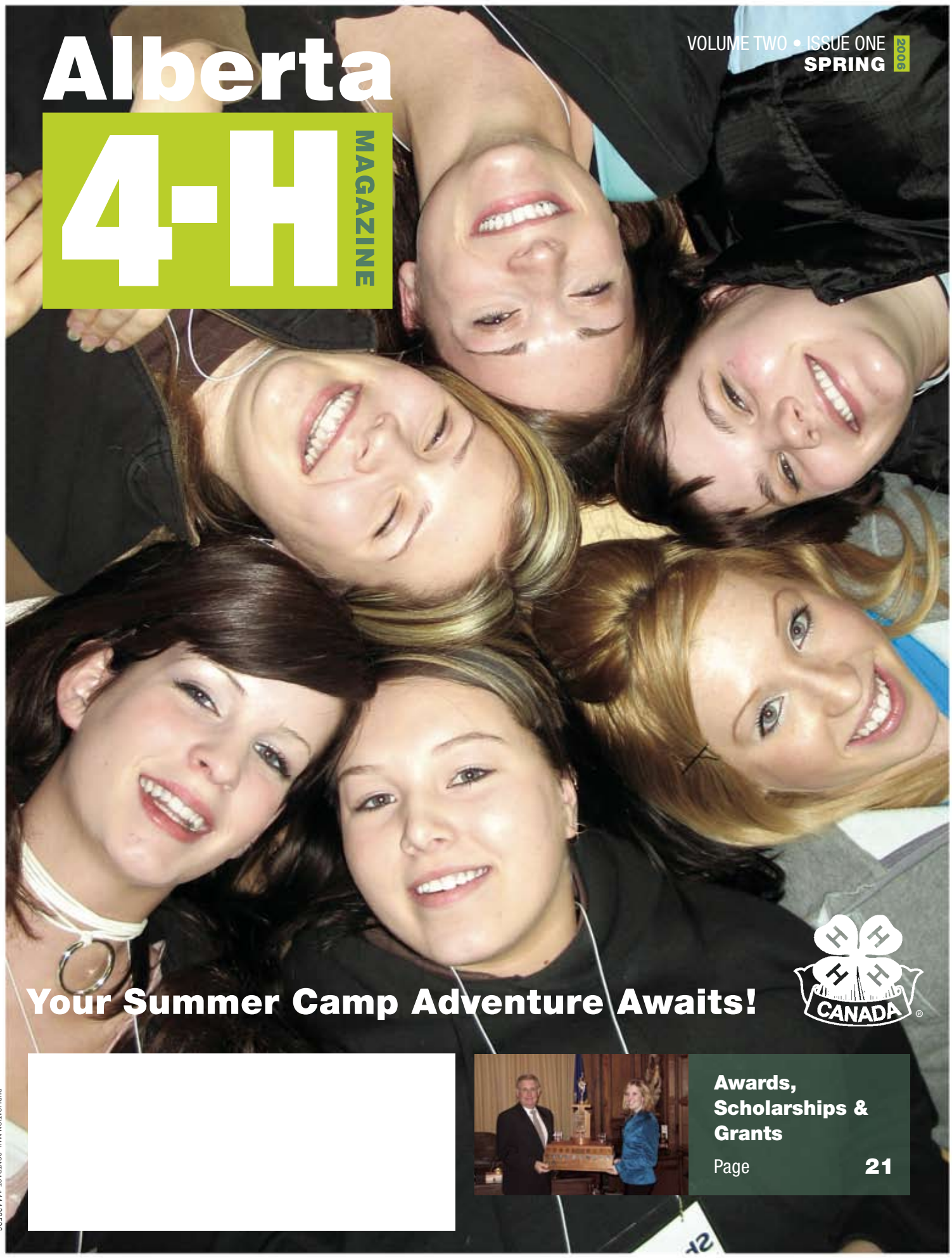


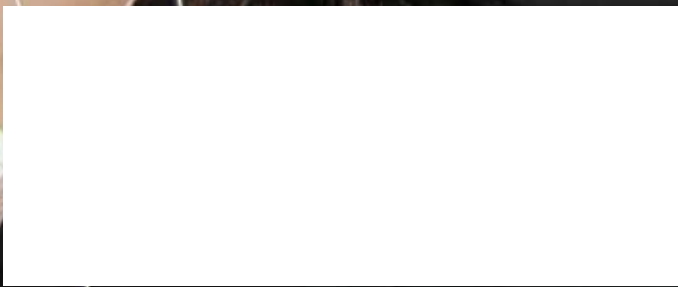
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# 4-H

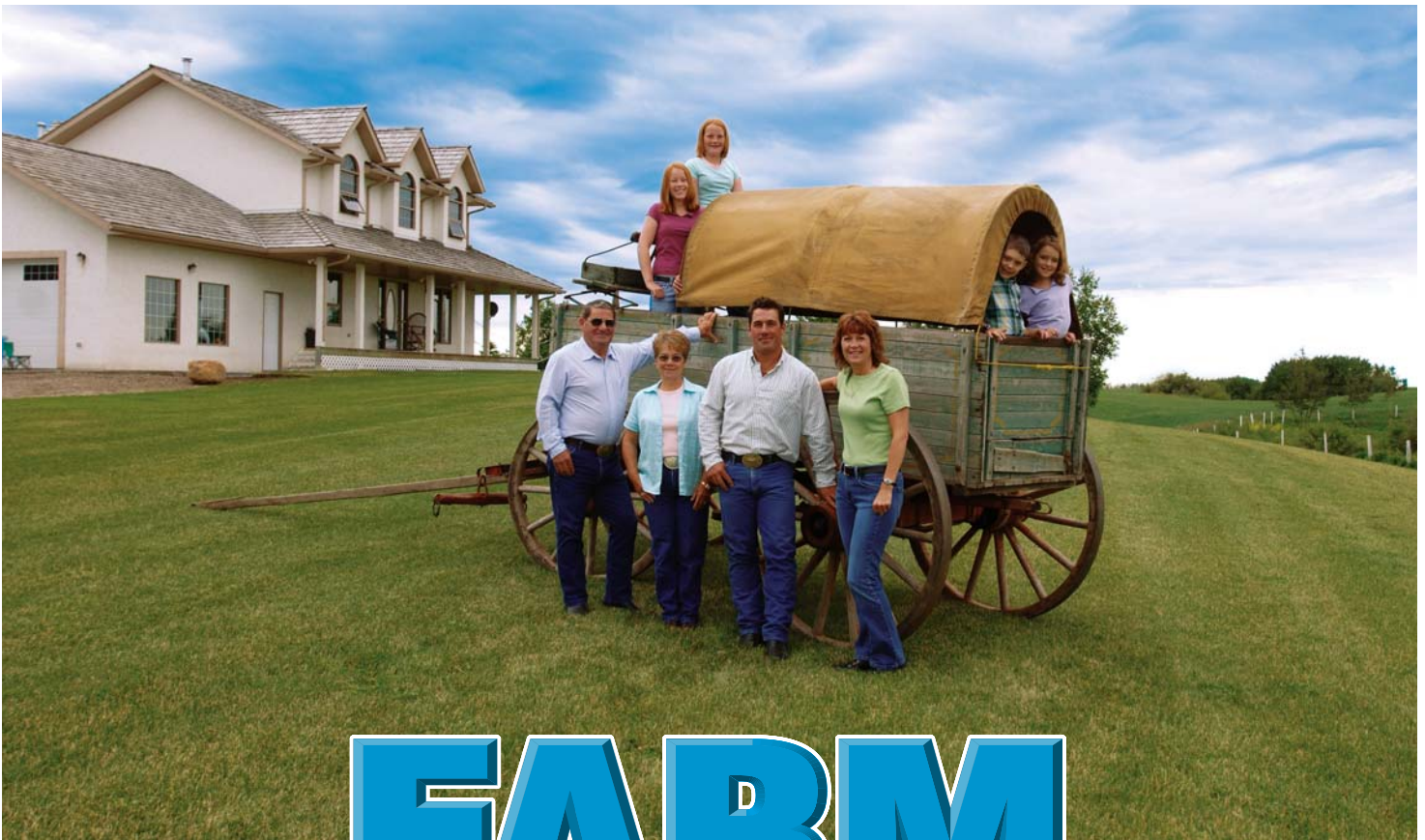
MAGAZINE



**Your Summer Camp Adventure Awaits!**



**Awards,  
Scholarships &  
Grants**  
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# FARM INSURANCE

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## Submission Guidelines

Your articles are important to us and we can't wait to see them in the next issue of the Alberta 4-H Magazine!

We spent considerable time working with members and leaders like you to determine what types of articles captivate 4-H'ers attention. To keep with the recommendations of your fellow members and leaders, please use the following guidelines:

### Please submit:

- Pictures – we want to see you and your friends taking part in fun activities. Remember to include the names of the people in the photo
- Feature stories such as a large fundraising effort, special trip or innovative activity
- Articles 325 words (1.25 pages double spaced) or less in length, highlighting only the most relevant activities of your 4-H activity, trip, exchange etc
- Articles that encompass the 5W's, who what where when and why

### Please avoid submitting:

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

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

## Alberta 4-H Magazine

### Editor:

Mark Muchka

*4-H Specialist – Communication and Marketing*

### Administrative Assistant:

Cathrine Schribar

### Design & Layout:

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

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

### 4-H Branch

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

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

### Deadlines for submissions:

March 1, August 1 & November 1

### Distribution to public:

April 1, September 1 & December 1

## Advertising Inquiries

Please contact the 4-H Foundation of Alberta at 1.877.682.2153 or [foundation@4hab.com](mailto:foundation@4hab.com)

Deadline for submissions are February 15, July 15 & October 15

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

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Cover Photo: Senior Member Conference 2006

# Editorial

## Can you define what '4-H Spirit' is?

This is often a term we hear in 4-H, but if you could use three words to describe it, what would you use?

For me, the words that stand out are cooperation, caring and community. As 4-H clubs, we work together, show pride in our 4-H projects and activities, and volunteer in local initiatives.

Through these initiatives, we are not only improving ourselves, but also are strengthening our local communities, which have never needed us more than they do now. Rural populations are on the decline and many communities are facing economic challenges that threaten their very existence.

Since the beginning of 4-H in our province, we have always been integral in supporting the very communities that we call home. For example, we hold fundraisers, host events and take part in beautification initiatives. This commitment to community service is documented in our 4-H Pledge:

*I pledge my head to clearer thinking,*

*My heart to greater loyalty,*

*My hands to larger service,*

*My health for better living,*

*For my club, my community and my country.*

A recent survey entitled 'Rural Priorities: A Survey of Rural Albertans', indicates that fifty-four percent of rural respondents feel that volunteerism and community/neighbourly support were the best ways to improve community health. So, with this statistic in mind, I encourage you to show your appreciation for those individuals and organizations that help make your club year a success, and to look for opportunities to share the 4-H spirit with them to help make our rural communities the greatest places to live, learn and grow.

Yours in 4-H,



**Mark Muchka**

4-H SPECIALIST AND EDITOR OF THE 4-H MAGAZINE

## Contact List

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

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# Contests

## 4-H Art Contest

**Contest Deadline: July 1, 2006**

Do you have some artistic talents or just like to draw? Well then the 4-H art contest is for you! Draw us a picture of something relating to 4-H (could be a drawing of your project, the 4-H mascot, you and your friends having fun in 4-H, or anything else your creative mind comes up with). If your drawing is selected as the winner, you will receive a gift certificate (valued at \$50) to Toys 'R' Us. The names of other entrants will be entered in a draw, with three being drawn to receive additional gift certificates (valued at \$25 each). Please note, you may submit as many drawings as you like, however your name will only be submitted once into the draw.

Your entry/entries may be used as covers for 4-H thank you cards, which will be professionally printed and made available for clubs, councils, etc. to help recognize those who have made a difference. Entries may also be used for other 4-H publications.

Please include this entry form with your drawing(s):

NAME \_\_\_\_\_ AGE \_\_\_\_\_

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

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

PHONE \_\_\_\_\_

BRIEF DESCRIPTION OF THE ARTWORK \_\_\_\_\_

Your signature below indicates that you agree to release this information. Please call (780) 427-4466 if you have any questions about this statement.

