lakeland College, in Vermilion, Alta., for his second year of agribusiness studies — and will be closing the books on a dozen years with 4-H in November, when he competes in a national judging competition at Regina’s Agribition.

Wrubelski’s second and final 4-H rodeo was one he’ll always treasure, thanks to Sunday-afternoon wins in senior cow riding — marking an 81 — and senior steer daubing, with a time of 3.32 seconds.

“It’s been absolutely great,” said Wrubelski, a member of the Lakedell 4-H Light Horse club, of his dozen years in 4-H. “All the life skills we learn are just phenomenal. Leadership, teamwork, communication, networking . . . I’ve met all kinds of people, been to the United States three times for competitions and awards trips. It is absolutely a fantastic youth program.”

Karlyn Janssen of Lacombe, Alta., with the Shadow Riders 4-H, was the weekend’s other double champ, capturing the intermediate pole-bending (21.08 seconds) and barrel racing (15.65 seconds) events.

Wrubelski’s sister Jennifer was the winner in Sunday’s senior breakaway roping competition, stopping the clock in 4.33 seconds. Calgary’s Faith Stewart, of the Big Hill West Light Horse club, won intermediate steer daubing in 3.55 seconds,



while Sydney Vanden Berg of Coutts, Alta. (Coutts 49ers 4-H Club), captured intermediate goat-tying in 13.02 seconds.

Stephanie Boles of Three Hills, Alta. (Three Hills 4-H Wranglers), emerged as senior thread-the-needle champ in 11.25 seconds. Riley VanDyck of Edson, Alta. (Edson 4-H Multi), was the intermediate thread-the-needle titleist in a time of 14.14 seconds. Codi Wilson of Sundre, Alta. (Sundre Silver Spurs), prevailed in junior barrels, stopping the clock in 16.07 seconds.



This year’s Stampede 4-H Rodeo was held off-site in Olds, and about a month earlier than usual, because of work on the Agrium Western Event Center, one of the

most significant infrastructure projects in Stampede history. For details and artistic renderings of this magnificent 150,000-square-foot agriculture showcase and competition venue, scheduled for completion in 2014, visit <http://corporate.calgarystampede.com/about/park-development/agrium-western-event-centre/>

The Calgary Stampede is a volunteer-supported, not-for-profit community organization that preserves and promotes western heritage and values. The Stampede contributes to the quality of life in Calgary and southern Alberta through its world-renowned 10-day Stampede, year-round facilities, western events and several youth and agriculture programs. All revenue is reinvested into Calgary Stampede programs and facilities. For more about the Stampede, visit calgarystampede.com.



4-H Ambassador, Adrienne Good getting ready to whip up a batch of pancakes!



4-H Ambassador, Sawyer Daley making pancakes like nobody's business.



4-H Ambassador, Seira Berg helps out at the 4-H Alberta booth at Agri-Trade.

AMBASSADORS LOOK AHEAD

BY: KATE BOLLUM

*4-H Alberta Ambassador,
Calgary Region*

Now that it is winter, the Ambassadors are looking a-HEAD and are preparing for an action packed and opportunity filled year.

You may have spotted Ambassadors at events such as Leaders' Conference or Senior Members' Conference for which we had our noses to the grindstone earnestly planning a fantastic program for the senior members in attendance.

Your Ambassadors have been busy beavers lately, HEART-ily working at various workshops, conferences, and guest speaker events. Big events in November included the Sponsor Appreciation Night in Crossfield, Harvest Gala in Calgary and Farm Fair in Edmonton. A few members also traveled throughout Canada and the United States on various 4-H opportunities. Jacob Onyschuk went to a Beef SenSe conference in Ontario, Breanne Durie also went to Ontario for Canada's Outdoor Farm Show, as well as the National 4-H Conference in Montréal. Anna Van de Ligt went to the United States for the California State Leadership Conference. Kerstin Swanson, Ryan Yakemchuk, Siera Berg and I also went on the Northwest Territories trip we won at Selections.

Other than that, we have been injecting a HEALTH-y dose of our 4-H knowledge into various regional and provincial events, getting current 4-H members further involved in 4-H activities, as well as helping the community learn all of the advantages and life skills that 4-H has to offer. The Ambassadors' role is to promote 4-H and to pass on our leadership, communication, and personal development skills, helping leaders and members alike.

Ambassadors are a wonderful resource and are always willing to help make your 4-H experience the best it can be, whether you need help organizing an event, giving a workshop or presentation, or lending a HAND with any other 4-H related event or activity you need. Contact your Regional 4-H Specialist who will get in touch with an Ambassador near you! 🍀

The KEY To Success

BY: JANET KERR, *Regional 4-H Specialist – East & West, Key Leader Program Coordinator*

Across Alberta, there are approximately 70 Key Leaders who are eager to assist clubs and councils by providing information, coaching, workshops and other assistance as required.

Each year, we offer training to the Key Leaders at the Alberta 4-H Centre. This year the training was held from October 26 – 28. During the weekend a variety of sessions were offered to those present. Topics included 2013/2017 anniversary celebrations, Venture Out (a new resource for members and clubs, check it out online at www.4h.ab.ca as there are some fabulous resources available through it) plus many, many more. Thanks to Susann Stone of the 4-H Council of Alberta who did a great overview of the Leader Screening process and Carmen Stone of the 4-H Foundation who talked about corporate partnerships.

Much of Saturday was spent in a workshop on Emotional Intelligence, which was facilitated by a resource person from Grant MacEwan. Emotional Intelligence refers to the array of personal management and social skills that allows an individual to succeed in the workplace and in life in general. The five facets of Emotional Intelligence are self-awareness, self-regulation, self-motivation, empathy and social skills. A variety of activities allowed Key Leaders to understand more about each of these facets and how they relate to themselves as well as the work they do as Key Leaders.

If you are unaware who the Key Leader is for your district, contact the 4-H Specialist for your region and they can let you know who the Key Leader is and how to contact them. If your district does not have a Key Leader, I would encourage you to recruit one!

Key Leader Training is made possible by Presenting Partner - UFA Co-operative Limited, Partner Supporter – Government of Alberta and the Partner Host – Alberta 4-H Centre. 🍀



David Reifferscheid, Manager, Governance and Community Investment, UFA Co-operative Limited welcomes a new Key Leader to the program.



Key Leaders get creative at their training weekend.

PDP: What I Learned & Loved

BY: KATIE HILLSON

Goldenrod 4-H Multi Club and PDP Delegate



Delegates put their heads together at PDP.

Going into my first 4-H program after four years of belonging to my local multi club, I had no idea what to expect. Would I be sitting around all day listening to boring seminars about how to improve your leadership skills or would we be running around all day playing games?

Well, I will tell you that throughout the whole week, I was surprised. When I first arrived at the Alberta 4-H Center at Battle Lake, everyone was kind and welcoming. I was amazed at how the team had come up with ways to incorporate (actually very informative and fun) seminars into those awesome classic camp games with themes around everything from leadership and self-awareness to sustainability.

The PDP facilitators were awesome too! They were so chill, funny, friendly and relaxed and fun to be around. Most importantly, they were such an inspiration to every single 4-H Alberta member who attended the program. So, why should you come to the 26th PDP program next year? You will make friends that will last a lifetime, have some incredible food, learn valuable life lessons and most importantly, have tons of fun. 🍀

FUN FACT

Cherophobia is the fear of fun.

You're Invited To Participate in 4-H Canada's Centennial Public Speaking Competition

Presented by FCC

Public speaking has always been an important part of 4-H and so has agriculture. Combine the two and what do you get? How about an event to celebrate 100 years of 4-H in Canada? FCC and 4-H Canada have planned a special Centennial Public Speaking event to help celebrate 100 years of agriculture and 4-H in Canada.

Members from across the province are invited to prepare a speech with an agriculture focus. They may even want to add a 4-H twist to it, however, that is totally up to them!

Please note: This event will be held along with the 4-H Alberta Provincial Communications Competition. Members who qualify for the public speaking and presentations finals may also take part in this one-time centennial event, with a speech, if they so choose.

When: Saturday, April 6, 2013

Where: Olds College

Who can participate? This is an open competition for all 4-H Alberta members. There will be junior, intermediate and senior categories. Speeches for juniors and intermediates must be 3 – 5 minutes, whereas seniors must be 4 – 6 minutes.

To register: Please visit www.4h.ab.ca to download the application form.

Registration deadline: March 1, 2013

The winner in each age category will be awarded \$500 from FCC.

Speeches may be videoed and uploaded to 4-H Canada's website. Winners may be invited to present their speech at upcoming FCC events.

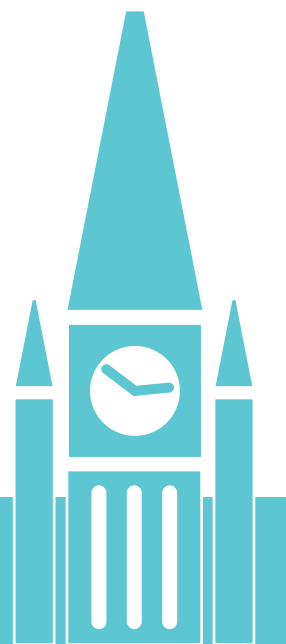
For more information please contact Cameron Horner at 780-427-0753 or cameron.horner@gov.ab.ca.



Farm Credit Canada



WHAT TO WATCH FOR



Provincial Summer Program Registration Opens

Registration for Provincial Summer Programs will open on February 15th and close on May 15th. To register, visit www.4h.ab.ca and click on Online Registrations. Using the member's Username and Password, you will be able to register, pay and monitor your registration progress.

Alberta Girls' Parliament

From March 20-24, 2013 4-H Alberta will send two female senior members to the Alberta Girls' Parliament in Edmonton at the Providence Renewal Centre. This program put on by the Alberta Girl Guides of Canada allows participants to learn about the parliamentary process and careers in politics while increasing their public speaking and debate skills. To apply, visit www.4h.ab.ca. Application deadline is February 10th.



Canadian/Japanese Exchange Program

Canadian 4-H youth and adults have been exchanging to Japan since 1990. The Nihongo (language) Exchange, a three-week Japanese immersion course, is offered starting in late June. Live with a family in Tokyo, attend classes and practice what you have learned downtown! Then start the summer exchange. You can also take part in this exciting inter-cultural exchange and stay with a Japanese family for four weeks from mid-July to August with the Month-Long program.

Expand your 4-H experience - host a Japanese student for one month! Many 12-16 year olds would like to experience Canadian 4-H family life from late July to late August. If you can only host for two weeks, ask for an adult chaperone. You can learn a lot about Japan from "tutors" who are similar to 4-H club leaders.

To apply, visit www.4h.ab.ca. Application deadline to participate in the outgoing Nihongo program is February 15th, and March 15th for the Month-Long program. The application deadline for hosting opportunities is May 15th.

