

Alberta

4-H

MAGAZINE

FALL 2011 // www.4h.ab.ca
VOLUME 7 • ISSUE 2

INAUGURAL ALBERTA 4-H SHEEP SHOW

page 14



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Submission Guidelines

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

Here are a few tips to ensure that this happens:

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

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

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

Alberta 4-H Magazine

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

4-H and Agriculture Education Branch

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

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

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on the cover

Rewards for hard work are recognized at the Provincial 4-H Horse Show.

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.

CORRECTION: The spring issue of the 4-H Magazine incorrectly identified 4-H member Kendra Kelly of the Millarville Saddle Sores 4-H Horse Club on page 31. Here is the correct bright, smiley face of Kendra! Our sincere apologies for the confusion.





Editorial

I know I say this every year, but where has summer gone? And for those of us in the Peace, we question; *Was summer ever really here this year?* I think I enjoyed a few days of it in August.

Despite the “shortness” of summer we continually manage to get a lot of projects and activities accomplished. Between livestock shows, exchanges and summer camps there is flurry of activity on every precious weekend. When I remember back to my own days as a 4-H member, summer was a time for all the fun stuff. That’s when we made friends across the province and developed such strong ties to the program. Summer gave us time to develop the ideas to implement come fall and the start of 4-H clubs all over again with gusto.

This edition of the 4-H Magazine is my first kick as guest editor of a magazine. My hat’s off to Jessica Hainstock – she left some pretty big shoes to fill! What a great opportunity, though, to have a work project that takes me back to my fun-filled, industrious 4-H years. Much has changed about the program, but even more has stayed the same. There are still the same values, same goals and objectives, just different methods of delivery and a few more options and opportunities.

Inside this issue you’ll find highlights to some of the familiar programs and events such as the livestock shows, camps and exchanges. In addition to the highly successful beef, dairy and light horse shows, this summer saw an addition to the livestock programs with our first Provincial Sheep Show (check it out on page 14). Also in this issue you’ll find updates on new policies (page 11), training programs for traceability (page 15) and implications of shifting technology (page 40).

I’m always up for a challenge, and this project was perfectly challenging for me. I gained experience and that was my goal. Enjoy your fall and happy AGM everybody!

Kenda Lubeck
Guest Editor – 4-H Magazine

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

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National News

National News and Updates

BY KEN LANCASTLE, *Communications and Marketing Manager, Canadian 4-H Council*

The Fall is always a very exciting time at 4-H Canada. As we gear up for National 4-H Month in November, there is plenty to get excited about across the country.

Get Your Green On!

On November 2, 2011, we're kicking off National 4-H Month with the annual Show Your 4-H Colours event. 4-H Members, Leaders and Supporters from coast-to-coast are encouraged to wear green, and showcase their 4-H pride and spirit. This annual tradition is a great way to kick off National 4-H Month across Canada!

Science and Technology Symposium

The longest-running National 4-H Conference in Canada is the National 4-H Conference. Since the 1930s, 4-H Members and Leaders have travelled to Toronto to learn more about new trends in agriculture, as well as make friendships and memories that last a lifetime.

This year, to address the many changes in the agricultural industry, 4-H Canada has shifted the conference's focus to a Science and Technology Symposium. More than 100 4-H Members will travel to Toronto from across Canada for the conference. They will have a chance to see the city, visit local agricultural sites, and attend the Royal Agricultural Winter Fair. Stay tuned for updates from the conference, and find out more about national programs by visiting www.4-h-canada.ca/programs.

Shop for 4-H

There are plenty of ways to Show Your 4-H Colours and display your 4-H pride. Check out the 4-H Store at www.4-h-canada.ca/store to see some of the many exciting and new products available! 🌿

4-H Centennial

4-H Canada was in Calgary during the summer months to kick off the drive to the year 2013: the 100th Anniversary of 4-H in Canada. At the Calgary Stampede, Enbridge was announced as the national sponsor of the 4-H Centennial celebrations. At the same time, 4-H Canada and Enbridge unveiled the new 100th Anniversary Logo!