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

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

Send submissions by July 1, 2006 to:

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



## Name this Mascot

**Contest Deadline: May 10, 2006**

Chad Harden is one of the most influential drivers in professional chuckwagon racing today. Not only is Chad an experienced driver that exhibits strong leadership, but he is also a past Alberta 4-H member. Chad was a successful pony chuckwagon and chariot driver for 13 years before he started driving on the World Professional Chuckwagon Association circuit in 1999.

Chad has gone squirrely in 2006 by developing a mascot. He would like the help of Alberta 4-H members to name his mascot. This mascot will be seen around Alberta at all the WPCA events.

Study the picture carefully and send the name for Chad's squirrel to:

[foundation@4hab.com](mailto:foundation@4hab.com)

4-H Foundation of Alberta  
RR # 1  
Westerose, AB TOC 2V0

Please include your name, club, address, phone number and age. All submissions must be received by May 10, 2006.

The member that chooses the winning name will receive a grand prize package. For more information about the contest call the 4-H Foundation of Alberta at 1-877-682-2153. Visit [www.wpca.com](http://www.wpca.com) for more information about Chad Harden.

# Provincial Events



## Looking forward to Summer 4-H Programs

BY JESSICA WILKINSON

4-H AMBASSADOR

After months of being kept inside due to the chilly temperatures (okay, not that chilly), you can look forward to the best season of the year to be a 4-H'er – SUMMER. Not only for beach bums, summer is when some of the coolest, most fun 4-H programs happen! Because some of the deadlines are coming up, I'm going to do a quick overview of what to expect this summer – and where you're probably going to spot an Ambassador or two...

### Selections (April 28 – May 1, Olds College)

There will definitely be Ambassador sightings here. For senior members, Selections gives you the chance to win trips, become an Ambassador, meet some new friends and hang out with your old 4-H buds!

### Highway Cleanup (May 6)

Come on people, let's clean this place up! No one wants to see Alberta covered in litter, so help and have fun cleaning up our beautiful home.

### LTCS (July 3 – 7, Alberta 4-H Centre)

Camp is fun – but being a counselor? The MOST fun. Learn all you need to know to be one of those wacky, crazy, hilariously awesome counselors you all looked up to as delegates. *Deadline – May 15.*

### Beef Heifer Show (July 17 – 19, Olds)

One of the greatest 4-H shows of the year. Spend three days in exotic Olds, soaking up rays and showing cattle with your friends! *Deadline – June 15.*

### Dairy Show (July 18 – 20, Red Deer)

If your project doesn't fit in with the Beef Heifer Show, never fear! Our dairy friends can take part in their own show in an equally sunny locale. *Deadline – June 30.*

### Club Week (July 18 – 23, Olds College)

This is the “pinnacle of your 4-H career” for a reason.

Everyone who goes loves it and never seems to want to go home. You have to be nominated by your clubs for this one, so let people know that YOU want to go! *Deadline – May 15.*

### Horse Classic (August 2 – 4, Olds College)

An event for horse-crazy 4-H'ers! Leave the horse at home, but bring all you know – meet new friends, compete for prizes and have fun doing it! And there is a trip to Denver...interested? *Deadline – June 1.*

Don't worry, I haven't forgotten camps – the most important part of a 4-H summer. All of the camp deadlines are May 15 and offer a week packed with fun, excitement, new friends – and no chores!

There is a camp for all ages, and all of the forms are included in this issue of the Alberta 4-H Magazine. Every 4-H member should go at least once. After that, you'll never want to stay home again.

These programs are also just a few of the places that you're likely to spot an Ambassador. We'll be around all summer, so keep your eyes and ears open for us. We're usually carrying around some sort of fun 4-H prize (tattoos, stickers, etc.), so make sure to ask us! Don't be shy!

If anyone needs a little extra help at any time, don't hesitate to call the Ambassadors. We're like superheroes, coming to help in your time of need. If you don't have the contact information for the Ambassadors in your region, contact your Regional Specialist. Hope to see you around, and have a great 4-H summer! 🍀

## Provincial Events

<b>APR 8</b>	<b>GREENWOOD INN, CALGARY</b>	<b>AGE: 15+</b>
Provincial Public Speaking and Presentations		
<b>APR 28-MAY 1</b>	<b>OLDS COLLEGE</b>	<b>AGE: 16+</b>
Selections		Deadline: Jan 14
<b>MAY 6</b>	<b>ALBERTA</b>	<b>AGE: ALL</b>
Highway Clean Up		
<b>MAY 6-8</b>	<b>4-H CENTRE</b>	<b>AGE: 16+</b>
Ambassador Training		Deadline: Apr 15
<b>VARIOUS</b>	<b>HOST JAPANESE EXCHANGE</b>	<b>AGE: 12+</b>
Canadian/Japanese Exchange		Deadline: May 15
<b>VARIOUS</b>	<b>ALBERTA</b>	<b>AGE: 18+</b>
Wanted 4-H Alumni/Leaders who wish to increase skills with youth		Deadline: Jun 1
<b>JUL 3-7</b>	<b>4 H CENTRE</b>	<b>AGE: 15+</b>
Leadership Through Counseling Seminar		Deadline: May 15
<b>JUL 10-14</b>	<b>4-H CENTRE</b>	<b>AGE: 10-13</b>
Combined Camp #1		Deadline: May 15
<b>JUL 12-15</b>	<b>ELKWATER</b>	<b>AGE: 9-11</b>
South Junior Camp		Deadline: May 15
<b>JUL 16-20</b>	<b>ELKWATER</b>	<b>AGE: 12-14</b>
South Intermediate Camp		Deadline: May 15
<b>JUL 16-21</b>	<b>4 H CENTRE</b>	<b>AGE: 13-15</b>
PDP #1 (North)		Deadline: May 15



## Provincial Events (cont.)

<b>JUL 17-19</b>	<b>OLDS</b>	<b>AGE: 9-20</b>
Provincial Beef Heifer Show		Deadline: Jun 15
<b>JUL 18-20</b>	<b>RED DEER</b>	<b>AGE: 9-20</b>
Provincial 4 H Dairy Show		Deadline: Jun 30
<b>JUL 18-22</b>	<b>CAMP ARTIBAN</b>	<b>AGE: 9-11</b>
Peace Junior Camp		Deadline: May 15
<b>JUL 18-23</b>	<b>OLDS COLLEGE</b>	<b>AGE: 15+</b>
Club Week		Deadline: May 15
<b>JUL 23-28</b>	<b>4 H CENTRE</b>	<b>AGE: 13-15</b>
PDP #2 (South)		Deadline: May 15
<b>JUL 24-28</b>	<b>CAMP ARTIBAN</b>	<b>AGE: 12-14</b>
Peace Intermediate Camp		Deadline: May 15
<b>JUL 31-AUG 5</b>	<b>4 H CENTRE</b>	<b>AGE: 12-14</b>
Intermediate 6 day camp		Deadline: May 15
<b>AUG 2-4</b>	<b>OLDS</b>	<b>AGE: 9+</b>
Provincial 4 H Horse Classic		Deadline: Jun 1
<b>AUG 5-9</b>	<b>4 H CENTRE</b>	<b>AGE: 10-13</b>
Combined Camp #2		Deadline: May 15
<b>AUG 7-11</b>	<b>MOOSE LAKE</b>	<b>AGE: 9-11</b>
Northeast Junior Camp		Deadline: May 15
<b>AUG 8-12</b>	<b>CAMP MACK</b>	<b>AGE: 9-11</b>
Northwest Junior Camp		Deadline: May 15
<b>AUG 9-13</b>	<b>4 H CENTRE</b>	<b>AGE: 9-11</b>
Junior Camp #1		Deadline: May 15
<b>AUG 11-13</b>	<b>OLDS</b>	<b>AGE: 16+</b>
Provincial 4 H Judging Competition		Deadline: Jul 22
<b>AUG 14-18</b>	<b>4 H CENTRE</b>	<b>AGE: 10-13</b>
Combined Camp #3		Deadline: May 15
<b>AUG 14-18</b>	<b>MOOSE LAKE</b>	<b>AGE: 12-14</b>
Northeast Intermediate Camp		Deadline: May 15
<b>AUG 15-19</b>	<b>CAMP MACK</b>	<b>AGE: 12-14</b>
Northwest Intermediate		Deadline: May 15
<b>AUG 20-25</b>	<b>4 H CENTRE</b>	<b>AGE: 14-16</b>
PDP Plus		Deadline: May 15
<b>AUG 20-26</b>	<b>CYPRESS HILLS</b>	<b>AGE: 13-15</b>
Youth Entrepreneur Camp		Deadline: May 15



## Provincial Equine Leaders' Forum

BY HENRY WIEGMAN

128 Alberta 4-H equine leaders traveled to the Alberta 4-H Centre at Battle Lake for the 2006 Provincial Equine Leaders' Forum (PELF), February 24-26, 2006.

Held bi-annually, PELF provides an educational opportunity for leaders across Alberta and Saskatchewan to broaden their knowledge of available equine projects, exchange practical solutions and learn new skills. Leaders were challenged to network, teach and spread the knowledge that was garnered during the weekend, in their communities and clubs.

Training sessions included: Horsemanship, Equine Massage and Chiropractic, Alexander Technique, Bits and Biting, Hoof Care, Equine Health Management, Starting a Horse, Hosting a Rodeo, The Working Cow Horse, Equine Record Books, Saddle Fitting, Tack Cleaning and Care, Branding and Advertising, Cutting and Team Penning, The Horse Industry, Saddle Fitting, and Working with the 4-H Judge.

Sponsors of this event were: Agriculture and Agri-Food Canada, Alberta Agriculture, Food and Rural Development, Alberta Motor Association, Olds College, Farm Credit Canada, Peavey Mart, Lamble's Western Wear and Tack, United Farmers of Alberta, 4-H Foundation of Alberta and Livestock Identification Services. 🌿

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# Leaders' Conference

BY TERRI POTTER

January 13 to 15, 2006 was certainly the weekend to be in Red Deer, Alberta. More than 350 4-H leaders from all over Alberta, BC, Manitoba, Ontario and Montana gathered to "Connect, Communicate, Celebrate and Care". With the Southern Region hosting in true southern style with their "Survivor" theme, delegates were encouraged to build teams and keep the fun in their 4-H clubs. The decorations and atmosphere certainly brought delegates to an imaginary tropical place where they had a fabulous and fun weekend.



Throughout the weekend, Delegates were challenged to attend four rounds of sessions including Team Building, Multi-Species Judging, Working with Ag Societies, Building Self Esteem, Resiliency, Marketing your 4-Club, The Transition to Leadership and much more. Leaders in attendance noted how hard it was to choose between all of the interesting topics.

At the Sponsor Recognition and Hall of Fame Banquets, sponsors were given the opportunity to offer their greetings to leaders and guests of honour in attendance. In addition, Carol Arntzen of Sedgewick and



Carole Tkach of Coronation were officially inducted into the Alberta 4-H Volunteer Hall of Fame. Both Arntzen and Tkach truly represent the outstanding quality of volunteers the 4-H program has. The celebration was followed by a dance and a chance to visit.

As delegates loaded the chartered buses for home, they promised to see each other again at the next Leaders' Conference. So "Do not Pass Go and Do not Collect \$200" until you "Come play with us!" at the next Alberta 4-H Leaders' Conference, January 12 to 14, 2007 for "4-H Opolly". 🌿

# Senior Members' Conference

BY MARK MUCHKA

It was a weekend to gather with past 4-H acquaintances, have fun, and prepare for the future at the 4<sup>th</sup> annual 4-H Senior Members' Conference, held January 27-29, 2006. In total, 98 delegates ages 16-20 traveled to the Alberta 4-H Centre near Battle Lake to learn about what it takes to excel in their careers.



## FUN FACT

The cells that make up the antlers of a moose are the fastest growing animal cells in nature.