4-H Alberta Scholarships

4-H Alberta allows members to individually realize up to the \$2,500 in provincial scholarship funds.

A number of regional and district scholarships are also available to members by filling out the online application. Application is available March 1st and the application deadline is May 6th.

Go to <http://registration.4hab.com/Login.aspx> to access the 4-H scholarship application website directly. More information about all scholarships available to 4-H members can be found at <http://www.4h.ab.ca/About/scholarships.html>.

For questions contact Jessica Patten of the 4-H Foundation of Alberta P: 1.877.682.2153 or E: patten@4hab.com

FUN FACT

Pssst! We'll be announcing the winners of the **GET GROWING CONTEST** in the Spring edition of the 4-H Alberta Magazine. See which club recruited the most new members in Alberta.



Faculty of Arts & Science
University of Lethbridge



Pledge Your Head to Clearer Thinking

\$15,000 in 4-H Alberta Awards available at the University of Lethbridge for 2013-14

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

5 awards of **\$2000** each AND 5 awards of **\$1000** each will be given to selected applicants. Award recipients must be registered as new high school students into the Faculty of Arts and Science BA, BSc or BAsC programs, regardless of major, for the 2013/2014 academic year.

The applicant must have a strong academic standing, be an active member of a 4-H Alberta club at the time of application, and have a permanent mailing address within the province of Alberta prior to enrollment at the UofL.*

Log on to ulethbridge.ca/artsci/awards for details.

Apply by March 15th 2013 to be eligible for this award.

DISCOVER.ulethbridge.ca

*Terms and conditions apply. See ulethbridge.ca/artsci/awards for more information.

University of
Lethbridge



Faculty of Arts & Science

Features

RALPH LEE – SUPPORTING 4-H FOR 50 YEARS

BY: SHELLY SLIMMON

Ralph Lee was instrumental in starting up our club in 1962, and he and his family have been involved with the club ever since! Ralph started out as the leader the very first year and never looked back. Now the Shortgrass 4-H Beef Club is turning 50!

In the beginning, Ralph was the leader, with Eddie Lee, Ralph Dixon, Russell Dixon, Allan Sturtevant and Joseph Harty as assistant leaders. The fact that all of these families are still involved today makes me very proud to be part of the Shortgrass 4-H Beef Club, where dedication and loyalty go hand in hand.

In addition to being a 4-H leader for many years, Ralph has chaperoned the Northwest Territories Agriculture Development Tour and club field trips. He's served on 4-H councils in addition to helping his own kids and grandkids with their projects as a parent and grandparent! Ralph has also supported the club as a buyer, donor and information source for countless 4-H members and families.

Ralph turned 92 this year and he is still interested in the club activities, knowing about the calves, communications activities and being there at Show and Sale day. Up until a couple of years

ago, Ralph even hand-crafted the "Open Class Grand Champion" award that he and his wife Doreen still donate and present today.

Doreen has been by Ralph's side during all these years when it came to 4-H. Like they say, behind every good man is a good woman - so true in their case! As an avid advocate for public speaking - she still wants to know the kid's topics, how they placed, and everything about it! Ralph and Doreen have had three children, three grandchildren and plenty of nieces and nephews go through the club.

There is great value for Ralph to have a presence in the club, so that our members know how this club started and who started it - and so when they see Ralph at the store, or out and about - they will recognize him, say hello and remember all he has done for the club and its members over the years. It's people like Ralph, who have shown so much pride and dedication to the club, who have who helped the club reach its 50th anniversary and really symbolize what 4-H is all about!

It is an honour to honour Ralph and to recognize him for his long time support of this club. Thanks for the 50 years, and for helping to get this club going all those years ago. You are very much appreciated! ❀



Ralph and Doreen Lee.

2ND ANNUAL CORPORATE PARTNERSHIPS APPRECIATION EVENING



BY: VANESSA BOSWORTH,
Corporate Partnerships
Coordinator, 4-H
Foundation of Alberta

On November 1, 2012, the Calgary 4-H Region led 4-H Alberta in celebrating great corporate partnerships by hosting the 2nd appreciation evening at the Crossfield & District Community Centre. This year's "Camp Appreciation" themed event provided a venue where 4-H Alberta Corporate Partners were appreciated, celebrated and thanked.

"This event was friendly and professional. It was warm, welcoming and kept with the 4-H spirit – from the food, to the inclusion of 4-H members at the sponsor tables, to the educational 'ice-breaker' activity, overall it was a very positive experience! I learned that 4-H is a very well-rounded service group that is creating good citizens for our shared future", stated first time sponsor representative attendee.

Above: Corporate Partner
Representatives.

Led by 4-H members, the event demonstrated the far-reaching benefits that Corporate Partnerships provide to 4-H Alberta. During the 4-H showcase, members, leaders and parents were able to engage directly with 4-H Alberta's Corporate Partners, allowing them to see the 4-H benefits and hospitality firsthand. 4-H members of all ages gave 4-H speeches and provided entertainment which further displayed 4-H Alberta's diverse projects and programs.

Corporate Partnerships allow 4-H Alberta to effectively deliver the program with a high degree of excellence. The contributions of engaged 4-H Alberta Corporate Partners have helped to develop some of the most talented, community-minded and recruitable youth the province has to offer. 🍀



This is a QR Code. QR stands for "Quick Response" and is used to take people to information quickly using a 3D barcode scanner. These scanners are built into most new Smart Phones and are also available for download as an app. You just scan the barcode, and the information that the code represents will pop up. The above code, for example, will take you to the 4-H Alberta website www.4h.ab.ca.

Why have we created a QR Code for 4-H Alberta?

QR Codes can be produced for free, and because they are so small they can save space and advertising costs. In fact, QR Codes can dramatically increase the value and usefulness of print ads, posters, business cards, and brochures. They can contain URLs, text and phone numbers.

Where would you use a QR Code?

- In a newspaper or magazine ad to provide follow-up information that can't fit
- To provide detailed reference or follow-up information
- On stickers or wall posters
- At a 4-H Booth to allow an interested member or leader to instantly access additional information without having to wait in line or ask a question
- On business cards or pamphlets to direct people to more information

FOUNDER OF 4-H IN ALBERTA RECEIVES WESTERN LEGACY AWARD

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

Since 2005, the Calgary Stampede has been presenting Western Legacy Awards annually to honour individuals and organizations for their exceptional contributions in preserving western heritage and values in the community. This year, in celebration of the Stampede Centennial, the 2012 Western Legacy Awards recognized 100 outstanding Albertans who have made an impact in our province by promoting the values of western hospitality, commitment to community, pride of place and integrity.

It is with great pride that 4-H Alberta announces W.J. Elliott, the founder of 4-H in Alberta, as one of the honourees celebrated at the awards reception in October of 2012. Elliott passed away in 1953 at the age of 78. There to accept the award on his behalf was W.J. Elliott's granddaughter, Midge Lambert. "I've always been proud of the role my grandfather had in agricultural education in Alberta and for his role as the founder of the 4-H in Alberta," says Lambert. "To see him recognized with the other amazing Albertans who were given this award makes me even more proud."

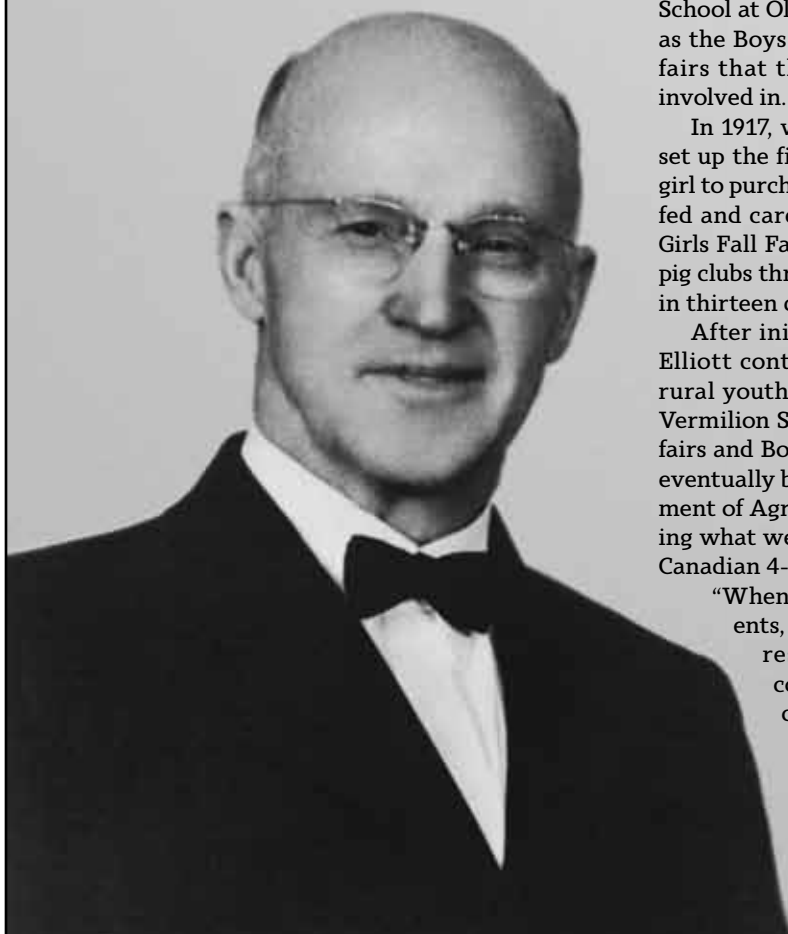
Mr. W.J. Elliot was born in Ontario in 1875. After obtaining his B.S.A. from the Agricultural College at Guelph he found his way to Alberta. In 1913, when the Government of Alberta set up three Schools of Agriculture, Mr. Elliott was appointed principal of the School at Olds. The development of the first 4-H club (known then as the Boys and Girls Club) was a natural extension of the school fairs that the agriculture schools and Mr. Elliott were heavily involved in.

In 1917, with the support of the Bank of Commerce, Mr. Elliott set up the first club in Olds. The bank loaned \$30 to each boy and girl to purchase two small registered sows, which the young people fed and cared for. The hogs were exhibited at the Olds Boys and Girls Fall Fair. In 1918, Mr. Elliott was put in charge of organizing pig clubs throughout the province. That year, clubs were organized in thirteen different locations, with a total membership of 255.

After initiating what 4-H Alberta considers its first club, Mr. Elliott continued to be directly involved with the education of rural youth for 30 years. During his years as the Principal of the Vermilion School of Agriculture, he assisted with both the school fairs and Boys and Girls Clubs in the Vermilion district. Mr. Elliott eventually became the Director of Junior Activities for the Department of Agriculture, where a major part of his work was supervising what we now call 4-H clubs. He also served as President of the Canadian 4-H Council in 1938.

"When you review the list of Western Legacy Award recipients, you have to feel proud of the Alberta history they represent," said Paul Valentine, Western Legacy Award committee chair. "Our province has been blessed with community-minded individuals who have created a better place for all of us." We owe W.J. Elliott the honour of founding 4-H in Alberta, and feel proud of the lasting impact that he and the program has had on Albertan communities and youth. 🍀

W.J. Elliot.