As 4-H in Canada approaches the 100th Anniversary in 2013, there will be a number of exciting initiatives planned and underway. You can even get involved today by visiting www.4-h-canada.ca/100. There, you can upload historical materials and help build the 4-H E-History Project. We will also be using that website to keep people up-to-date about what is going in to celebrate 100 years of 4-H!



Social Media



There are many ways to keep in touch with 4-H Canada, including the 4-H website at www.4-h-canada.ca.

Did you know we're also on Facebook and Twitter? You can stay tuned for updates by visiting www.facebook.com/4HCanada or www.twitter.com/4HCanada.

Provincial News & Events



AMBITIOUS AMBASSADORS

BY LINDSEY SALOMONS

Alberta 4-H Ambassador, West Central Region

Above: Classy cleanup. (l to r) Stacey Woywitka, Ryan Gauthier, Bryan Lentz and Erin Shaw participated in highway cleanup in style.

TOP SECRET! You are about to indulge in Alberta 4-H's most top-secret events: the Ambassador activities!

Our journey began at Selections where fourteen new Ambassadors were selected from the seven regions across the province. Ambassadors were selected to promote opportunities within 4-H to members and non-members alike, volunteer at provincial and regional events, and act as awesome role models. The new Ambassadors will be participating in these exclusive events alongside the 2010 Ambassador team.

The next stage of our journey took place at the Battle Lake Center for Ambassador Training! A number of the first- and second-year Ambassadors showed up for some good ol' 4-H fun. Cameron Horner guided us through such topics as social networking, giving presentations, sponsorship events, promoting at show booths, and the goals we had for the year. For entertainment, the 2010 Ambassadors dressed up the newbies in ridiculous costumes and we strutted our stuff at the Wetaskiwin bowling alley.

You may have seen 4-H Ambassadors at different events across the province. Ambassadors volunteered at the Provincial Beef Heifer Show, the Provincial Dairy Show, and the first ever Provincial Sheep Show held at the Olds Agriculture Grounds. You may have also seen your Ambassadors at 4-H on Parade in Calgary, the Horse Classic Hippology Contest in Olds, or Provincial Livestock Judging in Vermillion. The Ambassadors have

also been hosting workshops, giving presentations and volunteering at events within their region.

I'm sure whoever is reading this would have to agree with us – you can't help but be in love with 4-H. Not only is it the largest youth organization in Alberta, it is also obviously the best! As the new 4-H season comes to a start this fall, don't be shy to ask an Ambassador to organize an event, present a workshop, or simply ask a small favor – we would love to help!

I will leave this top secret document with a quote by Ted Andrew: "4-H is like a cult; you can walk in a room alone with a bunch of 4-Hers and instantly feel at home. We all tend to dress the same, people on the outside think we're crazy and don't know what we're about, and once you're in, you're never out!" Happy 4-Hing to you all! 🍀



Your 2011 Ambassador group.



Ahoy silver! (l to r) Lindsey Salomons and Leanna Santangelo handling dairy animals for the judging competition and the Provincial Dairy Show.

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SPEAKING OF SUCCESS...

BY JESS HAINSTOCK

Thirty-four competitors – 14 public speakers, and 21 presenters – arrived at Northlands on April 2 for the 2011 Alberta 4-H Provincial Communications competition. Every delegate came equipped with their collection of props, costumes, recipe cards and poster board, with the one universal item that each of them carried being their “A-Game.”

“At this level of competition, the members’ caliber of performance is through the roof. Naming a winner is never an easy process; it really just comes down to critiquing finicky nuances,” commented Cameron Horner, Communications and Marketing Specialist with Alberta 4-H and coordinator of the Provincial Communications competition. “Each and every member here has the potential to take home the top place; it’s just a matter of on that day, at that particular time, who delivers the best under pressure.”

At the provincial level, presentations must run between eight to 10 minutes and can be done solo, or in a team of up to three people. Following the presentation, judges or members of the audience ask up to three questions of the presenter(s). Thirteen demonstrations and illustrated talks, which ran the gamut from tie-dying and meal prepping to duck hunting and buying a proper horse, took to the stage at this year’s competition. Michelle Schuurman of the Lacombe 4-H Dairy Club took second place with her illustrated talk, “Gone but Not Forgotten.” Leslieville Trail Trotters 4-H Club members Jessica Perreault and Katelyn Godwin’s “Deal or No Deal” presentation earned the ladies a first place finish.