This year's program exemplified the 4-H motto of 'Learn to do by Doing', as delegates were given the opportunity to practice hands on what they were learning. Sessions included giving effective interviews, writing cover letters and resumes, networking, communicating with tact and professionalism, creating a healthy balance, and time management. In addition, through mock interviews and an evening mixer, delegates prepared for some of the events they will take part in the near future.

Topics were selected based on what members felt were most pertinent to the issues and challenges they are currently facing. This conference provided a solution to help participants learn the skills necessary to excel in whichever career path they may choose. 4-H Senior Members' Conference is a program planned by 4-H members for 4-H members. Title sponsor of this year's conference was EnCana Corporation, and major sponsors were Alberta Agriculture, Food and Rural Development, ATB Financial and Olds College. 🌿

# South Region

BY GINNY SMITH

## Hockey Night in Lethbridge

Saturday night has traditionally been Hockey Night across Canada, and Saturday, January 28<sup>th</sup> was the big night for Southern Region 4-H members.



The game was just shy of a sellout crowd as the Lethbridge Hurricanes won the battle over the visiting Portland Winterhawks. Included in that incredible crowd were our own 4-H mascot, Clever and 480 enthusiastic 4-H members and parents. Pre-game activities included socializing over a meal, autograph signing by various Hurricane players and prizes.

Clever made his skating debut during the intermission, appearing on the ice with the Hurricanes mascot Twister, to throw prizes into the crowd. Although his aim wasn't always accurate, everyone cheered on Clever's efforts.

Paige Lamane, Account Executive for the Lethbridge Hurricanes passed along these wonderful words to the 33 different clubs participating in the evening. "Please accept my heartfelt thanks for your outstanding support





of this year's 4-H Night. There are over 475 taking part in our 4-H Night, making you the single largest group attending a Hurricanes Game for the 3<sup>rd</sup> year in a row!

I have said this many times but it bears repeating that in addition to your phenomenal support, you are also the most well behaved group we host. Enmax Centre always compliments me on how little mess is left behind and how there is never any trouble."

Way to go, 4-H members! 🌱

## Like Clockwork – Southern Region Judging in Brooks

"Like clockwork" appropriately describes the proceedings of the first Southern region Judging Competition of 2006, held on January 6 in Brooks, thanks to the superb organizational abilities of many volunteers and parents along with the cooperative efforts of keen participants.

About 100 members from across the region had the opportunity to demonstrate their competencies and diversity of knowledge while presenting oral reasons in classes of steers, heifer calves and sheep, and giving written reasons for alfalfa seed and draft horses.

The top 10 members in each of the three age categories were recognized with awards from our sponsor, AgriVet Health Centre Incorporated of Lethbridge. Top placings at this competition went to:

*Junior (1<sup>st</sup> to 3<sup>rd</sup>):* Bobbi Schweighardt, Bassano 4-H Club; Heather Stanko, Lomond Multi; and Katie Musgrove, John Ware Light Horse.

*Intermediate (1<sup>st</sup> to 3<sup>rd</sup>):* Emily Puch, South Country Judging/Foothills Beef; Taylor Isley, Bow Valley; and Leah Murphy, John Ware Light Horse.

*Senior (1<sup>st</sup> to 3<sup>rd</sup>):* Erin Friesen, Vauxhall Beef; Lexi Gray, South Country Judging; and Mat Bolduc, South Country Judging.

AgriVet will also sponsor the second Southern Regional Judging Competition, taking place in Claresholm on April 20. Aggregate Judging Awards, which will recognize the top overall competitors from both competitions, will be presented on this day.

As time ticked towards the end of a successful day, the names of the top two judges from each of the three categories were entered into a draw. Congratulations to junior member Bobbi Schweighardt from the Bassano 4-H Club, who received a commercial heifer from one of the exhibitors at the Brooks Pen Show, which was held concurrently with the Judging competition. 🌱

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# Southern Regional Celebration and Fun Day

Everybody loves a party! On Saturday, November 5, the Southern 4-H Regional Council saluted some of 2005's very special members, leaders and friends at the annual Regional Celebration and Fun Day, held at the Coahurst Community Hall.

The afternoon was filled with educational and fun sessions, including leader training for the adults, and decorating table-top Christmas trees with hand-painted ornamental critters for the members. The trees were donated to the Lethbridge Regional Hospital and auctioned off as part of their annual gala fundraising event. Sami Saretsky and Lanny Anderson, 4-H Alumni, led members in decorating the hall with the theme of "4-H Salutes Alberta's Centennial" in preparation for the evening festivities.

Members of the Southern Regional Council prepared a tasty Alberta meal, using beef generously donated by Cargill. The evening then moved into the presentation of awards, starting with the

introduction of various "Friends of 4-H", proudly recognized by several of the Southern Region districts for their continuing local support of our 4-H program. Dixie Crowson received the Regional Friend of 4-H Award for the 2004/2005 year.

This year, 102 leaders received recognition for completing their 3, 5, 10, 15 or 20 years of service. Their dedication and effort is incredibly important to the vitality and development of the 4-H program in Southern Alberta. Several leaders were also noteworthy for their participation in Leader trips and Chaperone opportunities.

71 members from across the region achieved highest honors during this Centennial year party: Regional scholarship recipients were on hand to receive their well-deserved cheques and certificates; Members were recognized for their achievements in the Regional Communications and Regional Horse Record Book competitions; and recipients of the coveted Platinum Award of Excellence were congratulated. Southern Region members who represented our Region at Provincial Judging, or received award trips through the Selections program were also commended on their achievements.

It was indeed a marvelous celebration of time and effort, dedication and commitment, and the resulting achievement and triumph - all the ingredients necessary to continue to make 4-H and Alberta strong. 🌱



Members of the Coaldale 4-H Equestrian Club after decorating at the Lethbridge Regional Hospital on Nov 12, 2005



10 Year leaders

## South Events

### APR 18

Regional Light Horse Committee and Horse Show Meetings

### MAY 6

Highway Cleanup

### JUN 15

Elkwater Regional Camp Meeting

### JUL 12-15

Elkwater Junior Camp

### JUL 16-20

Elkwater Intermediate Camp

### AUG 14-16

Regional 4-H Light Horse Show

Please visit the online regional calendar for a listing of regional events, including district activities



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# Calgary Region

BY SANDRA FAGNAN

## Scholarships and Bursaries

The Calgary Region sponsors scholarships and bursaries given each year to our Calgary 4-H members. Awards are also given for record books as well as leader recognition at the regional awards night. 🌱

## Multi Judging

Calgary Regional Multi Judging was held in Olds at the Cow Palace on January 28, 2006. 220 members attended from 28 clubs! Earlier this year 15 members were awarded trips at Provincial Judging. They did an amazing job. 🌱

## Regional Fun Day

The Wheatland District is hosting the Regional Fun Day in Strathmore on April 15. Activities include a Bench Show, chilli cook off, stock dog demonstration, swimming, pizza supper and karaoke contest. 🌱

### FUN FACT

Octopi and squid have three hearts, one that pumps blood through the circulatory system, and two that provide some additional push needed by the gills.

## 4-H on Parade

The Region is gearing up for 4-H on Parade, which is taking place June 2 to 4. New additions this year include a Mini Horse show, and for the first time in a very long time, Dairy cattle. Everyone is looking forward to a new activity Saturday night called 'Passport to 4-H', in which details are being kept top secret. It looks like we are in for another enjoyable year. 🌱

## East Central Region

### East Central Fun Day

BY JANET KERR

East Central Fun Day was held on Saturday, January 7, 2006 at the Stettler Middle School. Thanks to CRAPE Geomatics and ATCO Electric for being the major sponsors of the event as well as many of the local Agricultural Societies who supported the project. 🌱

## Rodeo Circuit

There will be three rodeos this year. Tentative dates and locations are:

**June 10 - Gooseberry Lake**

**June 24 - Halkirk**

**June 25 - Halkirk**

All entries are taken by telephone (no mail entries allowed). Information on events and entry dates have been circulated to East Central horse clubs and is also posted on [www.4h.ab.ca](http://www.4h.ab.ca) under Regional Events – East Central. 🌱

## East Central Regional 4-H Scholarships

The East Central Regional 4-H Council has set up six scholarships for East Central 4-H members; Three for student's in their first year of post-secondary studies (valued at \$500 each), and three for students in their second, third and fourth year of studies (valued at \$750 each). The field of study is open. Emphasis is placed on 4-H involvement and school and community participation. Please apply through the Provincial 4-H Scholarship process (deadline is May 5). Application forms are available on the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). 🌱



### FUN FACT

Most varieties of snake can go an entire year without eating a single morsel of food.

## East Central Events

### APR 7

Regional Council Meeting

### JUN (TBA)

Regional Rodeos

### JUL 15-16

Regional Light Horse Show

Please visit the online regional calendar for a listing of regional events, including district activities





#### FUN FACT

The digestive juices of crocodiles contain so much hydrochloric acid that they can dissolve such things as iron spearheads and six-inch steel hooks that they may have swallowed.

## West Central Region

BY JANET KERR

### Regional Record Book Competition

Congratulations to the following winners of the Regional Record Book Competition:

Junior Beef - Destiny Schmidt, Lakedell Beef; Junior Horse - Jonathan Wrubleski, Lakedell Light Horse; Jr./Int. Miscellaneous - Shelby Patten, Alder Flats Multi; Intermediate Beef - Jennifer Ruskowsky, Lakedell

#### West Central Events

APR 12

Regional Council Meeting

JUN 2-4

Regional 4 H Light Horse Show

JUN 13

Regional Horse Committee Meeting

Please visit the online regional calendar for a listing of regional events, including district activities

Beef; Intermediate Horse - Jennifer Ruskowsky, Lakedell Beef; Senior Miscellaneous - Dawn-Marie Farbridge, Silver Valley Riders; Junior Overall - Destiny Schmidt, Lakedell Beef; Intermediate Overall - Jennifer Ruskowsky, Lakedell Light Horse.

The entry deadline for next year's competition is November 1. To enter, send your project book to the Stettler 4-H Office. Each club is eligible to send one book per project per age group (Jr., Int., Sr.).

### Regional Light Horse Show

The West Central Regional 4-H Light Horse Show will be held on Friday, June 2 to Sunday, June 4 at the Westerner in Red Deer. Classes are offered for both English and Western riders of all 4-H Rider Levels. New this year is a dressage class.

Entry forms have been distributed to all 4-H clubs and are also available on [www.4h.ab.ca](http://www.4h.ab.ca). The deadline for entries is April 18.

#### FUN FACT

When two zebras stand side by side, they usually face in opposite directions so they can keep an eye out for predators.

## Northeast Region

BY LEILA HICKMAN

Is spring really just around the corner? Hard to say, but Achievement Day season is! Best of luck to all members,

whether it is your first year or your 10<sup>th</sup>. I wish you all success at accomplishing the goals you set out to this 4-H year.

There was no hibernating taking place this past winter in the Northeast region. Here is a brief review of what has happened regionally since the start of the New Year.

### You Be the Judge

Over 140 individuals took part in this year's 'You be the Judge' workshop on February 11, 2006. Taking over the reins from the Vermilion 4-H Sheep Club, the Mannville 4-H Multi Club did a fantastic job of pulling the program together. Members were provided the opportunity to practice judging a wide variety of classes including livestock, quilting and feedstuffs. Separated by age category, the members were able to develop and enhance their judging skills in both written and oral reason. Adults were also invited to participate in sessions related to 4-H and teaching members the principles of judging. On behalf of the Northeast Region we would like to send a special note of thanks to the Lakeland College judging team for all of their advice and leadership.

### Communications Competitions

The Bonnyville District hosted the communications competition on March 11, 2006 at the CFB Cold Lake. Congratulations to all speakers in both the public speaking and presentation categories as all were well prepared and deserving of the recognition they received for making it to this level of compe-

tion. Judges were treated to a variety of topics and presentation styles and the day was fully enjoyed by all the attended.

## Western Canadian Judging Competition

The Western Canadian Judging competition was once again held at the Lakeland College Vermilion campus on March 17, 2006. This annual judging competition is a great opportunity for both training and competition, as individuals and judging teams competed in the event. This open competition also hosted 4-H members from the Northwest and East Central 4-H regions. The Northeast members had the added bonus of competing for a spot on the regional judging team that will move on to compete at the Provincial 4-H Judging in August at Olds, Alberta. At Provincial Judging, they will have a chance to compete for judging award trips throughout Canada and the USA. Thanks to all the hardworking volunteers who helped behind the scenes to make this a great learning day!