A budding artist on stage with Gord Bamford at the concert.

WHY 4-H IS GREAT

BY: 4-H FOUNDATION OF ALBERTA

The third annual “Why 4-H is Great” concert was a huge success, as Gord Bamford delivered an incredible show at the Lakedell Agricultural Complex, near the Village at Pigeon Lake on November 15, 2012. The ATB Financial sponsored event resulted in more than 880 people coming out to enjoy Gord Bamford in concert and support 4-H.

ATB also provided a mentorship session, featuring Bamford, who is a 4-H alumnus. The session included an hour long question and answer period that allowed Bamford to share his real life experience with local 4-H members.

Those at the concert were also impressed with the calibre of talent on display during the opening acts, performed by 4-H Alberta members Morgan McAloon and Chelsea Heaslip of John Ware Light Horse 4-H Club and Quinci Jones of the Olds 4-H Beef Club.

It was with their winning video about “Why 4-H Is Great” that the Lakedell 4-H Lighthorse Club came to host the community concert with Gord Bamford. “We are happy to say that with the help of Gord Bamford and ATB Financial our club has fundraised more than \$17,500 through this initiative”, said Joan Miller, Assistant Leader, Lakedell 4-H Lighthorse Club. “Thanks to ATB, these dollars will help to ensure our local programming stays vibrant and the personal development of our youth continues. As well, our club will be donating a significant portion of the proceeds raised to other organizations which positively impact our local community members on an ongoing basis”.

The evening wrapped up with an encore performance by Bamford. “It was such a pleasure to once again be involved with

another great fundraiser for 4-H. Congrats to everyone involved in this fantastic night,” stated Gord Bamford, country music star and 2010 CCMA Male Vocalist of the Year.

The “Why 4-H is Great” partnership between ATB Financial, Gord Bamford and 4-H Alberta has now raised more than \$37,000 in three years, all benefitting local 4-H clubs and communities. Visit the “Why 4-H is Great” Facebook page for more details. 🍀



From left to right: Quinci Jones of Olds, Morgan McAloon of Pollockville, Chelsea Heaslip of Calgary opened for Gord at the concert.

CLUB ANALYSIS TOOL

Each 4-H Club is unique. This uniqueness is one of the things that makes 4-H so fantastic. Clubs may choose to focus on different program aspects of 4-H, depending upon the expectations and needs of the families in their club.

Clubs are free to choose which 4-H program areas they wish to focus on. Some clubs choose to be very project focused, so they spend a great deal of time improving upon the project skills of their members. Some clubs plan many club activities for their members and families to participate in and others plan fewer events. Other clubs encourage their members to participate in many opportunities outside of their club. Their members attend many district, regional and provincial activities.

All of these scenarios are right if they fit the needs and expectations of the members and families in the club.

Using This Tool

Why:

- Become a more self-aware club
- Help with goal setting and program planning
- Ensure that your club has a common understanding of what type of club they are
- Give Key Leaders will have a better picture of the club
- Inform potential members and families what type of club you are

How:

- A leader or member can complete the assessment and share the results with the club
- The whole club (members and leaders) can complete the assessment, and the results can be averaged
- Do the assessment together as a club

4-H Alberta Club Expectations

Club Activities:

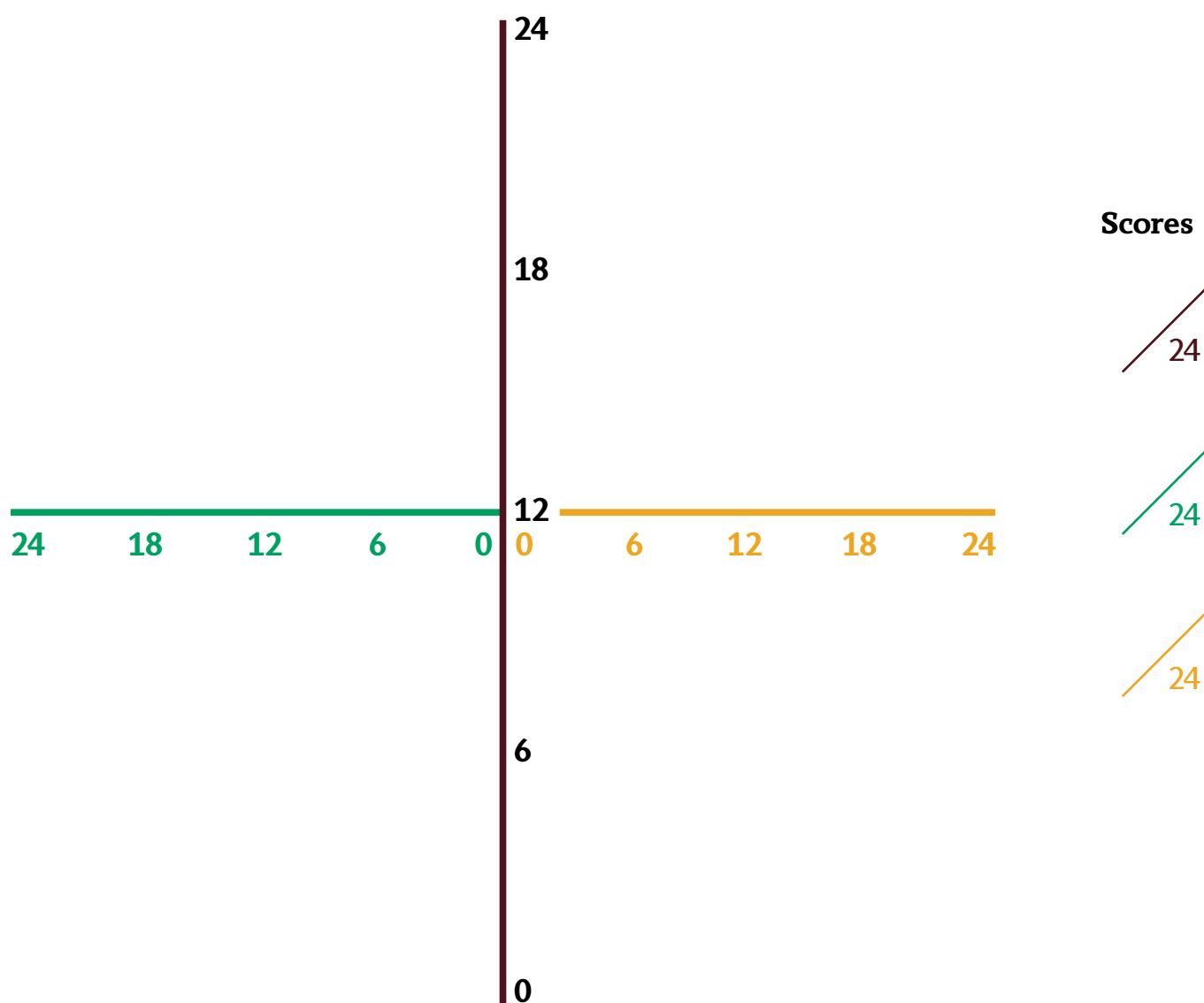
- Clubs must have a minimum of six business meetings each club year.
- Clubs must endeavor to conduct business meetings using Parliamentary procedures, which requires that only 4-H members move, second and vote on motions during the club year.
- Clubs must designate which activities/ events/meetings are mandatory requirements for members to attend. It is recommended that a program plan be circulated at the beginning of the club year to all 4-H families.
- Each club must provide an opportunity for members to complete their Communications and Community Service activities.
- Each club must hold at least one Achievement Activity during the club year.

What's Your Club's Triangle?

STEP 1: Read each statement and put a check mark in the column that most accurately reflects your club.

	Most Like Our Club	Much Like Our Club	A Bit Like Our Club	Least Like Our Club
COMMITMENT				
Our club provides opportunity for socialization for the <i>whole</i> family. (eg. snacks after meeting)				
Our club gets together at least once a month.				
Our club meetings are always on a set day of the month.				
Once our club sets our program plan, we stick to it.				
Our club encourages parent/adults to attend the meetings with their child(ren).				
Our club meets at a time that is convenient for all current members.				
PROJECT				
Our club puts a large emphasis on project development.				
Members are given opportunity for input at the start of the year regarding what they want to learn about their project.				
Most of our members joined 4-H for the project skill development.				
We encourage our members to attend district, regional or provincial skill development sessions or workshops related to project(s). (eg. Livestock Safe Handling or Horse Classic)				
We bring in experts to work with members to develop their skills.				
Our club encourages members to set project goals and identify achievements.				
ACTIVITY				
Each year we have members that attend regional and provincial personal development programs. (eg. Camps)				
Each year we provide a communication skill workshop for members. (eg. Public Speaking or presentations)				
Our club organizes activities for members and their families.				
Our club is active with district council and its activities.				
All members of the club have input into the program plan.				
Our club offers social and/or fund-raising events that are a "service" to our community.				

STEP 2: To find your club score in each category, assign 4 points to each check mark in the “Most Like”, 3 points to “Much Like”, 2 points to “ A Bit Like” and 1 point to “Least Like”. Record the total for each category, to a maximum of 24, in the boxes provided .



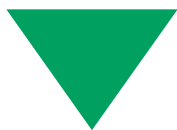
STEP 3: Plot the score for each section on the graph. The first score out of 24 is plotted along the vertical axis to reflect your clubs commitment level. Remember a low score in this is neither good nor bad. The second score will be plotted along the horizontal axis left of the center line. The third number will be plotted along the horizontal axis to the right of the center line. Now connect the dots, it's your club triangle

STEP 4: Identify Shapes at a Glance.

All clubs will have a triangle that is unique. Can you tell what types the following shapes represent?



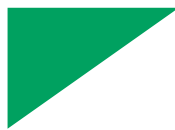
High
Commitment
Equal Project
and Activity
Focus



Low
Commitment
Equal Project and
Activity Focus



Low
Commitment
Project Focus



Low
Commitment
Activity Focus



High
Commitment
Activities Focus



High
Commitment
Project Focus

It is important to remember that all clubs within 4-H Alberta need to follow the basic club requirements covered on page one.

STEP 5: Review your triangle!

There is *no* ideal shape to aim towards; your club's ideal is the shape that fits the needs and wants of the families within it. Take a look at the shape of the triangle for your club.

- Do you think it accurately reflects your club?
- Is it what you thought it would be?
- Is your club focused more in one area, and is this reflective of the wants of the entire club? Example: If your club is very high in the project area, is that an agreeable goal of the club. Most members would have joined your club to learn their project material if this is the primary focus.
- If you did this analysis independently for your club, how similar is your shape with those of the other members, leaders and families in your club?

STEP 6: What Next? The following are a few examples of how you can use this tool.