“Teamwork is very important to us because it is what got us this far,” Katelyn reflected. “We knew how to have a ton of fun but also how to buckle down and get practicing when it came time to win.” Jessica agreed, adding, “We are honoured to receive this provincial title; we feel that the skills learned in this 4-H communication project will take us very far in life.”

Occurring simultaneously to the presentations, the public speaking side of the competition is measured in two parts: prepared and impromptu. Competitors are assigned a broad topic, this year’s was “Youth and Tomorrow,” which speakers use as a base to guide their new four to six-minute speech. Impromptu have the members selecting a never-before-seen topic, and delivering a two to three-minute talk on something they had a minute to gather their thoughts on. Following more than two hours of talking by 14 competitors, Jillyayne Stalwell of the Strathmore 4-H Multi Club won an Honourable Mention for her speech, “Full Speed Ahead” and Lindsay Skelton of the Okotoks Outriders 4-H Club took second with her talk, “A Flawless Figure.”

Zane Perreault earned a first-place finish with his prepared speech, “Diamonds of Hope” and his impromptu talk on global warming. As the winner of the 2011 provincial public speaking competition, Zane will represent Alberta next November at the Canadian Young Speakers for Agriculture (CYSA) competition in Toronto.

“I really wanted to win, not only because it’s a great accomplishment, but because it’s really important for youth to have a voice, and be heard,” said the Leslieville Trail Trotters 4-H Club

member. "All of the hard work and determination that it required to get here really paid off."

Showcasing the best of Alberta 4-H's orators, Provincial Communications invites the top two public speakers and presenters from each of 4-H's seven regions' competitions to come and compete for the opportunity to be named the province's best communicator. Presenting Partner for the Provincial Communications was AltaLink; Partner Supporters were Agrium, Calgary Stampede and the Government of Alberta. Partner Host was Edmonton Northlands. 🍀



14 competitors from across the province tackled prepared speeches and impromptu.



(l to r) Zane Perreault, Leslieville Trail Trotters; Lindsay Skelton, Okotoks Outriders 4-H; Jillayne Swalwell, Strathmore 4-H Multi, were this year's top public speakers.



(l to r) Cameron Horner, 4-H Specialist, congratulates Michelle Schuurman, of the Lacombe 4-H Dairy Club, on her second place finish in presentations.



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All smiles at 4-H on Parade.

4-H on Parade Makes Way for Expanding Life Skills

BY JALISA BARNETT, 4-H Project Coordinator

Those who are unfamiliar with 4-H on Parade may be momentarily disappointed to find out that there will be no marching bands to listen to, decorated floats to watch, or candy to catch. But witnessing 4-H on Parade for oneself quickly turns those feelings of disappointment into nothing but a distant memory.

4-H on Parade boasts of its record as the largest gathering of 4-H members in Canada. This year it lived up to that expectation by drawing approximately 600 members, 700 head of livestock, and 1100 projects to the Calgary Stampede Grounds for May 27 to 29. Of this feat, Calgary Regional 4-H Specialist, Rob Smith proclaimed 4-H on Parade as “a project congress where such a high degree of quality is a clear indication of passion.”

The continuing popularity of 4-H on Parade is attributable to the unique opportunities for clubs and members in the Calgary Region to widely showcase and compete with their projects. Through her smile Megan McLeod, member of Jumping Pound 4-H Club, said that “4-H on Parade was so much fun! The competition was great and I was happy to see my 4-H friends.”

Each day at 4-H on Parade was completely jam-packed with displays, demonstrations, competitions, shows and sales - all taking place simultaneously throughout the grounds. Members, leaders and parents alike were constantly on the go.

Friday brought with it the beef female show that in proud partnership with the Bashaw show committee presents members with the opportunity to compete beyond the 4-H level. Dairy and sheep trimming competitions were also taking place throughout the day. The Multi Species Judging competition was held in the evening with approximately 200 participants. Each participant was exercising their critical thinking and analysis, communication, and decision making skills while giving reasons for an equestrian riding helmet in addition to a variety of livestock.