## Northeast Spring Fling

The 2006 Northeast Spring Fling was hosted by the Wainwright District and had an energetic group of intermediates meet in Wainwright for 4-H Style Rodeo weekend. This overnight program had campers from across the Northeast region enjoy a series of western creative sessions and large group activities, as well as swimming and a tour of CFB Wainwright!

Thank you to the Wainwright District for a fabulous weekend, and a special thank you to the overwhelming number of junior staff that volunteered to make this weekend a highlight for their fellow 4-H members. 🌱

## 4-H Website Updates

In Alberta 4-H we are very fortunate to have access to a terrific website at [www.4h.ab.ca](http://www.4h.ab.ca) which provides leaders, members and interested persons of all kinds fabulous information and resources. Next time you visit the 4-H website be sure to look up what is happening in the Northeast region, by clicking on 'Northeast' listed under the Regional Info heading. You will have access to regional applica-

tions, contests, upcoming deadlines, 4-H email reminders, newsletters, contact information and much more. Be sure to keep in touch!! 🌱

## Upcoming Events and Deadlines

*Provincial 4-H Selections* – 18 Northeast senior 4-H members will be heading down to Olds for Selections at the beginning of May. After a fun filled weekend of group challenges, discussions, learning and socializing, members from across the province will earn a number of award trips throughout North America. These trips are a reward for the years of service in their 4-H communities.

*Regional Fun Day* – On Saturday, May 27, Lakeland College and the Northeast Region will be hosting a regional fun day. This one day event will host members, leaders and those interested in the 4-H program to an action packed day that will highlight all existing and potential 4-H projects in the Northeast. Please plan to come out and support this exciting new program.

*Deadlines* – Just a reminder that May 5 is the deadline for scholarship applications, and May 15 is an important date to keep in mind as many provincial program application deadlines occur on this date, including Moose Lake camps. 🌱

### Northeast Events

**APR 9-10**

Casino

**APR 22**

Regional Council Meeting

**MAY 15**

Deadline for Award of Distinction

**JUN 11**

St. Paul Invitational Beef Heifer Show

**TBA**

Regional Horse Camp

**TBA**

Regional Horse Show

**AUG 7-11**

Regional Junior Camp

**AUG 14-18**

Regional Intermediate Camp

Please visit the online regional calendar for a listing of regional events, including district activities



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# Northwest Region

BY JOCELYN MCKINNON

## Northwest Frosty Fun Winter Camp

From February 17 to 19, the Northwest 4-H Alumni hosted 'Farmeropoly' for members of the Northeast and Northwest regions. Members took a chance and the rolled the die in an effort to farm their way to the top. Highlights of the camp also included the super bobsled construction and race, and curling on the lake. From the sound of it, all the members had a great weekend! A big thanks to Ward Davis, Shane Brenneis, Barry Carlson, Marissa Verbeek, Tracy Steckly and Sean Mahoney, counselors for the event. 🌱

## Northwest Judging

The annual Northwest 4-H Regional Judging Competition is on April 22 at the TransAlta Paradise Ranch near Keephills. For just \$10 each, Northwest members can have the challenge of placing five classes of livestock, general classes of carrots, cookies and helmets, and a mystery item. A seed identification class will also be held. Clubs are encouraged to register early. Sponsors of the event are: TransAlta Utilities - Farm, Capital City Savings and Co-ops at Legal and Stony Plain. 🌱

## Regional Summer Camps

This August, 4-H members will gather at Camp Mackinicholea for regional summer camps. The junior camp, August 8 to 12, provides an introduction to the 4-H camping experience for junior members (ages 9 to 11). Combined camp (for members 11 to 13) will take place August 15 to 19. The registration fee is \$100. For a full description of camp activities, check out the provincial program booklet in the center of this magazine.

Registration forms for the regional judging competition and the regional camps are available from your 4-H club leader or in the 'Northwest Region' section of the 4-H Website ([www.4h.ab.ca](http://www.4h.ab.ca)). 🌱

## Focus on 4-H

The 8<sup>th</sup> annual Focus on 4-H program introduces new interactive activities for all members. Some of the highlights for this year's event, July 1 to 3 at Northlands Park, are as follows:

### Judging

Always popular with members in the livestock projects, this competition aims to include all 4-H members. Therefore, this year, the majority of the classes involve consumer decision-making. In these classes, members will rank classes such as boots, food or lawn tractors. No other event is scheduled at the same time to allow as many members as possible to take part. It starts at 10:00 am on July 1.

### 4-H Face off

Is an action packed five-stage race starting at 3:30 on July 1. In teams, members will be solving a mystery and having loads of fun doing it. It's a chance for members to mix and meet others.

### Presentations Competition

This new event aims to give members the opportunity to promote an Alberta Grown Product. Scheduled for July 3, all 4-H members attending can enter. It is an open competition completely separate from any placings at a 4-H presentation competition previously held in 2006. There are significant prizes for the top three presenters.

### Play it Safe

After the success of the Play it Safe activities last year, the Bike and Tractor Rodeos will be held on July 3. Members and adults will be negotiating a course with lawn tractors. Junior members will be riding bicycles.

### Project Shows

Project shows continue to be a big part of Focus on 4-H. Members registered in horse, beef, lifeskills, canine, sheep and goat all have events to enter. Displays of other projects are encouraged. The interactive showmanship classes enable members to learn about showing other project species.

*The Horse Show* draws the majority of horse project members in the Northwest Region. Members will be happy to learn their horses will again be stabled in Hall C so they will be close to the show rings in Halls C and D. After an evening of fun with the stationary roping, musical rides and decorating the box stalls, members will be kept busy showing their skills in English, western, trail and gymkhana classes.

*The Beef Show* contains grooming, freshman, conformation and showmanship classes. New this year are the beef marketing classes where members get to demonstrate their communication skills.

*The Canine Show* has been revamped to greater reflect the ages of the members and the skills of all the dogs par-

ticipating in the agility and obedience trials. There will be demonstrations on scent, hurdle racing and stunt agility, as well as canine costume classes.

*The combined Sheep and Goat Show* offers a variety of classes to enable the members to showcase their different project animals.

Members attending the program have the choice of 14 Life Skills Workshops to learn about crafts, carpentry, kitchen skills and personal care. Most require pre-registration but participants can also "drop in" two times during the program and make the crafts of the day for a nominal fee.

The evenings at Focus on 4-H are talent filled with the Lip Sync and Talent Shows. Come meet your friends at Focus on 4-H 2006. Clubs from the Northwest region were sent information packages. Members from other regions are invited to attend, and information packages will be sent upon request. Check the 'Northwest Region' page on the 4-H website for all the registration information. 🌱

## Northwest Events

**APR 22**

Regional Judging Competition

**MAY 13**

Camp Mackinicholea  
Clean Up Day

**JUN 15**

Regional Horse Record Book  
Competition (deadline)

**JUL 1-3**

Focus on 4 H (deadline May 15)

**JUL 30**

Life Skills and Other Animals  
Project Book Competition  
(deadline)

**AUG 8-12**

Regional Junior Camp

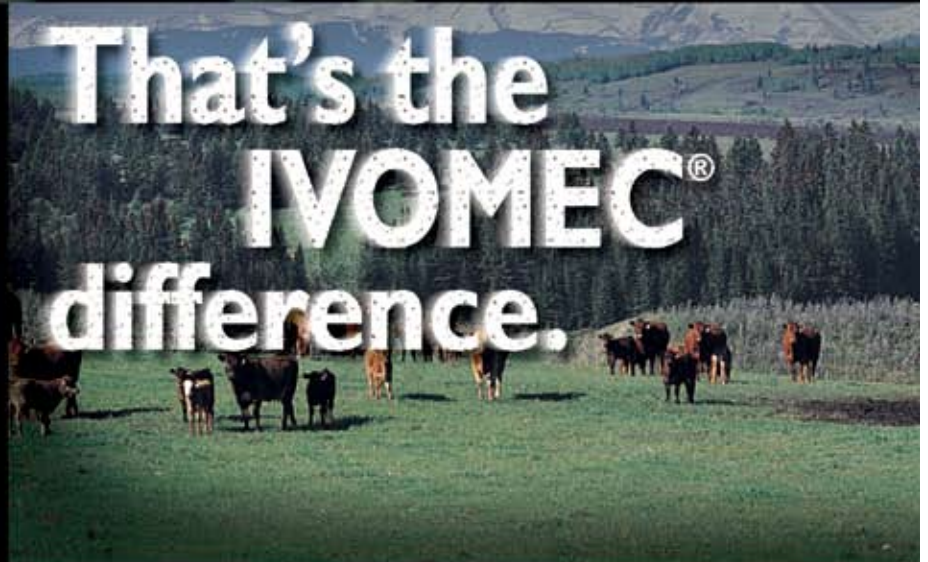
**AUG 15-19**

Regional Combined Camp





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# Peace Region

BY STACY MURRAY

The Peace region has been busy over the winter and is looking forward to the many upcoming activities of spring and summer.

## Regional Judging Workshop

Our regional judging workshop and competition is postponed until April. Members should talk to their leaders for information if they haven't received it yet. 🌱

## Regional Winter Camp

The Peace Regional Winter Camp was held on February 3 to 5 at the NAIT Fairview Campus. 80 members, ages 12 to 16, attend this year, and judging by the noise levels during various activities, the smiles, and the comments from both campers and parents, everyone had an excellent time. Thank you to the Grande Prairie 4-H Alumni for their assistance in running the weekend, and the following event staff: Scott Kosheiff, Kilby Meuser, Caitlin Ridley, Leah Sallis, Courtney Seaholm, Katherine Barkwell, Eli Chelick, Nat Chelick, Jolene Coates, Steven Johnson, Lisa Lundgard and Monika Ross. 🌱

## Regional Scholarships

A reminder to all Peace region 4-H members that the region has four regional scholarships and 10 regional bursaries available to be won. The scholarships can be applied for through the provincial 4-H scholarship application. The application for the bursaries is a separate form. Both are available on [www.4h.ab.ca](http://www.4h.ab.ca) under the heading 'Regions' or by contacting the regional 4-H office in Fairview. Both deadlines are in May.