- Look at the shape of our club triangle and think about the upcoming year. As a club you may want to shift either slightly to the project or to the activity side. You could do something like set a goal to send three members to a provincial program or have a project-related guest speaker present to your club. There are both project and personal development programs offered throughout the year. Talk to your Key Leader or 4-H Specialist about how to effectively make adjustments to your club's focus.
- When a potential new member calls someone in your club about joining, you can share this information about your club with them. If you are a high commitment club, tell them. Some families have the time to devote to a club that is very active, while others are looking for a club that will pair well with other family activities and interests.
- Tell other clubs in your district about what type of club you are. Let your Key Leader and 4-H Specialist know so they can also help to assist in directing potential members to your club, or inform your club of opportunities that come up.

Being Self-Aware Is A Strength!



CS
Calgary Stampede

4-H
ON PARADE

JOIN US FOR THE LARGEST
4-H EVENT
IN CANADA

MAY 31 - JUNE 2, 2013
STAMPEDE PARK, CALGARY, AB

For more information visit calgarystampede.com/ag

Two Outstanding 4-H Volunteers Receive Diamond Jubilee Medal

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

On February 6, 2012, Her Majesty Queen Elizabeth II marked the 60th anniversary of her accession to the Throne of Queen of Canada – an occasion marked only once before by her great-great-grandmother, Queen Victoria in 1897.

In celebration of this event, a commemorative medal was created. The Queen Elizabeth II Diamond Jubilee Medal serves as a visible way to recognize 60,000 outstanding Canadians of all ages and from all walks of life who have built and continue to build this caring society and country through their service, contributions and achievements.

To ensure that many fields of activity were recognized, partnering organizations, such as 4-H Alberta, were invited to select candidates from their community or organization for this national honour.

Through an extensive application and selection process 4-H Alberta is excited and pleased to announce two exceptional individuals and dedicated 4-H volunteers, Carol Arntzen and Sylvia Mathon, as recipients of this prestigious award.

Both Carol and Sylvia epitomize the values bestowed upon Queen Elizabeth II Diamond Jubilee Medal honourees. Their long-time dedication and commitment to community and 4-H will ensure that generations following in their footsteps are part ensuring of a strong society. And to understand their contributions to 4-H one only has to look at the long list of commitments, achievements and hours spent dedicated to the organization.

Carol calls Sedgewick home and is "beyond humbled" when asked to describe her feelings. "I can't believe people would deem me worthy of such an honour but I want to thank everyone in the 4-H organization for considering me. I am truly grateful."

"It's an unbelievable honour to receive this prestigious award," Sylvia states. Hailing from Innisfail Sylvia adds that she never dedicated the volunteer hours to 4-H with a goal of being recognized. "I just do it for the kids, plain and simple."

Carol and Sylvia will officially receive their decoration at the 4-H Alberta Leaders' Conference, taking place January 11-13, 2013 in Edmonton. 🍀



Workplace Improvement



Kubota's new M60 Series have re-defined tractor technology to help you get your work done faster and more efficiently. All M60's feature new Kubota 85 or 100 Hp diesel engines, direct linkage transmission with hydraulic shuttle for smooth transitions and a redesigned, ergonomic operator's station. Available in 8, 12 and 24 speeds with open station or "Canadian Climate" factory cabs, the "work smart" M60 Series will boost your efficiency. Visit your local dealership today for the whole story.

Kubota.ca | Like us on
Facebook.com/KubotaCanada



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





Making Time For Safety Training

BY: NICOLE HORNETT, Regional Farm Safety Coordinator

It is a well-known fact – our lives are busy. No matter what time of year it is, it often seems difficult to find time for training. What's wrong with now? Developing or maintaining your safety training has a wide range of benefits.

Positive Change to Attitudes and Safety Behaviors

Youth and adults with first aid training are more aware of their own behaviors and motivated to avoid injury. By providing training to groups within the same community, changes to individual behaviors occur in addition to the positive influence they have on others close to them!

Positively Impact Your Employment

Have you heard of the Eight Keys to Employability? Employers place value on many skills and attributes including health and safety habits. Seeking and maintaining safety training shows new or current employers that you place value on health and safety, too!

Stay Current With Your Industry

Machinery is getting bigger, faster and more powerful. New farm products are always entering the market. Changes to regulations can happen quickly. How will you keep up? Training keeps everyone informed. Seasonal refreshers act as reminders about changes, new practices and existing hazards around the farm.

Due Diligence

We're all responsible to ensure we live and work in a way that doesn't put others in harm's way. It is vital that everyone know their responsibilities and duties on the job, communicate their intentions and are sufficiently experienced for the task. It's better to decline to do a task than to put yourself or others in direct danger.

This year, invest the time in yourself, your family, your club, your community and your industry by putting safety training on your priority list. Remember, training doesn't always have to take place in a classroom! Many excellent resources and opportunities are available through books, videos, the internet, webinars, podcasts, community events or 4-H meetings. As community leaders and emerging leaders, people look up to you and watch what you do. If you make safety training a priority in your life, you never know who you may influence to do the same! 🌱

Behaviour Research from http://acir.ca/Upload/documents-reports/reports/literature-review-of-the-relationship-between-first-aid-training-and-injury-rates/LitReviewFirstAidInjury_000.pdf



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 few months Cleaver will be surfing around on www.4h.ab.ca and we want you to find him! Between the 5th and 15th of each month (beginning on October 5 and ending on March 5) 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

Navigate the 4-H Website with Cleaver Application

Only one submission per person will be eligible to win. Please mail this application (postmarked by April 15, 2013) to the:

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

October 5 – 15

November 5 – 15

December 5 – 15

January 5 – 15

February 5 – 15

March 5 – 15

Name:

Age:

Mailing Address:

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 4-H Alberta. 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 Branch, 7000 113 ST NW RM 200 EDMONTON AB T6H 5T6, 780-427-0753.

HERNANDO ALEJANDRO DIABLO'S FAVOURITE SOUP

Great for warming people up during the chilly winter months of 4-H! Submitted By: Kindrie Wardley & Morgan Chodzicki (Fiesta Sistas)

Makes 4-5 servings.

Ingredients:

¾ lb	Ground beef
1 pouch	Lipton vegetable soup mix
1 can	Tomato sauce
2 cups	Water
1 can	Kidney beans
1 cup	Frozen corn
2 tsp	Chili powder
1 tsp	Oregano
½ tsp	Garlic powder
Toppings:	Sour cream, grated cheese, taco/nacho chips

Directions:

Brown beef and drain fat. Add remaining ingredients except toppings. Mix well. Bring to a boil and simmer covered for 15 minutes. Serve in bowls with a dollop of sour cream and a sprinkle of grated cheese for toppings. Serve nacho chips on the side for dipping.

For extra authenticity, when serving to guests, you may clap your hands twice quickly and shout, "olé"!!!

To submit a recipe to the 4-H Alberta Magazine, simply email it along with a picture of the final product, to magazine@4h.ab.ca



FYI

Being a 4-H Member & Completing a 4-H Year Means...

- 1 Attending **70% of Club Activities**
- 2 Participating in a **Communications Activity**
- 3 Participating in the club's **Community Service Activity**
- 4 Completing a **Project Record Book** for each project completed
- 5 Participating in the club's project **Achievement Activity**

Conflict Management Series: Writing Effective Emails

BY: ANDREA CHURCH, *Regional 4-H Specialist – Calgary and Southern Region*

One of the most useful communication tools we have today is the internet, or more specifically email. Emails can be a terrific way to quickly send information to 4-H families. Unfortunately, this method of communication can often lead to destructive conflict. Here are a few tips and tricks for avoiding conflict sparked by a 4-H related email you are sending.

Assume that email is public. Even if your server is secure and you have tight account restrictions, you are safer to consider all your emails as accessible to the world. Also, once you have sent an email, who the recipient forwards the email to is beyond your control.

Think of the subject line as a headline. How you word the subject line will help the person identify the email at a later date. Make the subject line specific enough that the person can find the email quickly after it has been read. If at all possible, make one point per email. If you do put several points in one email, consider presenting the points with bullets.

Consider who should receive your email. Does everyone in the club need to know or is it a committee concern? After determining who should receive the email, decide how it should be sent. Using to: or cc: allows everyone to see the email addresses of all the recipients. Using bcc: sends the email to all addressed but no one sees the other recipient's email addresses.

Get to the point quickly while at the same time watching your "tone". Keeping up with the volume of emails we receive can be difficult. You risk the person not even reading the email if it is too long. Be sure to break up your thoughts into paragraphs or bullets to make for easy reading, while keeping your tone in mind.

Provide background information if it clarifies your comments or may prevent a lot of extra questions. Enough information needs to be provided for a full understanding of the email topic. Don't assume the reader has the background information that they need. For example, an email stating that a meeting has been cancelled may be sufficient. But, if some people don't know that a bridge is washed out or a guest speaker can no longer attend, there may be questions from email recipients.

Use proper spelling and grammar. Whether it is your first or thousandth interaction with someone, you make an impression with the email you send. So, be sure to include a greeting and use proper spelling, grammar and punctuation. Opinions differ when it comes to using emoticons; those smiley, sad, funny faces people add to their emails. Some feel it has no place in business while others feel it is a quick way to show one's feelings. You decide.

DO NOT WRITE IN CAPITALS. People may perceive the use of all caps as you shouting at them and therefore being angry.

Avoid bringing beliefs and values that don't apply to the situation into the email. 4-H is a non-denominational program for youth. All religious beliefs need to be respected and left out of 4-H.

Pause before you click send. We all lead busy lives and 3:00 am may be the only time you have to write the email - but remember that you're likely very tired and may not be thinking clearly. If you find yourself angrily writing an email, sleep on it

or wait a few hours to until you send. Waiting allows you the chance to gain some perspective and think about how best to articulate your email. Consider when you are reading over your email, how you would feel if you were on the receiving end, not the sending.

Lastly, **remember that there is another human being at the receiving end of your email.** No matter who the recipient of your email is – familiar or not, 4-H is part of a community and community extends past 4-H to other aspects of your life. If there is one thing I have learned over the years, 4-H and our rural roots shrink the size of the province significantly and someday you may have to speak face to face with the recipient of that email. If you wouldn't say something to someone in a face-to-face interaction, you shouldn't write it in an email to them either.

If you are careful with how you construct your emails, they will get read and act as a valuable communication tool.

Watch for the next article in the Conflict Management Series – Effectively Responding To Emails. 🌱

Information sources:

www.forbes.com/2009/08/04/effective-email-etiquette-leadership-careers-basics.html

<http://emailreplies.com/>

www.mindtools.com/CommSkill/EmailCommunication.htm



MEADOWBROOK
GREENHOUSES INC.

Bring color to your community with beautiful plants, and raise funds for your club at the same time!

Earn \$10 or more for each spring basket you sell. Flowers are Alberta grown and are delivered on your requested dates.