Encana got everyone's Saturday morning started out right by sponsoring a free pancake breakfast. A center of activity on Saturday was the life skills section. The growth of the life skills display at 4-H on Parade over the past few years continues to “impress and inspire,” says Smith, with an outstanding 400% increase in life skill entrants since last year alone. Determined to reinvigorate the life skills section of 4-H on Parade a few

years ago, volunteer Wayne Shuttleworth says that witnessing such excitement and pride around beef and horse related projects led him to question why life skills couldn't do so on the same level. A small committee set to work with the intention of creating a proper visual presentation gallery, along with a full-blown competition and sale. With their goals having come to fruition, Shuttleworth observes that “broadening the project experience for life skills members at 4-H on Parade was a perfect way to enact the 4-H motto, particularly for the presentation and marketing aspects of their projects.” This year, the life skills section included artistically displayed projects such as photography and welding for judging, a silent auction, a starting point for a 4-H on Parade style GPS scavenger hunt and a stage which gave the canine and goat projects some great exposure!

Also taking place on Saturday was the beef female team grooming and marketing competitions, an archery demonstration in addition to a variety of livestock shows. Despite the Neurotropic Equine Herpes Virus-1 (nEHV-1) scare leading up to 4-H on Parade, over two thirds of the horse entrants still attended and were quite happy to be there competing in a variety of english, western and heavy horse categories. Wrapping up Saturday was the first annual interclub Tug-of-War and a presentation to Rob Smith honoring him for his dedication to the Calgary Region during his time as 4-H specialist.

With another 4-H on Parade drawing to a close, the remainder of the events were held- including the crowd pleasing heavy horse and sport dogs shows. Sunday was also sale day at 4-H on Parade with the steers, sheep and life skills up for grabs. This year a life skills project, in addition to a steer and lamb produced and donated by individual clubs, were auctioned off with the proceeds given to charity. The Bow Valley Beef Club raised the charity steer for the Alberta's Children's Hospital which was purchased by Encana. Raised by Irricana Beef and Multi Club was the charity lamb for STARS which was purchased by Balzac Meats. Taken by JoJo Goetjen of Cremona 4-H Club was a photograph which was sold to Lance Weston with proceeds going to Inn From the Cold.

This year's 4-H on Parade was deemed a “tremendous success” by Smith. Returning to the event as a spectator, Shuttleworth observed that “within the supportive environment of 4-H, members are trying new things, learning from their mistakes and reaping the rewards of their successes.” Confirming the merits of this spectacular event, 4-H member McLeod said that readying her project for 4-H on Parade taught her to “work hard and push further to get the results you desire.”

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



Young leader Nicole Black with members of the Crossfield Madden Beef Club.



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**TIDBITS FROM ALBERTA
4-H COUNCIL**

*Welcome to all new and returning leaders
and members for another great 4-H year.*

Clever Kids Pilot Project

The Clever Kids Pilot Project is entering the third year. Last year there was a great response and many success stories from this PILOT!

Creativity and innovation is an opportunity to learn – we are learning from what you are reporting. The only way to develop structured guidelines is from your feedback and without any feedback a final decision cannot be made. Many decisions are being left to your club at this time to assist us by learning to do by doing. The requirements that are set in place are for the safety of Clever Kids and leaders involved.

If your club would like to participate in this pilot they are required to complete the Clever Kids Pilot Project proposal and registration form and meet the basic requirements set for this pilot. We encourage you to utilize the electronic version of the proposal and registration available the 4-H website. If you or club has any questions please contact Alberta 4-H Council at any time for clarification or assistance.

While your club is developing programs, thank yous, certificates, clothing please remember to utilize the Canadian 4-H Logo. The logo can be obtained on the 4-H website or by contacting your regional specialist.