As we look ahead to the spring and summer, the Peace will continue to be busy. Good luck to all the clubs with their achievement days. I hope to see many of you at Peace Regional 4-H Days, summer camps and various provincial programs. 🌱

### Peace Events

<b>APR 8</b>	MacKenzie District Swimming
<b>MAY 12</b>	Peace Regional 4 H Bursary (deadline)
<b>MAY 12</b>	Peace Regional Scholarship (deadline)
<b>MAY 15</b>	Japanese Exchange (deadline)
<b>MAY 23</b>	East County Achievement Day
<b>MAY 29</b>	West County Achievement Day (tent.)
<b>MAY 29</b>	Valleyview Achievement Day (tent.)
<b>JUN 16-18</b>	Peace Regional 4 H Days
<b>JUL 18-22</b>	Peace Regional Junior Camp
<b>JUL 24-28</b>	Peace Regional Intermediate Camp
<b>SEPT 9</b>	Fall 4-H Leader's Forum



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CODE	ITEMS (AS OF JANUARY 1, 2005)	PRICE	QTY.	\$ AMOUNT
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05-015	Brief Case with Shoulder Strap (Black and Grey with Green Silk Screen logo)	\$12.00		
01-008	Large 4-H Hard Cover Zipper Portfolio (11" x 14")	\$30.00		
99-003	4-H Zipper Organizer – 5" x 7"	\$15.00		
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05-004	Set of 6 - 12oz Drinking Glasses	\$35.00		
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03-004	PVC Cleaver the Beaver Key tag	\$5.00		
03-005	Key Chain with Plastic Tag (Cleaver the Beaver)	\$3.00		
02-005	Black Pen & Pencil set with Gift Box	\$12.00		
01-005	Thank-You Pen Qty. Each (Green only)	\$10.00		
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Cheque number:		
Name on card:	<input type="radio"/> Visa <input type="radio"/> Mastercard	
Card number:	Expiry:	
Customer Signature:		



# FUN AND GAMES

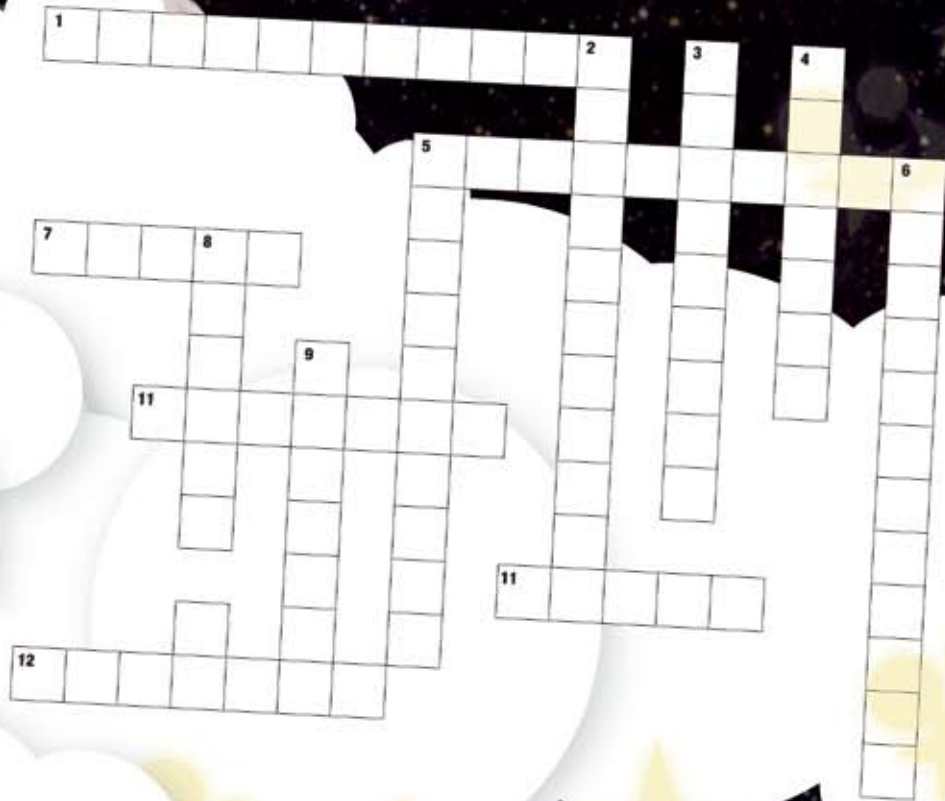
## Crossword

### ACROSS

1. \_\_\_\_\_ day
5. The opposite of winter camp
7. Dear \_\_\_\_\_ (hint: these are filled out in order to receive points towards the Award of Excellence)
10. Twelfth word of the 4-H Pledge
11. Seventeenth word of the 4-H Grace
12. 4-H group to join when at college or university

### DOWN

2. Buried underground, but will be opened in 2030
3. 4-H region with the largest amount of 4-H members and leaders
4. Less than one-third of a horse
5. Where award trip are won
6. This project requires a dark room.
8. \_\_\_\_\_ book (hint: no longer made with vinyl)
9. Person who donated the land for the 4-H Centre at Battle Lake. Grant \_\_\_\_\_



SEE PAGE 20 FOR ANSWERS!



# Moon Maze

Start



Finish

# Riddles

Why did the doctor switch jobs? *He lost his patients*

What never gets any wetter no matter how hard it rains? *The ocean*

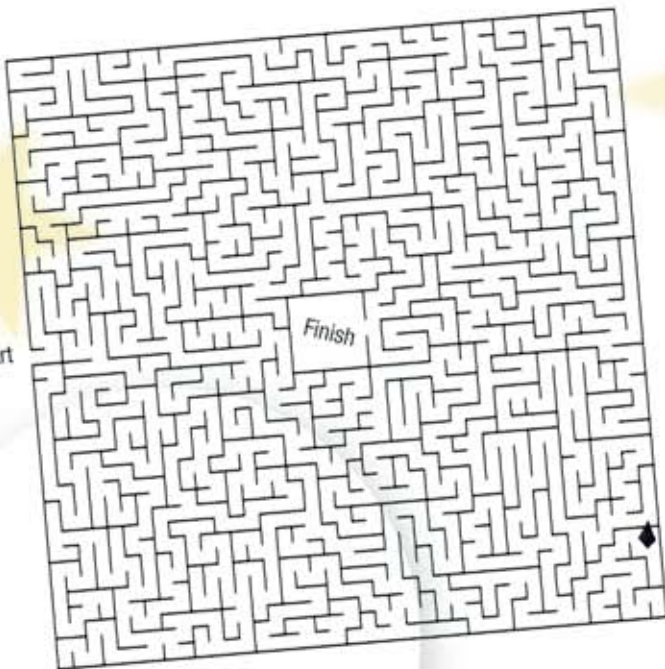
Why did the tree see the dentist? *To get a root canal*

What has 10 legs and drools? *Baby quintuplets*

What did one wall say to the other? *Meet you at the corner*

# Square Maze

Start



Finish

# Common-Summer Camp Activities Word Search

ARCHERY	R F M Y J C L B W R J B T X L
BANQUET	T E U Q N A B O C F T W D H A
BEACH	B S T Z O M Y R Z R O A L R S
CAMPFIRE	N P E H C P A P R H N F H N X
CANOEING	Y N O A G F D Z S C L P O A S
CHALLENGES	X D P O T I Y T E A A I D A P
CRAFTS	H K C S R R N E G L S E E S X
DANCE	U U W S E E I R N S Q C J T A
FLAGRAISING	D M C H L G A M E S K D J A X
GAMES	Y H C A M I R S L V E S P Z T
HIKING	T R T E S H X O L L O G D B E
OVERNIGHTER	A G N I K I H C A E B D Q M L
RAINYDAY	W C N I L L Q C H E K R J P A
SESSIONS	P G N I E O N A C U B O L Y Q
TALENTSHOW	B G T X A U V M P K Z H L F A

# Travel & Exchange

## Western 4-H Round-up

BY MEGHAN PATTEN

Hey y'all! This is Meghan Patten, Kelly-Dawn Clarahan, Chelsea Schnurer and Monica Lee, and we are your 2006 Denver Hippology Team. From January 4 to 9, 2006, we competed at the Western National 4-H Roundup in Denver, Colorado.

On this trip we participated in various activities including the competition, dances, sightseeing, and attending the National Western Stock Show and Rodeo. Our team had an amazing experience meeting many new 4-H members from across the United States and experiencing the differences in the competition.

Our competition included a written examination, slides quiz, identification stations, and judging halter and performance classes. It was a challenging competition but we learned a lot. Overall our team placed 5<sup>th</sup> in the identification stations and 5<sup>th</sup> in the slides and written exam section.

The trip to the Denver National Western 4-H Roundup was an insightful way to experience the American 4-H judging system. We represented, not only our province, but also Canada. We would like to thank all the

sponsors and supporters who made the trip possible. Most importantly, thanks to Brian Rogers and Stacy Murray for being our chaperones! All in all it was a pretty "Shwank" time.

We would like to thank all of our sponsors for their support. We really appreciated it. Most of all we would like to thank our chaperones, Brian Rogers, 4-H Leader, and Stacy Murray, 4-H Specialist, for coming down with us, and ensuring that every moment was a blast. This trip was an experience of a lifetime and we are all happy to have spent it together. 🌻

## Fun in the Sun

BY BRIAN RODGER

I recently chaperoned eight 4-H Members of the hippology and livestock judging team on their trip to Denver Colorado. What an honor for these eight individuals and us chaperones to not only represent Alberta, but also Canada. It was like the Olympics of livestock judging and horse knowledge. We also spent some time sight seeing (touring the barns and yards) and shopping. I would like to commend the two teams (from the land of igloos and snow that surprisingly has a 4-H program) on their performance and professionalism. I would like to thank Rob Smith and all of the 4-H staff (Stacy – you are a great lady to work with) for the opportunity to be a part of this trip. I know that the members enjoyed themselves as much as I did and are also appreciative of this 4-H opportunity. 🌻

## National Volunteer Conference

BY DEB POLASEK

I was privileged to attend the National Volunteer Leader Conference in Toronto this fall. The eight delegates from Alberta were the largest delegation present.

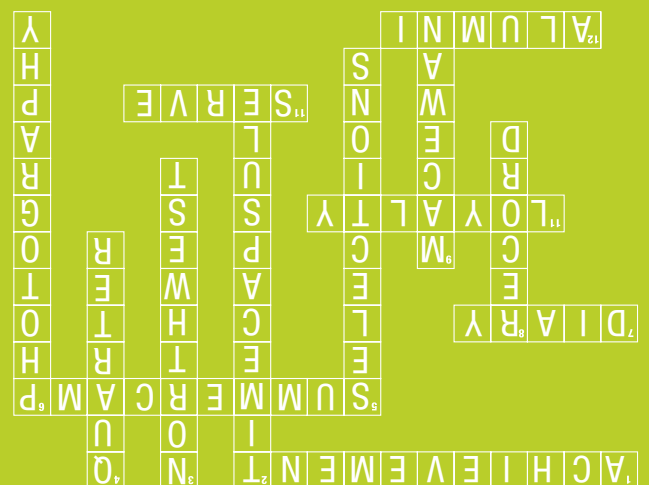
The National Youth Conference was happening at the same time the National 4-H Youth Conference, where more than 150 4-H people were present in total.

The most interesting item I learned was that throughout Canada, the only thing 4-H shares is the logo. Each program is run differently depending on where you live. Some areas have no government support and little sponsorship. In Alberta we are very fortunate to have active government support as well as wonderful industry sponsorship. Our 4-H Partners Award of Excellence program is an example of our great sponsorship levels in Alberta.

After many interesting presentations, a hilarious dinner theatre and a tour of downtown Toronto, we packed our bags, said our goodbyes and boarded our airplanes. Meeting other leaders from across Canada and one from the United States was an excellent opportunity. I encourage other leaders to apply, and travel and learn with 4-H. 🌻

### FUN FACT

To see at night as well as an owl, you would need eyeballs as big as a grapefruit.



CROSSWORD PUZZLE

FUN AND GAMES ANSWERS



# Awards, Scholarships & Grants

## CAPL Contributes to the 4-H Legacy Fund

BY SUZANNE STAHL

In keeping with the 2006 Canadian Association of Petroleum Landmen (CAPL) calendar theme - Commitment to Community, Rob Telford, CAPL Director of Public Relations, presented a cheque for \$8,000 to the 4-H Foundation of Alberta at the December 7, 2005 CAPL General Meeting.

Bruce Banks, Executive Director of the 4-H Foundation of Alberta, accepted the donation on behalf of 4-H with many thanks to the CAPL Board of Directors and the Public Relations Committee for their dedication to the sale of nearly 800 raffle tickets in support of 4-H. The tickets were sold for two half sides of beef in conjunction with CAPL sponsorship of the Reverse Steer at the 2005 Calgary Stampede Steer Auction.

The monies raised by the CAPL will be channeled towards the 4-H Legacy Fund, which provides grant funding to 4-H groups for initiatives such as fundraising for new club startups, new unique programs, project workshops, capital projects, club exchanges and leader development.

One of the mandates of the CAPL is to pursue and strengthen positive interaction within the communities and with the stakeholders with whom we deal on a daily basis. Through our newly created association with 4-H, the benefits are far-reaching. We are not only assisting the development of our youth by providing funds for their personal growth, community awareness, and environmental responsibility, but are also enabling the CAPL to gain recognition as a focal point for providing information, education and Q&A to the rural community as we move towards the Surface Land Agents Certification program.

In 2006, the CAPL Public Relations Committee plans to continue the affirmative inroads with the 4-H Foundation. The generous individual contributions of our members, associates and member companies who helped to make our 2005 fundraiser a success should take pride in the fact that, as an association, our commitment to community will benefit all of us and our stakeholders as we move into the future. 🌱

## 4-H Scholarship Program

Are you a past or present 4-H member who will be attending a college or university in the fall? If so, you definitely need to apply to the Provincial 4-H Scholarship Program.