- 🌱 Survey your area, neighbours, family, business to see if there are enough orders to make this fundraiser feasible for your club.
- 🌱 Contact Meadowbrook Greenhouses Inc. to receive your information package and order forms.

1-888-886-GROW (4769)
info@mbrook.ca



Your hard work can work even harder.

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—and that's where we come in. ATB's 4-H Loan Program helps you buy the stock or crops you need while teaching you about money management, so you'll soon be ready to run your own farm.

Talk to an associate at your local ATB branch about your 4-H Loan or visit atb.com today.

CASHFLOW | FINANCING | CLOSE TO HOME | AG KNOW-HOW

ATB Agriculture™

™ Trademarks of Alberta Treasury Branches.

Travel & Exchange

Welcome to Alberta Oxford County 4-H members!

Action Packed Exchange for Drumheller District

BY: MICHELLE AND JANICE HOOVER, *Drumheller District Exchange Participants*

Four 4-H Clubs in the Drumheller District made up an eleven delegate exchange group. Add in eleven delegates from Oxford County, Ontario and the fun begins. We knew it was going to be great when the two groups came together at the Calgary Airport and all became “honorary calgarians” in a White Hat Ceremony. Delegates made a promise to extend western hospitality and that they did.

The delegates spent from July 10 -19 exploring Alberta's diverse culture, geography and agriculture. Day 1 was spent touring the Primrose Dairy Farm in Rowley to see the robotics at work milking and feeding the dairy cows as well as cleaning up after them. Then, delegates journeyed back in time with a visit to the Morrin Sod House and the Morrin Corner Bison Ranch. The day wrapped up with a bison burger barbecue at the Starland Recreation Area.

Hang on to your hats! Soon we were at the Calgary Stampede helping celebrate the Stampede's Centennial. We tried to see it all and took in the rodeo, chuck wagon races and grand stand show. It was a once in a lifetime experience to attend the Stampede with 22 friends.

The rest of the days flew by with visits to the Royal Tyrell Museum, Atlas Coal Mine, the Hoodoos, Badlands Centre, TL Bar Ranch, and much more. We fit in two family days where families chose their own activities. Families did many different activities, such as visiting Banff, Rosebud Dinner Theatre, the Passion Play and golfing.

Our final day was spent paint-balling and wrapping up with a pizza party and fun at historic Rowley. Thanks to our communities and families for all the support.



Before we knew it, we were en route to Oxford County. Our exchange group saw and did lots, made new friends, and had loads of fun. 4-Hers were warmly welcomed into the homes and families in Oxford County and Drumheller District.

Oxford County is the dairy capital of Ontario. Delegates toured many dairy farms and visited an Artisan cheese maker and enjoyed tasty cheese samples. Chocolate milk is the beverage of choice in Oxford County. From August 7 -16 delegates explored Oxford County's diversity in culture, geography and agriculture. Visits to Niagara Falls – including a ride on the Maid of the Mist, and a trip to Wonderland were also highlights.

Time flew by with beach days – swimming and volley ball, zip lining, and camp fires. We even got to see a play at Stratford Theatre and tour a chocolate bar factory. Two family days were action packed with activities such as going to the CN Tower, a Blue Jays ballgame, the Hearts and Boots Music festival and much more. Some delegates saw Paul Brandt in Alberta and Ontario! Our final day was spent swimming in an abandoned lime stone quarry.

Soon it was time to go home and everyone agreed – “4-H is Great! We should do this again.” 🍀

Touring the Morrin Corner Bison Ranch.





Delegates sample some authentic Montreal poutine!

NATIONAL CONFERENCE

BY: KARLENE OESCH, *Trip Attendee*

Our exciting journey started early in the morning on September 19th, we were Montreal bound! Upon arrival we got to meet our fellow Canadian delegates from all over Canada that we would be spending the next few days with, and would hopefully become our lifelong 4-H friends.

Alberta was well represented by Carlee Dobos, Winston Gamache, Travis Hunter, Curtis Nester, Karlene Oesch, Jessica Sperber, Alexandra Woodrow and Shelby Zmurchyk. The theme for this year's National Conference was "Destination Communication", so on the first night we had a presentation about how powerful social media is, and how using it to express your thoughts and opinions can lead to positive change!

On day two, we got to go to Pointe-a-Calliere Museum where we got to see some old artefacts and the story on how Montreal came to be. Our Alberta group enjoyed the free time, some of us decided while in Montreal why not indulge in the poutine that Montreal is renowned for. That night, we split into groups and explored Old Montreal on a Ghost Hunt. We got to see more of Montreal's history through actors hidden around the town. Let's just say some of us were more squeamish than others when it came down to the ghosts "speaking to us".

On the Friday, we got to visit a fromagerie where we got to sample goat's milk cheese as well as go on a tour of the farm. Following the visit to la Ferme Ruban Bleu, we went to Quinn Farm where we had lunch as well as a tour of the orchards. That night, we had a presentation on our communication styles by Samantha Biron, one of my favourite presentations.

On Saturday, we visited the CBC studios in Montreal which were really cool. We got to see rehearsals and shows being recorded and watched by live audience! The CBC in Montreal has one of the largest studios in North America; we also got to tour the sets where CBC's soap operas and Christmas shows are filmed!

Saturday night we had our final banquet, closing ceremonies, special presentations and our final dance. We all knew that this was our last night together, so we chatted, exchanged numbers, made Facebook friend requests and followed each other on Twitter.

This year's trip was an experience of a lifetime. We were very proud to have one of our own 4-H Ambassadors there on behalf of the Youth Advisory Committee, Breanne Durie! On behalf of all of our trip members, I would like to thank 4-H Alberta, trip supporters, 4-H Canada, as well as 4-H Quebec for putting on such a great show. The 4-H National Conference in Montreal was much like my 4-H career, "more than I had ever imagined"! 🍀



Left to right: Sally Barkwell, Joanne McCrae, Marvin Molzan, Margaret Zmurchyk and Diana Lyster.

Helping Montana Celebrate 100 Years of 4-H

BY: JOANNE MCCRAE , Trip Attendee

Honoring the Past, Celebrating the Present, Envisioning the Possibilities – the 2012 Montana 4-H Leadership Forum was held in Billings, Montana celebrating their state's 100th Anniversary of 4-H. 4-H Alberta leaders who attended were Marvin Molzan, Sally Barkwell, Margaret Zmurchyk, Joanne McCrae and Diana Lyster.

Our journey started on Thursday September 27, 2012 in Airdrie from which we continued to Lethbridge to pick up Margaret, to Shelby, Montana for and then to Great Falls. Friday saw us touring the Ryan Dam just out of Great Falls, Montana and then travelling on to Billings. On Friday night our assigned hostesses Lacey and Brenda took us to supper at the Cracker Barrel Restaurant (which has nothing to do with cheese, but everything to do with good food and shopping).

Later at the opening ceremonies the Northern Cheyenne and Crow Nations demonstrated dances traditionally performed at pow wows. Young people in full costume danced the warrior, grass, chicken, fancy, and jingle dance accompanied by the Wolf Boys drummers. Saturday session highlights included: positive thinking, robotics, wind energy turbines, comedy improv, clover buds, and appreciative inquiry.

Saturday evening brought the anticipated green tie/black dress gala (three of us Albertans thought it was a green dress/black tie gala, so Marvin secured a green tie from a hostess, and the rest of us went as planned). Heritage Families (at least 3 generations in 4-H) and Hall of Fame Inductees were some of the people recognized for their contribution to 4-H. A 4-H through the decade's presentation was enhanced by dances commemorating the decade being referred to. Kyle Shobe & The Walk 'Em Boys band then treated us to an evening of 'get on your feet and get moving' dance music.

Sunday morning prior to heading home, the Alberta delegation detoured to the site of Little Bighorn Battlefield which commemorated Custer's Last Stand. We enjoyed hearing the 'historical' rather than the 'Hollywood' version of the battle. The Custer Battlefield Trading Post served up "Indian Bread" and provided another shopping opportunity with lots of genuine Indian crafts, blankets and beaded items of clothing and jewellery. Just out of Billings we took a little hike to see the



Leaders putting their feet up in Montana.

pictograph caves which contained carved markings dating back 3000 years.

The Alberta Leaders who attended the 2012 Montana Leadership Forum appreciate the hospitality of the Montana 4-H Forum Committee and the support from the 4-H Leader and Member Travel Opportunity Fund that made this incredible experience possible. We highly recommend that all leaders take advantage of the opportunity to attend a 4-H Leader Trip. As 4-H Leaders we need to preserve the past, appreciate the present and explore the possibilities to develop and mentor our youth. 🍀



A proud supporter of **4-H Alberta**
and proud to be a part of your
community.



Unique Financial Services

AFSC

INSURANCE • LENDING • INCOME STABILIZATION

1-877-899-AFSC (2372)

www.AFSC.ca

BEEF SENSE

BY: JACOB ONYSCHUCK, *Premier's Award Recipient*

This past summer I had the opportunity to attend 4-H Ontario's Beef Sense Conference in Guelph, Ontario. The purpose of the conference was for youth involved with the beef industry to interact with each other, learn and understand about the future of their industry.

The conference got off to a great start! The first speaker we had was Ontario's Minister of Agriculture, Ted McMeekin. After Mr. McMeekin, we heard from Cory Van Groningen, who was the winner of the Ontario Outstanding Young Farmers Award.

In the afternoon, we had more sessions. We went through business planning with Farm Credit Canada, a workshop on Aggressively Marketing Calves, and my favorite, Consumer Marketing. In the Consumer Marketing workshop we heard from Heather Travis of @CanadianBeef. I have never met someone who was so passionate about marketing Canadian beef, and working collectively as a country to promote beef across the nation.

Later, we heard from Steve Miller from the University of Guelph who talked about ongoing beef research and Andy McNiven who spoke about some management tips.

Day 2 was tour day. We toured Cargill Meat, Pallister Farm, and Mike Swidersky Farms. Cargill was really neat. It's amazing to see how our steaks are made. One thing that I found so interesting was how much human involvement still exists with cutting up a carcass.

Pallister Farms was an amazing farm to visit. In one year they:

- Feed around 9000 animals
- Haul cattle to be processed almost every week
- Have eight hired men to help them with harvesting and cores

Mike Swidersky Farms was also really cool. He custom grazes 300 stockers. He moves them everyday and tries to make sure that the grass is grazed so that each plant is only bit once. It was neat to see how effective his methods are, especially since Ontario is experiencing a drought.

Overall, the trip was an amazing experience, and I am so grateful to 4-H Ontario for helping get me there. The connections I made and experiences I had were invaluable! 🍀



Conference attendees.



Mr. Pallister showing some of the corn they grow and then roll to feed to their feeder cattle.



Mike Swidersky explaining his grazing management system.

Ag' bright lights hailed by Calgary Stampede International Youth Livestock program

JULY 14, 2012 CALGARY – Cameron Olson doesn't just love agriculture. He lives it.