4-H will be awarding over 110 provincial scholarships as well as more than 30 regional scholarships and bursaries.

Thanks to the generous support of sponsors, members will receive scholarships (ranging from \$200 to \$1500). Most scholarships are awarded based on community and 4-H involvement, with no preference to a program of study. Last year, more than half of the applicants received a scholarship.

The application process is easy, especially if you've applied before. You've already done all the work by being involved in 4-H and your community, so why not apply to get your hands on some much needed education funding. Past and present 4-H members that apply will be considered for all scholarships that they are eligible for. Past scholarship recipients are also eligible.

**Complete application details, as well as the Provincial 4-H Scholarship form can be found on the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). Application deadline is May 5.**



## New Grants for Clubs, Districts and Regions

BY HENRY WIEGMAN

Alberta 4-H is blessed with a strong and vibrant sponsorship base. Our supporters help fund 4-H programming from club to the provincial level. Supporters include government agencies, corporations and private individuals.

Through three new sponsorships, Alberta 4-H is pleased to offer club and council grants that will help fund such things as member and leader training and community activities. The grant process to obtain funding for your clubs ac-

tivities is very simple and requires only a matter of minutes to complete.

The new grant and sponsor initiatives are as follows:

### AltaLink Club and Community Support Sponsorship Program

AltaLink supports all levels of the 4-H program. At the club level, AltaLink will provide \$50 to clubs applying from AltaLink's service area. Clubs are encouraged to apply for this sponsorship to enhance club programming and/or influence their communities. Clubs are also encouraged to invite AltaLink employees to attend the events supported.

At the district and regional level, AltaLink will provide \$200 per council to assist the councils in conducting their annual public speak-

ing and/or presentations competitions. Councils are encouraged to apply for this sponsorship to enhance the contest event to showcase the 4-H talent in our communities. 4-H Councils are requested to invite AltaLink employees to attend and participate (bring greetings, act as tellers or timers, etc) in the competitions supported.

The deadline for submitting an application for the AltaLink programs is 60 days prior to the actual event.

AltaLink has committed to an overall yearly support of \$202,500 over the next three years to Alberta 4-H. Provincial support is directed to Alberta 4-H Leaders' Conference, Club Week, Camps and People Developing People.



### Canada Safeway 4-H Club Future Building

Canada Safeway and Alberta 4-H believe that 4-H clubs are member oriented and volunteer driven - focusing on the development of young people in rural communities. Promotion, retention of 4-H members, and training of leaders is critical to the viability of Alberta 4-H. Starting in 2006 Canada Safeway will

support Alberta 4-H Clubs for up to \$250 per club per year. Safeway also joins the sponsor team for the Alberta 4-H Awards of Excellence.

Core 4-H programming areas for this grant are: 1) member recruitment campaigns (including strategies such as ads in local papers, posters, and community awareness participation), 2) Member Leader-

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ship Training. Clubs are able to allocate funds for club members to attend regional and provincial 4-H leadership training events, and 3) Volunteer Leader Training. Clubs allocate support funds for their volunteer leaders to attend regional and provincial 4-H leadership training events.

Canada Safeway has committed \$350,000 to this initiative over the next three years. Clubs in Safeway areas also have an opportunity to work with local stores.

### EnCana 4-H Community Builder Fund

EnCana and Alberta 4-H believe that 4-H organizations are key participants in their communities. EnCana is focused on contributing to the strength and sustainability of the communities in which they are privileged to operate. 4-H clubs, districts or regions are challenged to expand their impact and horizons by creating unique projects or programs that will enhance their communities. This is a matching sponsorship grant in which 4-H organizations can apply for up to **\$1,000** in matching funds (E.g. club spends \$500 towards a \$1,000 initiative, and EnCana will contribute the other \$500) from an annual pool of \$40,000. Additional consideration may be given, for unique ground breaking proposals.

Some examples include: personal development seminars or tours, project skill workshops or competitions, hosting activity based 4-H promotional fun days, hosting or conducting community charitable events, and new unique endeavours.

EnCana has committed a minimum support to Alberta of \$360,000 to Alberta 4-H over the next three years. Provincially support is directed to Alberta 4-H Leaders' Conference, Provincial

4-H Senior Members' Conference and Provincial 4-H Club Week.

Local EnCana staff are willing to act as volunteers or resource instructors for your projects.

Please visit the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) for a full list of grants as well as application forms. 🌱

## 4-H Volunteer Hall of Fame

### Description of the Program

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

### Who Can Be Nominated?

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

**Nomination forms are available from your Regional 4-H Office, Provincial 4-H Office (780-422-4444), or 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)). Application deadline: June 15**

#### FUN FACT

**Flamingoes can live up to 80 years.**

## EnCana Olds College 4-H Scholarship

EnCana has created a 4-H Scholarship for members attending the Land Science program at Olds College. Seven scholarships (one per 4-H region) totaling \$17,500 will be awarded.

## Beef Breeds

BY CORINNE SKULMOSKI

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

### What is each beef breed association offering?

Information provided by beef breed associations is available on the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) under the heading 'Applications/Forms'.

The following information can be found on the beef breeds webpage:

- Links to the Beef Product and Breed Association applications. Fill out these forms for each association and send it directly to the beef breed association(s). Please supply all necessary information as requested.
- A listing of each beef breed association. Access information provided by the beef breed association, including, if available, a link to the association's web site.
- Links to other documents of interest, such as:
  - Livestock slaughter and process in Alberta Agriculture
  - Approved government courier office listing
  - How to buy your beef tags from Ketchum and support Alberta 4-H

4-H Leaders may apply for as many awards as applicable for their clubs.

### How do you get your awards?

When you, the 4-H Leader, request awards, a specific courier location must be given for delivery. The courier office will call you when the awards come in. Please ensure that these awards are picked up promptly after receiving notification.

For more information, please contact Corinne Skulmoski at (780) 427-4340 or [corinne.skulmoski@gov.ab.ca](mailto:corinne.skulmoski@gov.ab.ca).



# Grant Procedures

BY HENRY WIEGMAN

Alberta 4-H employs three types of granting procedures for clubs and councils: 1) sponsorship grants, 2) matching sponsorship grants and 3) government grants. Any grant requires due diligence, in which sponsors want to see the activities clubs/councils partake in. The information usually required to access funds is the club/council name, event name, date, and contact information to send funds.

## Sponsorship Grants

To be eligible for future funding, clubs/councils must:

- Send a brief report (50 words or less) on how the funds were used
- Indicate in the report how many 4-H members, leaders and community members were impacted
- Indicate how your organization involved sponsor representatives – I.e. if they were invited!
- Submit samples of sponsorship recognition (I.e. pictures of the sponsor banner, the event program, etc.)
- Show evidence of thank you correspondence sent to the sponsor
- Submit a report within 60 days following the event

All of the above requirements are what clubs normally do, or should do, for local supporters. Therefore, the grant process is very simple and requires little additional work. If you have older members or eager volunteers in your club, assign them some of the above responsibilities.

## Matching Sponsorship Grants

Traditionally matching grants are not used unless the amount that is available is above \$500 per club. In addition to the requirements of sponsorship grants, clubs/councils must also supply (before the date of the event):

- Event or project description (150 words or less)
- Event date
- An outline on how sponsors will be involved
- A project budget
- Total amount requested, and an acknowledgement on the ability to proceed if funds are denied in part

## AAFRD 4-H Council Sponsorship Grants

Provides \$200 per district council and \$1,000 per regional council. To apply for the funds, organizations must supply:

- Upcoming 4-H year budget
- List of Council executive with contact information
- Council's program plan
- Signed financial statement from previous year

Please don't forget to visit the Alberta 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) for a full list of grants and application forms. 🌱

# Alberta 4-H Award of Excellence

BY HENRY WIEGMAN

4-H SPECIALIST & SPONSOR LIAISON

The 4-H Award of Excellence is a series of four awards (bronze, silver, gold and platinum) that recognizes 4-H members for their project work, leadership and community service achievements.

The Alberta 4-H Legacy Builders (ATB Financial, Alberta Agriculture Food & Rural Development, and UFA) and 4-H Partners (4-H Branch, Alberta 4-H Council and 4-H Foundation of Alberta) support the Award of Excellence. Since the program's inception in 1988, over 22,000 medallions have been presented.

Either an ATB Financial or UFA representative should be invited to present the awards on your awards night. If a member from either company cannot attend, then contact a 4-H council member from your area.

Order forms for these medallions are in the Leader's Information Manual and on the 4-H website ([www.4h.ab.ca](http://www.4h.ab.ca)) under the heading 'Applications'. Clubs are encouraged to order these medallions at least six weeks in advance of the date they will be presented to ensure that they arrive on time. 🌱



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# Club & District Articles

## Millarville 4-H Multi Club Public Speaking Competition

BY STACI ARKES

On February 5, members of the Millarville 4-H Multi Club gathered at the Moss house where we held general 4-H and cooking meetings. We talked about 4-H on Parade, Achievement Day, and Public Speaking, then cooked a variety of dishes made with different types of cheese including mascapone, Feta, Ricotta, Mozzarella, Cheddar and Parmesan.

On February 12, we gathered at the Millarville Church Hall and participated in the Public Speaking Competition. We would like to thank our judges Rosemary McRae, Chris Langford, Wendy Dudley, Bill Cutress, Murial Dais and Monte Kendall for taking the time to come and judge our speeches. Your support is greatly appreciated.

We would also like to thank our leader Wendy Arkes for being our Madame Chairperson, and Mrs. Moss for being our timer and impromptu table organizer.

The results from the Public Speaking Competition were as follows:

*Senior* - (1<sup>st</sup> Place) Staci Arkes for her speech called My Retirement

*Intermediate* - (1<sup>st</sup> Place) Candice Moss for her speech called My Toe; and (2<sup>nd</sup> Place) Olivia Moss for her speech about animals

*Junior* - (1<sup>st</sup> Place) Kaelyn Moss for her speech about camping

On February 26, Staci, Candice and Olivia went to the Mezzaepa Gas plant where they represented our club at one of the Area Competitions. In the Senior Category Staci was one of the top two speakers. Staci received a plaque and now has the opportunity to go on to the District Public Speaking Competition, congratulations on a job well done. 🍀

## Gil Grande plays in Vegreville

BY JANET LITUN

Canadian country music entertainer Gil Grande was the feature performer at the Lamble's Gil Grande 4-H Tour held August 25 at the Vegreville Agriculture Society Grandstand. Hats off to our Northeast committee as they did a great job pulling it all together. Thank you also to our Emcee's Steven Litwin and Adria Paquette – you did an awesome job! 🍀



Janet Litun (4-H Leader) and Gil Grande



Steven Litwin and Adria Paquette



Front Row (L to R): Michelle Stewart, Janet Skipsted, Norma Helton, Willard Skepsted, Bill Lausen (founded the club in 1955), Cindy Hunter, Shannon Hermanson Back Row: Tracey Rouleau, Cathy Janzen, Brenda Lechhead, Richard Munk, Rod Larte, Pam Larsen, Jeff Warrack

## 50<sup>th</sup> Anniversary of the Cheadle 4-H Club

On November 27, 2005 the Cheadle 4-H Club celebrated its 50<sup>th</sup> Anniversary. The night started with a potluck supper, and then the MC's, Sarah Hunter and Myranda Stewart (our district Key Members), introduced our special guests: past leaders Norma Hilton, Willard Skepsted and Bill Laursen. Our club leader, Jeff Warrack, gave the history of the club and all of the past and present leaders posed for a photo. Club awards were also distributed, and Key Leader Lorilee Dundas presented leader service awards and announced Cindy Hunter as the 2005 Calgary Region Recognition Award Recipient.



## Lacombe and District 4-H Report

BY DANA KAMLAH AND ALLISON ZUIDHOF

We have nine different clubs in our District and have held two district meetings thus far. Our executive, made up of 4-H members, consists of: President - Wes Munce; Past President - Jeffrey Kamlah; Vice President - Michael Knight; Secretary - Chelsea Klink; Treasurer - Graham Brittain; Regional Council Reps - Graham Brittain, Jeffrey Kamlah, Nicole Hand and Krista Williams; and District Reporters - Dana Kamlah and Allison Zuidhof.

Since our executive is made up of 4-H members, we have some adults helping as advisors. We have set up various committees, including recreational, financial and public speaking committees. We have discussed a lot about public speaking organization because that is our biggest event. We have also talked a bit about fundraising.

We held a District/Regional Executive Workshop on November 26 and would like to thank the following organizing committee, leaders and presenters: Nicole Hand, Tom Blackett, Brenda Biesenthal, Kim Pearson, Scott Hagstrom, Kerri Williams, Julie Dykeman, Janet Kerr and Darryl Langille. Over 30 members attended to learn more about executive positions and how to run a meeting. 🌱

## Lacombe 4-H Dairy Club

BY AUSTIN KLUGKIST

Welcome to the new club year for the Lacombe 4-H Dairy Club. Our first meeting was held on November 2, 2005 at Ev & Marylee Simantons. We held elections in which the following individuals were nominated for office: President - Lee Simanton; Vice President - Laurena Ronald; Secretary - Christine Ronald; Club Reporter - Austin Klugkist; Treasurer - Robin Ramey; Social Conveners - Nancy and Christine Ronald; and Historian - Macike Vankuilenburg. Ev and Marylee Simanton are our new leaders.

So far, we have learned how to select a project calf, how to properly weigh and measure a calf, and how to judge Holstein cattle. We also held an impromptu speaking

session about our project calves and took part in some exercises to make us feel more comfortable about giving an impromptu speech. As a fundraising initiative, our 4-H club has chosen to sell 2 liter bottles of Colostrum for \$5.00. 🌱

### FUN FACT

**The domestic cat is the only species able to hold its tail vertically while walking. Wild cats hold their tail horizontally, or tucked between their legs.**

## Outdoors Project Gains Popularity

BY VICTORIA LANGILLE AND JORDAN GALLOWAY

The Lacombe 4-H Outsiders Multi Club, now in our 14<sup>th</sup> year, offers not only opportunities to spend time outdoors, but also to learn about other projects such as photography, gardening, outdoor cooking, scrap booking and web design. Most of our year, however, focuses on the outdoors and building the skills to allow us to enjoy the outdoors.

One of our biggest events last year was our backpack trip to Quaite Valley in Kananaskis. During this trip members learnt how to pack backpacks properly, keep food safe from bears, cook in the wilderness, and hike safely. Other important events were ice fishing, a canoe trip on the Red Deer River, and a trail ride at the LL Guest Bar Ranch east of Trochu. Just like any other 4-H club, we also participated in highway cleanup, public speaking and various fundraisers.

The Outdoor Pursuits Project, designed by our leaders as a way to give the older members a challenging experience that they could plan themselves, was introduced this year. This project is open to any member 13 years of age or older who has been on at least one previous backpack trip. The group met to select a destination, prepare a budget, fundraise, and finally organize and pack for the trip.

A group of 11 members and three leaders hiked a grueling 14 kilometers up to the camp. The highlight was a 25 kilometer hike up to the base of Mount Assiniboine.



At one point a couple of hikers that had gone ahead were met on the path by a family of bears. Using their knowledge about bears, they were able to wisely turn back and make a detour. Other memories included swimming in the glacier creek, putting too much wood on the fire, and racing back to the vehicles at the end in the pouring rain. The group learned something new and our club is definitely planning to do this project again.

The Outdoors Project may not be the most common project in the 4-H program, and many people are often surprised when you tell them that this type of club exists. However, most would agree that 4-H has always been an excellent place to learn about outdoor activities.

Hopefully this article has given people an opportunity to learn more about what an outdoors project is like and how cool it really is! 🌱

## John Ware 4-H Light Horse Club

BY KATHLEEN NESTER

2005 was a great year for the John Ware 4-H Light Horse Club. We did great things, met lots of new people and learned cool stuff. In general we rode once a month over the winter and once a week in better weather. At our awards banquet and reorganization meeting, we received either an oilskin coat or a horse cooler. Both have proven to be very useful, especially at the regional competition when the weather tried to drown us all.

Here is a sampling of things we participated in this year:

- A roping clinic
- A judging clinic with Anita Webb (have you ever judged socks before?)
- A Polo Cross clinic hosted by the Hicks family
- A trail clinic with Cec Watson
- A farrier demo District and Regional Public Speaking
- A fun show with the Bow River Riders
- Provincial Horse Classic
- A three day riding camp at HVRA in Jenner
- A massage therapy clinic and a saddle fitting with Doug Renschler
- Brand inspection and receiving Alberta Horse Permits with Dale Christman
- Ground work and round penning
- Instruction in barrel racing and pole bending

- A trick riding demonstration
- Regionals in Claresholm

As you can see we had a very active year of 4-H. We did many fun things, including riding lots and taking part in clinics and educational horse related activities. Our club has seven new members this year and it'll be great to have them on our team! 🌟

## Medicine Hat 4-H Light Horse

BY JESSICA NYGAARD

The Medicine Hat 4-H Light Horse Club participated in numerous horsemanship clinics last fall and ended the calendar year with a Christmas Hamper delivery. It was a cold, early morning but the weather didn't dampen the spirit of the many volunteers who came to help us. We sang Christmas carols and were delighted to see the eyes of the young recipients of the hampers and presents light up when we appeared at their doorway. We would like to thank the corner store that provided us with much wanted hot chocolate at the end of our delivery. We look forward to a busy and prosperous club year. 🌟

### FUN FACT

**No other animal gives us more by-products than the hog. These by-products include suede, buttons, glass, paintbrushes, crayons, chalk, and insulation to name a few.**



## Warden 4-H Club

From November 4 to 6, 2005, 10 Warden 4-H Club members took part in Farmfair International at Northlands Park. We began working with our sheep about two months prior to Farmfair at the Bohn Farm under the guidance of leader Audrey Lalonde, and co-leaders Alyssa Lalonde and Judy Bohn. Even with limited experience with sheep, we learned how to prepare our sheep for competition.

Of course, Farmfair was a blast. As soon as we got the sheep into their stalls, we started washing them; and here's how it goes, little kids and water always equal water fights. So by the end of the night, all of us were soaking wet, tired and cold... really cold. Next day, we got there and we brushed... and brushed... and brushed... 21 sheep. Then we had to trim... and trim... and trim... 21 sheep. Then we had the trimming competition, so once again, we had to brush and trim. Next day, we took part in showmanship competitions for yearling ewes and mature ewes. After the shows, we had a "Blooming Monkey Race". After all was said and done, we finally sat down for awards, loaded the sheep back up and went home.

"The whole weekend was amazing, and I hope we have as much or more fun next year," says Edward Blicq, Warden 4-H Club member. We would all like to say a big thanks to Northlands for such a well-organized event and for this opportunity for our children. 🌟



# Features

## A Reflection of You

BY NANCY LOWERY

When you look in the mirror, what do you notice? Let's say you catch a look at yourself a half dozen times a day, opening a door, closing the microwave or washing your hands - each time, making an adjustment to your appearance. This fine-tuning helps maintain your self-image. And if these reflections not only revealed your fashion sense, but your leadership ability, what would be reflected?

Making that conscious check is referred to as self-awareness. The challenge in developing your awareness and leadership ability is getting the feedback you need at the right time, being about to see yourself in the mirror.

When it comes to immediate feedback, horses are one of the best teachers. A horse is acutely perceptive, brutally honest and has no hidden agenda. Like all social species, a herd animal looks for a leader. Their communica-

tion is non-verbal – the horse's ears, eyes and body language will tell a lot about what they are thinking. If we begin to recognize the impact of our non-verbal cues on a horse, it becomes easier to understand and recognize the importance of non-verbal communication in our dialogue with people.

Take the simple task of leading a horse. How you lead a horse says more about you than the horse. If your approach suggests fear or no control – the horse will assume the lead. If your emotions get in the way and you become aggressive you might coerce the horse to follow, but out of fear not respect. To get the horse in step you have to recognize the process is as important as the destination.

A natural leader, the horse is also a natural follower. As you gain confidence and clarity through experience and reflection the horse will mirror those efforts, it is this ability that makes them a perfect tool for self-assessment. The beauty of horses is in the subtlety they teach us to embrace.

If the horse is your mirror, what reflection do you see?

**Nancy Lowery – Nancy has combined her experience as a project manager with her passion for working with people and horses to create The Natural Leader. The Natural Leader delivers Instinctive Development Programs to executives and corporate groups with the assistance of equine partners. 🌻**



## Club Registrations

BY TERRI POTTER

This year, the 4-H Branch has worked very hard to ensure that club registrations and orders were completed quickly and accurately so that clubs received information as soon as possible. We need your help to ensure that we can continue to efficiently provide this service. Below are a few common errors that consume a lot of time when processing your club registrations and order forms:

- Missing information for leaders and members. Please include birth dates, addresses, postal codes, phone numbers, and project codes for each member and leader
- Missing information for clubs. Please include project codes the club is offering in the current year, date the club started in the current year, and signature of the general leader on the screening and approval portion of the club registration form
- Amount of the registration fee is not equal to the number of members in club times \$30. Please count the members carefully, keeping in mind that the fee amount is \$30 per member
- Not sending in the hard copy of last year's club leaders and members with changes made. Members not returning should be crossed out (not blacked or whited out), and the projects and responsibilities should be changed by crossing out last year's information and printing this years
- New members and leaders added on last year's print-out or other pieces of paper and not on new member and new leader forms provided
- Sending in the club supply order form without the club registration form and fees. Please keep in mind that your club supply order will not be processed until all your information is correct
- Faxing club supply order forms and/or club registration forms and then sending the registration fees by mail. Please note that we will not process either without the registration fees

We are currently working to ensure the club registration form is as user-friendly as possible, so if we can work together this upcoming year to reduce the common errors listed above, hopefully all registrations and orders will be processed in a timely manner. Thank you for your help. 🌻

Please Note: Registering your club early will also ensure your new club members receive the December issue of the 4-H Magazine.

# Clever Mascot and Display Bookings

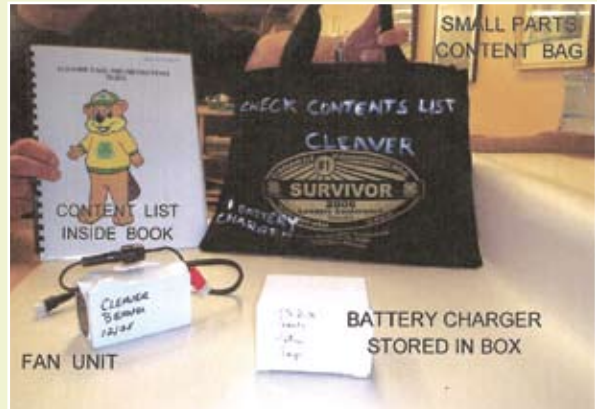
BY DEBBIE ZONGOR

The 4-H Branch provides Cleaver the Beaver Mascot and 4-H displays free of charge to clubs who wish to use them. We have recently purchased a new mascot costume and displays to increase their availability.

Effective February 2006, there is a reminder each time you book Cleaver or the displays to check that all the pieces are in the bag according to the enclosed, laminated content list. If there are missing pieces, please contact the branch immediately. Before returning borrowed items, please check again to ensure that all accessories are intact.

If Cleaver or the displays are returned damaged, with missing pieces, or require dry-cleaning due to misuse (I.e. Cleaver is returned muddy) the club/organization that borrowed them will be responsible for the replacement pieces or cleaning cost.

If you have any questions or need information on booking please call Debbie Zongor at the 4-H Branch at (780) 422-4444.



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# Tips for Completing a Club Supply Order Form

BY TERRI POTTER

Below are a few tips to help you with your Club Supply Order form. We have made revisions to the order form for the upcoming year to make it more user friendly.

## Fill out the form carefully:

- Use the new form that we will be developing for the Fall of 2006.
- Read the descriptions and ordering recommendations of each item while ordering. Details are at the beginning of the catalogue.