Olson, 19, of Calgary, has completed one year of studies at that venerable institution, Texas A&M University, in College Station, Texas, where he's taking animal science – and, of course, rooting for the Aggies.

"Yeah, I think that's a required course," he said Saturday with a laugh.

Olson was an urbanite for the first 10 years of his life before his parents moved the family out to a farm southeast of Calgary. Olson took a shine to agriculture, especially after his folks started a small herd of purebred cattle, and that's where he sees his professional life taking him.

"I'm thinking I will probably go into reproduction of some sort – genetics, semen technologies, something like that," said Olson. "I'm thinking about coming home when I'm finished down there, and taking a master's in business.

"The advancements in the past 50 years have really been amazing, and it's exciting to think the next 50 years are up to my generation, really," he added. "The kids showing right now are the ones who are going to take the livestock industry forward."

The Calgary Stampede's International Youth Livestock program continues to provide fuel for that fire. On Saturday, the Stampede and its sponsors – Tervita, Bayer CropScience, ConocoPhillips, Enbridge,

WA Ranches, the Alberta 4-H Foundation, Ted and Enid Jansen, and the Calgary Stampede Foundation – presented their annual array of post-secondary scholarships to future leaders of agriculture. The number of recipients (55) and total scholarship dollars (\$65,000) are the most in program history, and gifts of belt buckles and jackets for all scholarship winners bring this year's expenditure to just over \$80,000 – nearly double the program's 2011 total.

The International Youth Livestock program's 55 scholarship recipients were named at the conclusion of the Summer Synergy show – a week-long collaboration between the Stampede and the Olds Agricultural Society in Olds, Alta., that wrapped up on Stampede Park. About 350 competitors from across Western Canada, with about 600 head of livestock in tow, took part in the 2012 Summer Synergy show this year by exhibiting animals in sheep, dairy, or beef species classes.



All 55 International Youth Livestock scholarship recipients took a bow Saturday night on stage at Stampede Park during the evening Grandstand Show.

\$3,000 Scholarship Recipients:

Andie Hadway of Didsbury,
Casey Morey of Ferintosh,
Tessa Nybo of Sundre,
Dakota Townsend of Sylvan Lake,

\$2,000 Scholarship Recipients:

Katelyn Dietrich of Forestburg,
Kyle Dodgson of Sangudo,
Becky Domolewski of Taber,
Raymond Gallelli of Crossfield,
Kylee Hebbes of Strathmore,
Brandon Hertz of Duchess,
Jaclyn Hunter of Ferintosh,
Luke Marshall of Innisfail,
Carling Matejka of Ponoka,
Kelley Whelan of Irricana,

\$1,000 Scholarship Recipients:

Cameron Olson of Calgary,
Margriet Appel of Penhold,
Courtney Black of Foresters Fall, Ont.,

Kylina Chalack of Carstairs,
Katelyn Crest of Athabasca,
Shallaine Daley of Carstairs,
Ty Dietrich of Forestburg,
Shae-Lynn Evans of Kenaston, Sask.,
Candace Fankhanel of Ferintosh,
Stacia Grundberg of Camrose,
Michael Haeni of Didsbury,
Travis Hunter of Ferintosh,
Lars Iversen of Olds,
Lisa Jakobsen of Olds,
Chad Lorenz of Markerville,
Coleman Nixdorff of Airdrie,
Dale Palsson of Strathmore,
Rebecca Shuttleworth of Airdrie,
Jessica Sperber of Rimbey,
Janet Taylor of Pincher creek,
Halley Adams of Forestburg,
Jared Couch of Calgary,
Tyson Matejka of Ponoka,
Cassidy Matthews of Olds,
Wacey Townsend of Sylvan Lake,

\$500 Scholarship Recipients:

Gus Dietrich of Forestburg,
Kathryn Dolliver of Stettler,

Brandon Fraser of Cochrane,
Josie Hadway of Didsbury,
Haylea Jones of Carstairs,
Kayla Jones of Carstairs,
Quinci Jones of Carstairs,
Colton McMahon of Forestburg,
Cayley Peltzer of Rosemary,
Shaelyne Williamson of Coaldale,
Keely Adams of Forestburg,
Cailey Church of Airdrie,
Justin Couch of Calgary,
Landon Hebbes of Strathmore,
Cache McLerie of Sundre,
Jaedan Miller of Didsbury.

Also on Saturday, under the Big Top, four young competitors who displayed exceptional conformation and presentation of their respective species projects were crowned IYL Supreme Champions as part of the 30th annual UFA Steer Classic – Lindsey Papenhuyzen of Stony Plain (Supreme Purebred Beef Champion), Brandon Hertz of Duchess (Supreme Commercial Beef Champion), Katelyn Crest of Athabasca (Supreme Dairy Champion), and Victoria Wehlage of Milk River (Supreme Sheep Champion).

Congratulations to ALL youth participants!!

Regional News & Events



Calgary Region members greet those attending the Corporate Sponsorship Appreciation Evening.



Calgary Region members showcase some of their project work at the Corporate Sponsorship Appreciation Evening.

Calgary Region

BY: ANDREA CHURCH, *Regional 4-H Specialist, Calgary and Southern Regions*

With an “earlier than usual” harvest, clubs in the Calgary region got off to a quick start this 4-H year.

There are a couple interesting trends that are emerging in the 2012/13 4-H club year. Firstly, there are more livestock clubs that are providing other projects to their membership and secondly, members participating in the sheep projects are on the rise.

As times change, it is important that 4-H clubs change with the times. Although there are a few families have the time to run children to various clubs that offer specific projects, those numbers are decreasing. Therefore, clubs are looking at other projects that members find interesting so that they can provide the “full meal deal” to the entire family.

“Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic.”

Unknown

This club approach is often met with great enthusiasm; it eliminates extra meetings and allows for a better chance for all to succeed. Just because a club introduces new projects to the members, the name of the club does not have to change if the members don't want it to. I know that is a concern of some of the community members of the long standing clubs in the province. Try introducing a new project or two first before completely changing the dynamics of the club. The change may work or it may need to be revised for another year or maybe the idea just won't work at all for the club. The membership and leadership will never know unless they try. 🍀

East Central Upcoming Events

February 6	Regional Council Meeting – 7 pm, Airdrie Ag Bldg
March 23	Regional Communications Competition – Strathmore Civic Centre
April 3	Regional Council Meeting – 7 pm, Airdrie Ag Bldg



Watch for flying objects! East Central Region members enjoying program activities.

East Central Region

BY: JANET KERR, *Regional 4-H Specialist – East & West Central*

The ever popular Junior Winter Camp returns again in 2013. This year the camp will run from February 22 – 24 at Circle Square Ranch, near Halkirk. Popular activities at the program include rock climbing, horseback riding plus games of all sorts. A dedicated group of 4-H alumni and senior 4-H members will be the staff and counselors for this program and we thank them for their efforts to allow junior 4-H members a chance to experience camp for the first time, or renew some acquaintances made at other winter or summer camps.

To apply check out www.4h.ab.ca and then go to Regional Events – East Central and check the calendar of events for February, 2013. There will be a link to the application form on that page. Forms were mailed to club leaders in September.

The East Central Regional Public Speaking Competition will be held on Saturday, March 23rd. The Flagstaff District will be hosting. Further details will be announced at District Council events and in the e-mail blasts from the 4-H office.

Regional Presentations will be held on Sunday, March 24th, with the Stettler District hosting this event. Again further details will be announced.

Don't forget that February 15th is 4-H night with the Red Deer Rebels. This is a great chance to see some good hockey, enjoy a family oriented club activity and maybe renew some acquaintances made at summer programs. Tickets are only \$10 per person.

The next Regional Council meeting will be held on Friday, April 12th at the Coronation Community Hall. Each district should have a minimum of two representatives at this meeting, but everyone is welcome to attend. Contact the 4-H Office in Stettler for an agenda. 🍀

Northeast Region

BY: LEILA HICKMAN, *REGIONAL 4-H Specialist – Northeast*

It was an exciting fall with a few new clubs joining this year and a lot of optimism in the region.

The Kirk Stierwalt Clipping Clinic was a fantastic and exhausting experience for everyone involved!! It was amazing to meet and learn from the 'man on the can' about the show products that

many of our members will be using in the year to come. Due to the huge success of this clinic an additional one is being planned with Kirk. For more information contact our office.

The Northeast region hosts a regional project book competition each year that recognizes those individuals that wish to go beyond the basic record keeping. It is a true compliment just to make it to this competition, but for those that were successful a cash award was presented at the NE Forum at Portage College, Lac La Biche. Thank you to the Lamont district for marking and awarding the members.

Reminder to all NE clubs and districts that we have very skilled Key Members and Key Leaders spread throughout the region, who are trained and ready to help your club. Please consider using these valuable resources. Thank you to all the NE participants that attended each of the training sessions.

The annual NE Forum is the highlight of the year in the Northeast, with the theme for this year being '99 Years and Counting'. It is a family-oriented program that provides learning and sharing experiences for members, leaders and families. The morning sessions allow participants to learn and experience a



Kirk Stierwalt making a point at his Clipping Clinic.

number of different topics of interest. There are plenty of valuable opportunities for participants to network and share ideas with people from across the region at this program. The afternoon is all about celebration and recognition. Special members and leaders receive awards throughout the ceremony.

Special congratulations to this year's Award of Distinction winner Gladys Menzak. We are extremely proud of Gladys and all that she has contributed to the 4-H program. As she eloquently stated "I did all the things I have done with 4-H for the kids and the program, never for the recognition."

We also had the pleasure of listening to Jacob Onyschuk, the 2012 4-H Premier's Award recipient. As our keynote speaker, Jacob provided us with an inspirational message about his 4-H experience.

Thank you Lac La Biche district for all your time and effort, it was a fantastic day!

For many of the Junior members within the NE region, Fall Fling is the first exposure to a 4-H camp. This twenty-four hour program allows junior members, aged 9 - 11 years old, the opportunity to experience an overnight camp that really leaves them with an appetite for more! The members that attended this program were exposed to a wide variety of creative sessions, large group games, and a taste of the local culture. Friendships forged during this program will remain a highlight for many years to come. Thank you to the Bonnyville district for treating us to a fantastic camp!

A quick reminder! If you've been out promoting your club and 4-H you should to snap a picture and send it in for a chance to win a prize for your club. Whether you had a parade float or participated in a Christmas community event with your club – send in your photo! The draw will be February 4th, so there is lots of time to get your photos in. ❀

Welcome Aboard Moody's Equipment!


FYI

4-H Alberta welcomes Moody's Equipment as a 4-H Alberta Champion supporter for 2012/2013 club year!

As part of their commitment, Moody's will be working closely with 4-H Alberta to help support communication skill development in their local operating areas. This consists of direct support to the Calgary 4-H Region Communications competitions as well as select District Communication competitions including: Footshills, Kneehill, Lacombe, Mountainview, Red Deer, Rocky Mountain House, Rockyview, Vulcan, Willow Creek and Wheatland.

"We are strongly encouraging our staff to get involved in local club and district communications competitions, as well as the Calgary Regional Competition, as judges and volunteers," said Gerry Popplewell, Marketing Co-ordinator, Moody's Equipment. "This is a chance for Moody's to really interact and provide a direct benefit to 4-H clubs in our areas. We want to be engaged and have 4-H engage with our employees. The more we can help youth become better communicators and have our own employees see firsthand the real benefits of 4-H, the stronger our partnership and our communities will be".

Any clubs or districts looking for judges and volunteers from AltaLink, CAPL, Calgary Stampede or Moody's Equipment are strongly encouraged to contact the 4-H Foundation of Alberta – ph: 1.877.682.2153 or email: partners@4hab.com.


OLDS COLLEGE
100 years
1913-2013

FARRIER SCIENCE

Fast Track Your Career!

If you enjoy working with horses and want to earn a good wage, the Farrier Science diploma program will give you the edge you need. Our hands-on training techniques, state-of-the-art facilities and experienced instructors have made Olds College the premier farrier school in North America.

www.oldscollege.ca

For additional information,
please contact an Enrolment Advisor
403-507-7713 or 1-800-661-6537 (ext 7713)

***Request an
Information Package TODAY!***

Applications Accepted Nov. 1st



Northwest Region Key Leaders at Key Leader Training weekend in October.

Northwest Region

BY: JOCELYN MCKINNON, *Regional 4-H Specialist – Northwest*

Talk about excitement for a new horse project event! On November 3, 2012 about 80 members and 40 leaders gathered at Villeneuve Hall for Horse Play! Following a speaker on massage therapy for horses and a quiz slide show, members rotated through Identification Stations on colors and markings of the horse, types of bits, ID feed samples, parts of the saddles, equipment ID station, farrier tools, and parts of the hoof. The adults were kept busy making sure the members had a good time as well as learning about Venture Out.

With a new venue, a new program, and a new host district, the 4-H Fair still provided an excellent showcase for the life skills projects in the Northwest. From the moment they arrived to the time they left, members crafted and created and displayed all kinds of projects. Members in the Life Skills and Other Animals Project Book Competition were recognized for their efforts as well as those who entered the newly revised Bench Show.

In 2012 the Northwest Region experienced record breaking numbers of participants in the Beef, Horse Life Skills and Other Animals Record Book Competitions with over 170 books advancing from district level competitions. Congratulations to all the members who made the extra effort to prepare and enter their books into the competitions.

Frosty's County Fair will be celebrated at the annual regional winter camp February 1- 3, 2013. This camp for Intermediate and Senior members will be packed full of outdoor fun featuring all the events you might find at a fair.

The 15th annual Focus on 4-H returns to Mayerthorpe July 5 -7 with shows, workshops and special events galore. Online registration will start in February. Chairman Nigel Bennett is recruiting new committee members and encourages all districts

and clubs to send representatives to the meetings as well as to participate in sub-committees planning activities.

Colleen Prefontaine and Tina Biro, newly elected President and Secretary, will be leading the Northwest Region through a busy year of programming in 2013 as well as changes to a number of program fees and events. The next regional meeting will be March 23, 2013 in Villeneuve. ❀

Peace Region

BY: ALEXIA HOY, *Regional 4-H Specialist – Peace*

The Peace region is all set for the coming months and various 4-H activities! With new 4-H clubs in the Clairmont and the Keg River areas there are increased opportunities for youth to experience 4-H in the Peace!

The last two weeks of July saw approximately 90 4-H members, counselors and summer staff descend upon Camp Artaban for the Regional Summer Camp. Thank-you to our camp mom, all the counselors and staff who made summer camp possible!

On a very warm first Saturday in September leaders from across the region gathered to collect their Fall Mail Out and attend learning sessions on various topics. Leaders were introduced to the new resource Venture Out and were put through a few activities to get them thinking like an entrepreneur and to identify various entrepreneurial skills that members in their clubs may have. A mini-workshop to help leaders navigate the Online Registration System was also presented. It was great to see many leaders from across the region!

In conjunction with Fall Leaders Forum, the Peace Region held their second annual Senior Weekend at Training "S.W.A.T.". With a large contingent from the Rocky Lane/ Fort Vermilion area members were put through their paces in various sessions including communication activities and effective meetings. Participants also presented their experiences at various Provincial programs they may have attended over the summer to leaders. Thank-you to ambassadors Bryan Lentz and Katie Oatway for your work with this program!

Held in February, Junior Winter Camp allows members to experience camp, but eases anxiety by only being 24 hours. Members participate in a variety of events focused on FUN, safety, skill and personal development. Activities may include crazy carpeting, crafts and games.

Hosted in April, the Spring Rally and Regional Bench Show provide members with a wide range of opportunities. Members participate in a judging workshop prior to the Regional Judging Competition, which is the qualifying event to attend Provincial Judging. Not only is there judging of animals, but there is also classes on Consumer Decision Making. Any member of the Peace Region is eligible to participate in the Regional Bench Show which hosts a wide range of classes! ❀

Peace Upcoming Events

February 8-9	Jr. Winter Camp – Fairview
March 7-9	Peace Country Classic – Grande Prairie
March 16	Regional Public Speaking – Hosted by Grande Prairie
April 13	Spring Rally and Regional Bench Show
April 27	Regional Meeting – Fairview

FUN FACT

In our dreams, we only see faces that we already know.

South Region

BY: GINNY SMITH, *Regional 4-H Co-Ordinator, Southern Region*

The Southern 4-H Region loves to party! We held another successful celebration and learning day in early October, highlighting the achievements of leaders and members and recognizing Friends of 4-H, all of whom are the "Keys to Our Success". Kubota sponsored the afternoon which was filled with learning sessions including Leader Training, Learning About Beef, Judging mini-sessions and a craft session. Swimming was included for the members, while adults were able to visit before supper.

Evening emcees and southern Ambassadors Adriane Good and Kerstin Swanson kept the evening flowing smoothly, starting with multiple Friends of 4-H awards, Sherry Laczkowski as the Regional Council Friend of 4-H and the Claresholm Agriplex and facility manager David Hansma, as the Southern 4-H Regional Horse Committee's first-ever recipients. Leaders were recognized for their years of service, while members received recognition of their achievements through the Provincial Awards of Excellence program, the Provincial Selections program, plus accolades for achievements at regional programs. 34 members were recognized for receiving Southern Region scholarships this year as well.

Farming Smarter hosted their annual conference in Medicine Hat in December, and some of our top Regional 4-H Communication winners had the opportunity to share the stage with some world-class speakers as they each presented their 4-H speech or presentation to the conference attendees. This great partnership demonstrates what our 4-H youth have to offer. This year's evening auction proceeds will assist with 4-H programs within the Southern Region.

We will start 2013 with a huge birthday party! A celebration of 100 years of 4-H in Canada will take place on January 19th at the Lethbridge Exhibition. Southern region clubs will put up displays during the afternoon trade fair, and members will be able to attend a variety of sessions and guest speakers throughout the afternoon. There is also an Art Contest – open to individuals or groups of members. The premiere event is a banquet for members, leaders, parents and alumni, with an evening celebration of 100 years of 4-H Canada. 4-H in Canada will only turn 100 once, and this will be a great "rehearsal" for the celebration of 100 years of 4-H in Alberta in 2017. EVERYONE loves a party! ❀

South Upcoming Events

February 2	Farming Smarter South 4-H Region Judging Competition – Brooks Silver Sage Arena
February 15-17	Snowfest Jr. & Int. Winter Camp – Whispering Pines Camp, Elkwater

West Central Region

BY: JANET KERR, *Regional 4-H Specialist – West & East Central*

4-H'ers from the West Central region will be invading the Alberta 4-H Centre from March 1-3 for Junior Winter Camp. This program is open to 4-H members between the ages of 9 and 12 and is always a great deal of fun. Activities are held both inside and outside, with sliding down the hill at the 4-H Centre being one of the most popular. 4-H alumni and senior 4-H members make up the staff and counselor team. They always do a great job of organizing and running the program.

To apply check out the www.4h.ab.ca and then go to Regional Events – West Central and check the calendar of events for Feb-



FortisAlberta Community Cares Contest Returns!

The second annual Community Cares Contest launched September.

Community improvement or clean-up projects from 4-H clubs in the South, East Central, West Central and North-east Regions, completed in September 1, 2012 – June 1, 2013 are eligible.

Clubs are required to document their progress and compile it into a final presentation which can then be submitted directly to the 4-H Foundation of Alberta or posted on the contest event page on 4-H Alberta's Facebook page.

Four \$1,000 prizes will be awarded (one winner from each of the four regions, for a total of \$4,000).

ruary, 2013. There will be a link to the application form on that page. Forms were mailed to club leaders in September.

Senior Regional Public Speaking will be held on Saturday, March 23rd, with the Camrose District hosting. Intermediate Public speaking will be held on Sunday, March 24th with the Lacombe District Hosting. Ponoka District will be hosting the Regional Presentations competition on Saturday, March 16th. More details regarding each of these events will be announced at District Council meetings and through the e-mail blasts from the Stettler 4-H office.

Don't forget that February 15th is 4-H night at the Red Deer Rebels. This is a great chance to see some good hockey, enjoy a family oriented club activity and maybe renew some acquaintances made at summer programs. Tickets are only \$10 per person. ❀



West Central members enjoy some fun in the snow.

Club+District Articles



Happy horses at the Bear Valley Horse Rescue.

FIELD TRIP TO THE BEAR VALLEY HORSE RESCUE

BY: VICTORIA MOORE AND MEGAN BEIERLE

Our club, the Midnight Express Horse 4-H Club, recently paid a visit to the Bear Valley Horse Rescue. Each year, our club chooses an organization to lend our hands to through community service, and this year we decided on the Bear Valley Horse Rescue. This organization rescues, rehabilitates, and re-homes healthy and usable horses; educates the public about the plights of unwanted horses and animals and networks with other rescue organizations to place distressed horses in good homes.

In order to help this organization, our club worked together with the Lazy S Horse Facility to gather feed and gently used horse blankets. Our club successfully gathered fifteen horse blankets and hundreds of pounds of feed to donate. When we to visit the site of the Bear Valley Horse Rescue with a group of boarders from the Lazy S Horse Facility (who also donated food, horse blankets and cash), we learned a lot about the charity.

Bear Valley Horse Rescue owner and operator, Kathy Bartley, started the rescue operation out of her sheer love for horses and her desire to rescue them from distressing situations or unnecessary slaughter. She already had the facilities needed, so she started rescuing and purchasing horses with the hope and

plan to rehabilitate them and eventually find them good homes.

By 2003 the Bear Valley Horse Rescue became a registered charity. When asked about the horses they rescue each year, Kathy said, "Last year, we adopted twenty-six but some years we don't rescue any new horses. The number each year really depends on if we think we can rehabilitate and re-home the horses we come across."