## Don't Over Order:

- Only order what is needed for the upcoming club year. Ordering extra leads to stock-outs and backorders. In addition, this will ensure you have the most up-to-date materials from year to year.
- Only one copy of the record book should be ordered for each project a member is in. If they want a second copy to use as a rough draft, they should photocopy the original or print a copy off the web site.
- Member and Leader Reference Manuals (Horse Reference Book, Canine Member Guide, Sheep Production Manual, Beef Levels) only need to be ordered once for a member. Members and Leaders should be keeping their manuals from one year to the next unless there is a new edition or if they are moving up a level. If revisions are extensive enough, it will be noted beside the item if it is "new".
- For leaders ordering more than is needed for a "normal" club situation, please provide justification in the comment lines at the bottom of the pages on the new order form. If you would like to just look at a lot of new project resources, try the following options first before ordering: Look on the resource link on the website (username is alberta4h and password is clever); Borrow a copy from your 4-H Specialist and return when finished, or; Order a copy and return if it is not something that you are going to pursue right away.

## Ribbons:

- Get help from your key leader, a veteran leader or a 4-H Specialist to calculate your ribbon requirements so that you are not over or under ordering. Once you have received some assistance, it should be easier to order them from year to year.
- Ribbons should only be ordered for club achievement days. If you are hosting an interclub, district or regional event, you should be purchasing your own ribbons through your own suppliers.

If you have any questions while you are filling out your order form, please contact the Provincial 4-H Office at (780) 422-4444 for assistance. We would love to help. 🌱

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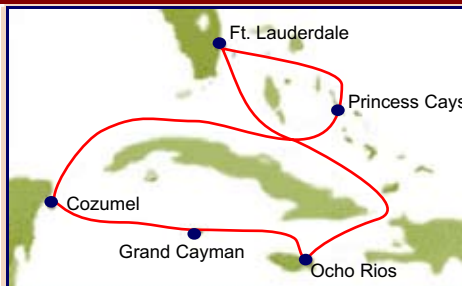
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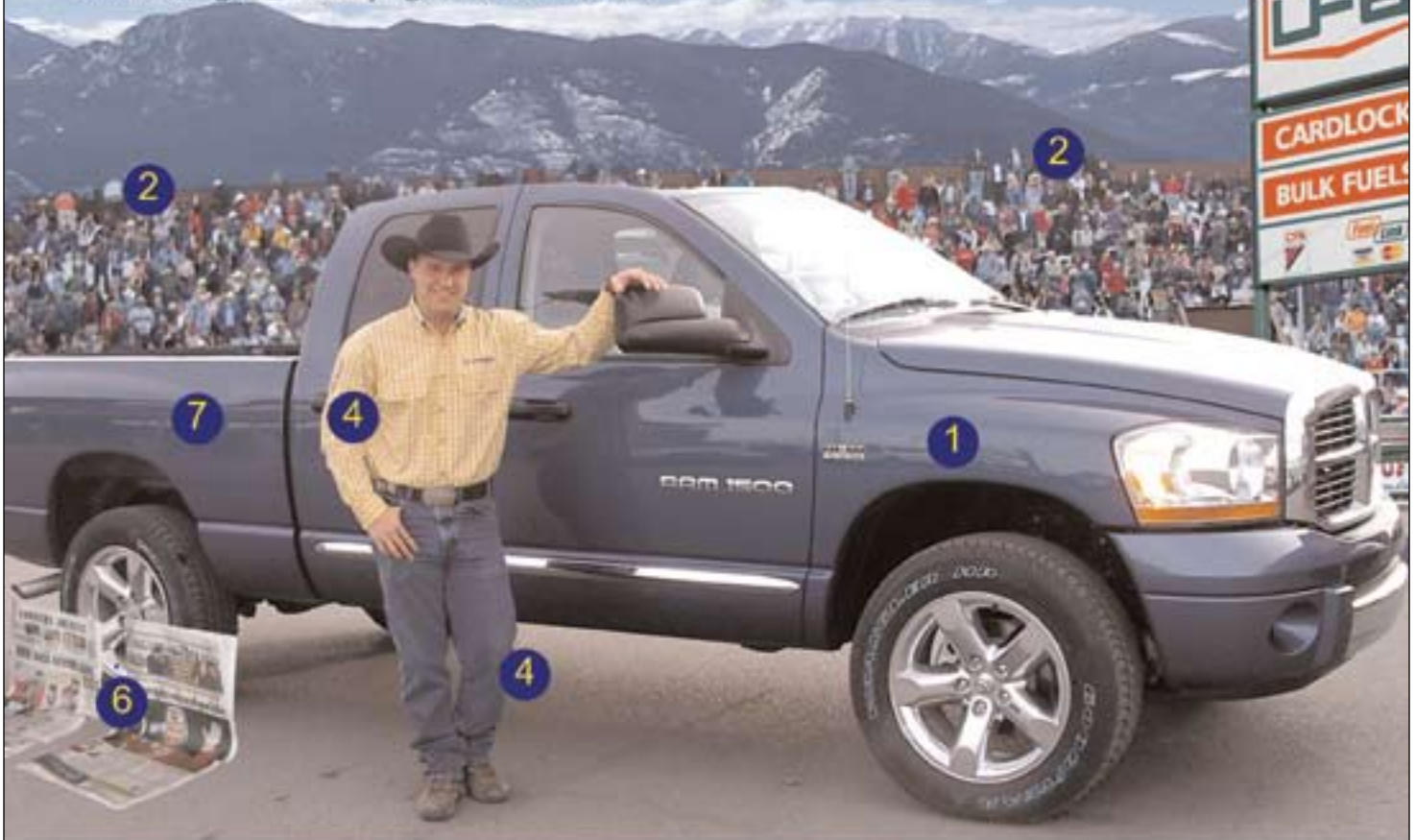




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# Fundraising

## Tire Mania

BY SUSANN MCGOWAN

From September 30 to November 30, 2005, 24 Alberta 4-H clubs collected more than 74,000 tires from farms and private residences, and fundraised just over \$67,500.

The Alberta Recycling Management Authority (ARMA), the organization responsible for managing Alberta's successful Tire Recycling Program pays an incentive to clubs who take part in the project. And, we certainly know that 4-H members are not scared of a little work to help out a good cause such as recycling.

"Collecting a few tires from neighbours snowballed into something unimaginable for our club," said Chris Hahn, Telford 4-H Multi Club.

The tire-recycling project will run again from April 22 to June 30, 2006. During this time, 4-H clubs can collect old tires and drop them off at their local transfer stations. The following designated Saturdays have been set up as drop off days: April 22, May 6, May 20, June 3, and June 17. The deadline for all tire forms and scale tickets to be in to the 4-H Foundation of Alberta is June 30.

Only clubs that register prior to April 15, 2006 with the 4-H Foundation of Alberta at 1-877-682-2153 will be eligible to participate in this tire-recycling project.



Upon registering:

- The 4-H Foundation of Alberta will make the initial contact with your local transfer station to notify them of the designated drop off days (as alluded to above)
- You will receive official tire collection forms (which you must have to drop off tires)

- You will receive names and phone numbers of people that have called in looking for someone to pick up their tires in your area

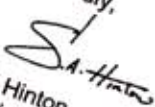
**For more information, please contact the 4-H Foundation of Alberta at 1-877-682-2153. If you are interested in learning more about tire recycling in the province of Alberta, visit ARMA's website at [www.albertarecycling.ca](http://www.albertarecycling.ca).**

On behalf of the Alberta Recycling Management Authority (ARMA) I would like to thank the Alberta 4-H Foundation and Clubs across the province for their efforts in collecting more than 74,000 tires from rural communities (farms and private residences), raising just over \$67,500.

Your dedication and commitment in protecting Alberta's environment through the collection of used tires is to be recognized and commended. These tires will now be recycled through Alberta's tire recycling program, which has recycled more than 35 million tires since its inception in 1992.

The collaboration, cooperation and long-term relationship between Alberta 4-H and ARMA has been invaluable and we look forward to continuing to work with you in the future.

Once again, thank you for your efforts and all the best to you in 2006.

Yours truly,  


Sid Hinton  
Chairman

Alberta Recycling Management Authority (ARMA)

c.c. Hon. Doug Horner  
Hon. Guy Boutilier



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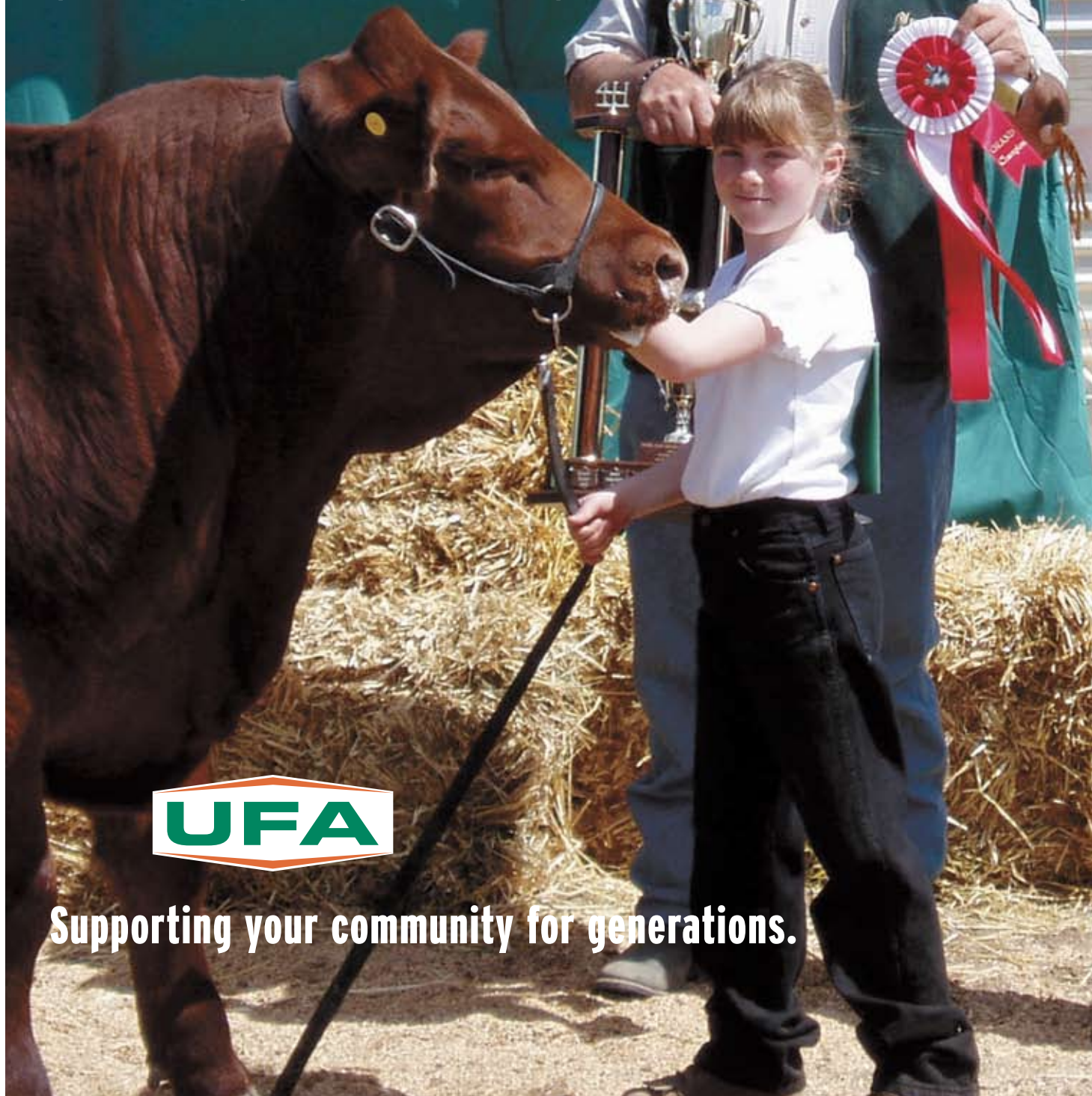
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