The rescue doesn't like to see a horse go to waste if they know they can help out, but Kathy says, "We do have a plan before we head to auction, and we need to stick to that plan." When it comes to adopting out the horses that they rescue, there is an application and interview process that interested parties must go through. Those adopting from the Bear Valley Horse Rescue may not resell the horse or take it to auction.

The Bear Valley Horse Rescue believes in giving horses the second chance that they deserve. The members of our club were surprised by the sheer number of horses Kathy and her husband Mike have worked so hard to rehabilitate, and saw that our donations would be put to good use. With the members being so passionate about horses, it was wonderful for them to see the passion of others making a difference to so many horses. This is definitely a good place to go if you would like to see commitment and passion for horse rescue in action.

The Bear Valley Horse Rescue welcomes anyone to visit the rescue farm. Check out their website at www.bearvalleyab.org or call (403) 637-2708. Donations are always welcome. 🍀



UNIVERSITY OF ALBERTA COLLEGIATE CLUB

BY: CARLY HANSON, *Club Member*

Hello 4-H'ers! We are excited about our 3rd year together as a club. We have some great events planned this year and we want to involve YOU!

We are a collegiate club based out of the University of Alberta in Edmonton

with the Agriculture, Life, and Environmental Sciences Faculty. Our club has about 20 members and growing and we are enrolled in a wide variety of degrees from Agriculture to Engineering!



Left to right: Historian Rebecca Tokariuk, PR Chair Hilary Baker, Event Chair Breanne Durie. All three ladies are taking BSc in Agriculture. Rebecca and Breanne are Crop Science majors and Hilary is an Animal Science major.

We have a big big event planned this spring and would like to extend the invite to everyone involved with 4-H Alberta. We are hosting a 4-H day on campus where you will get a chance to see the main North Campus, the South Campus farm and take part in some great events with us. Check with your Regional 4-H Specialists, and on the 4-H Alberta website for our event details.

We have been busy getting involved with events on campus this year. Here is a photo from the University of Alberta Open House where three wonderful ladies worked with the ALES Faculty to promote their degrees in Agriculture. We also had a float in the Bar None Parade!

We are on twitter @ualberta4h and we have a blog which you can check for event updates as well www.ualbertacollegiate4h.blogspot.ca/ 🍀

College isn't all fun and games (but a portion of it is)

Lakeland College has basketball, cross country running, curling, futsal, soccer and volleyball teams in the ACAC.

Lakeland also has strong rodeo and rowing teams that compete in intercollegiate competitions.

Ready to elevate your game?
Visit www.gorustlers.ca



Proud host of the 2013 CCAA Women's Volleyball Championships



Small But Mighty

BY: TASH SIERPINSKI, Club Reporter,
Ponoka 4-H Renegade Riders

Our small club took on a huge challenge. We grabbed "HUNGER" by the horns and stomped all over it Renegade Rider style. The Ponoka 4-H Renegade Riders Club participated in Encana Corporation's Race Against Hunger Campaign by doing a raffle over the seven days of the 76th Annual Ponoka Stampede.

We kick started our mission by putting a float in the Ponoka parade – so that the community and visitors would know about our mission. Thanks to our generous sponsors, we collected over \$5000.00 worth of prizes to be won. We held a daily raffle over six days during the Ponoka Stampede. All of the proceeds from the \$2.00 ticket sales went directly to the Ponoka Food Bank. What made this even more exciting, is that Encana would match us dollar for dollar from the ticket sales.

We were thrilled to raise \$2112.75 which then Encana matched. So we were able to present the Ponoka Food Bank with a cheque for \$4225.50.

This was a big undertaking for our little club to tackle and it could have not been made possible without our sponsors. Thank you for your generosity in helping us help your/our community. Big thanks to everyone who lent a hand with the campaign and those near and far who purchased tickets – we had winners from all over Alberta. As 4-H Alberta Ambassador, Clayton Andrew said to us during the campaign, "4-H isn't just about the speeches and beef, it's about the people you meet and the friendships that will last forever".

4-H has an awesome motto, "Learn To Do By Doing", and let me assure you that we are certainly doing that. It's great being a 4-H member! 🌱

4-H Clubs in select Encana operating areas (Grande Prairie, Ponoka, Strathmore, Dawson Creek) can help to raise food, funds and or awareness for their local food bank in the 4-H Fights Hunger Campaign in conjunction with Encana's Race Against Hunger Program. The summer campaign is important because often donations to the food banks are fewer, despite constant community need.

Throughout each campaign, 4-H members will use their marketing, community service and public speaking skills to support the initiative. To see if this opportunity is available to your club, please contact the 4-H Foundation of Alberta: 1.877.682.2153



Check out page 30 to try one of the delicious recipes in the Tees Club Cookbook.

Tees 4-H Club Launches Cookbook

BY: ASHLYNN DUFFY, Club Reporter

The Tees 4-H Wranglers Light Horse and Rodeo Club is off to a great start. We just kicked off our 3rd year as a club and have members from Clive, Tees, Alix and Lacombe. Our project focus continues to be on horsemanship skills and the rodeo project. For our first meeting we had a great turn out with four new members and one Cleaver Kid.

On October 6 -7 we kicked off the year with a great riding clinic at the Vic Almond Arena with Marty Gardner as our instructor. We all enjoyed it and hope to do it again soon! On October 21st our club had a Halloween ride where all of our members dressed up and even a few of our leaders decided to dress up. The costumes were great!

A huge shout out to Lauren and Cassandra Crick for qualifying at the Provincial 4-H Judging held at Lake Land College, Vermilion. Cassandra went on to the Northern International Livestock Exposition in Billings, Montana. Lauren went to the Canadian National 4-H and Youth Judging Competition at Agribition in Regina, Saskatchewan. Congrats to them both!

Together with our families and some great 4-H supporters we have put together an amazing cook book full of tried and true recipes. The "Grits N Grub" cook book is here and it's full of awesome recipes! We will be selling our cookbook for \$15.00. The money from this club fundraiser will go towards educational clinics and materials. If you would like to support our club by purchasing one or more of these fabulous cook books please contact Michelle Mushinski at 403-784-2618 or by email at bryonsfamily@msn.com.

We would like to dedicate the Wranglers Grits N Grub cook book to all those who make 4-H so great. A special thank you to everyone who shared their yummy recipes with us! Remember to "Learn to do by Doing" by trying out our recipes, you won't be sorry. 🌱

BASHAW BEEF WEIGHS IN

BY: CHARLENE BROSINSKY, Bashaw
4-H Beef Club

The Bashaw 4-H Beef Club members gathered for weigh in on October 20, 2012 and there was snow on the ground! The 2012-2013 year will be the 63rd year of operation for the Bashaw 4-H Beef Club. This year the club has twelve members and 2 Cleaver Kids. We're doing beef projects ranging from market steer, carcass steer, heifer, and cows with calves. The Bashaw 4-H Beef Club is a very active club taking part in Highway Clean-Up, the interclub 4-H show, judging workshops, communication and community service activities. 🌱



Back row (left to right): Zoe Cannon (assistant leader), Luke Poffenroth, Colin Fankhanel, Karen Fankhanel (leader), Lindsay Fankhanel & Wyatt Peters-Brosinsky.

Front row (left to right): Quinn Kisling, Natasha Chitwood, Emily Kohlman, Annika Pearson, Connor Pearson, Catharina Brosinsky & Shane Kohlman.

Missing: Brooke Van de Voorde.



Matching costumes
for horse and rider!

EDGERTON 4-H CLUB OFF TO GREAT START

BY: SIERRA BAZLEY, *Edgerton 4-H Club*

We are gearing up for another great year! We have lots of new members this year and are excited about our fun projects. This year we'll be having foods, beef, horse, crafts and canine projects. We've got lots to look forward to this year with fundraisers, 4-H day displays, beef weigh-ins, communication and community service activities.

The Edgerton and Wainwright 4-H clubs came together on October 21st to celebrate Halloween with fun games a great potluck and some very creative costumes! Fun was had by all.

We wish all our fellow 4-H'ers a great year! Hope we meet you down the 4-H trail. 🌿



UFA SUPPORTS 4-H CLUBS

Loyalty Program

The 4-H Loyalty Program returns this year and all 4-H members will receive new cards valid from September 1, 2012. The 4-H Loyalty Program offers all 4-H members 15% off select supplies at all UFA locations. The loyalty card has also expanded to include a 5% discount on all feed for your 4-H project!

4-H Leaders are encouraged to contact their local UFA Member Relations Representative to arrange delivery to a club meeting or to a local UFA Farm & Ranch Supply store. Alternatively, members can visit their local UFA Farm & Ranch Supply store to pick up their new discount card and learn about the program.

Achievement Day Support Packages will be available for pickup in the spring! Watch the website for more details.

Ralgro Distribution Form

Merck Animal Health is offering province wide sponsorship of the growth implant Ralgro to 4-H Beef Clubs. UFA once again, supports 4-H Alberta, by acting as the Provincial distributor of Ralgro, available at a one dosage per member basis.

Check online ([http://www1.agric.gov.ab.ca/\\$department/deptdocs.nsf/all/4h6312/\\$FILE/UFA_Ralgro.pdf](http://www1.agric.gov.ab.ca/$department/deptdocs.nsf/all/4h6312/$FILE/UFA_Ralgro.pdf)) for the request form to take to your closest UFA Farm & Ranch Supply store. This sheet must be complete in order for you to receive the product and an application gun.



Message of Appreciation

BY: JORDIE PRESTIE, *4-H Alumni*

Provincial 4-H Horse Show Committee,

Thank you so much for helping to organize the Provincial 4-H Horse Show. For the last three years I have really enjoyed attending it and I appreciate all the hard work the committee has done for us 4-Hers who attend.

The opportunity to meet, befriend, and show against members from across the province is a unique opportunity that 4-H offers to its members. My last 4-H event was the Provincial 4-H Horse Show, it was a great way to finish my 4-H career. Seven great years of 4-H flew by and were made possible thanks to volunteers like yourselves.

Thanks again,
Jordie Prestie 🌿

Jordie at the Provincial 4-H Horse Show.

SEE WHAT LAMMIE'S HAS IN STORE FOR YOU.

Lammie'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).

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



PROUD SPONSOR of 4-H

LAMMIE'S
WESTERN WEAR & TACK
www.lammies.com

EXPERIENCE THE **EVOLUTION** OF WESTERN WEAR

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

DREAM IT. ACHIEVE IT.

UFA is offering 15% OFF livestock supplies and tack products and now 5% off all feed for your 4-H project*

Just show your 4-H member card at your local UFA Farm and Ranch Supply store and you will receive a **NEW UFA 4-H Member Discount Card** to be shown during each visit.



* Valid from September 1, 2012. Discount for 4-H Club Members only. Must be presented with valid 4-H member card. Offer does not apply to animal health products. Cannot be combined with any other offer.