Alberta 4-H Leader Screening

New leaders and leaders entering their fifth, 10th, 15th, etc. year of leadership will be required to complete a mandatory online leader screening application. If anyone is having problems or requires assistance during this process please contact Alberta 4-H Council. This process is very user friendly, will be easier to manage and ensures you and your club will receive a quick response. Please note that your criminal record check will need to be submitted in the mail. Volunteer leaders are encouraged to request their criminal record check very early as this can take more than eight weeks. Each RCMP or city police detachment differs on the process.

Leader screening is designed for the safety of all 4-H members and you as a 4-H leader. Your volunteer time is important and greatly appreciated please keep up the great work and thank you for completing the requirements to becoming a 4-H leader.

4-H Equine Helmet Requirements

Effective October 1, 2011, a properly fitted ASTM/SEI (American Society for Testing and Materials / Safety Equipment Institute) or BSI (British Standards Institution) approved equestrian helmet must be worn by:

- all Horsemanship Level 1, 2 and 3 members while mounted and
- all 4-H members born in 2000 and later while mounted.

Members involved in vaulting are not required to wear a helmet. It is highly recommended that all other riders wear a properly fitted ASTM/SEI or BSI approved equestrian helmet.



Contact Us

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UDDERLY IMPRESSIVE



A steady hand and a keen eye.

BY CAMERON HORNER

4-H Specialist, Communications and Marketing

Like a fine wine or a vintage car some things just get better with age and the Alberta 4-H Dairy Show is no exception. This year marked the 65th anniversary of this great event, which is not only a huge accomplishment for Alberta 4-H but also for the members and volunteers who continue to make this show such a success.

The dairy show participants had a full schedule in front of them as they competed in a variety of tasks over the three day event, held July 13 to 15 in Olds, AB. Judging, showring judging, a dairy husbandry quiz and a clipping competition all kept the participants on the go. Each of these tasks was designed to give members the opportunity to showcase their skills, as well as build on them for the following 4-H year and in future endeavours.

Senior-member participant Katelyn Crest has witnessed the skill development provided from attending the show. "The dairy show provides for a fun learning environment. You get to know everyone quickly and it's a great experience to keep learning right from the juniors to the seniors."

Members also took part in conformation and showmanship competitions as well as participated in the many social activities this show offers.

"Hosting the Provincial 4-H Dairy Show is an excellent opportunity for our youth to get together and learn from each other," Andrea Church, Calgary and South 4-H Regional Specialist commented. "The longevity of this program is a true testament to the passion 4-Hers have to their projects."

The Alberta 4-H Dairy Show was made possible thanks to the generous support of Presenting Partner Gas Alberta Inc., and Partner Supporters – Alberta Dairy Industry, ATB Financial, Government of Alberta, Kubota Canada Ltd. and Westgen Endowment Fund. Partner Host is the Olds Agricultural Society. 🍀



Getting ready for show.

BEEFIN' IT UP!

BY CAMERON HORNER

4-H Specialist, Communications and Marketing



With a little help from my friends.



The love for showing starts early.

Time sure flies when 4-H is having fun so it is easy to forget that 2011 marked the 35th year that beef project members have been making the trek to the Alberta 4-H Beef Heifer Show.

This distinguished event continues to grow and evolve but certain things have remained a staple throughout the years – this show remains committed to ensuring 4-Hers gain experience, skill development, beef awareness and, of course, all while having some fun in the process.

The 2011 show proved why the Alberta beef industry is in fine hands moving forward. The enthusiasm and dedication these members put into the judging competition, team grooming and showmanship classes among others, as well as the hard work in keeping their livestock clean and show-ring ready is second-to-none. First-time show participant Connor Douglas from the Cherhill 4-H Multi Club saw the occasion as a great chance to show his 4-H projects again. "It was a big learning experience but I'm picking up lots of tips and meeting more people, plus the indoor facility is really great for showing."

In addition, this year once again saw senior members partake in the You're Hired event where they went through a mock interview process. This popular item gives everyone a chance to enhance their skills and demeanor when discussing a job or career choice with a potential employer.

Added Andrea Church, Calgary and South 4-H Regional Specialist, "These young people could quite easily be our future producers in the beef industry and it is important we give them a venue to explore and develop their skills."

Partner supporters of the Alberta 4-H Beef Heifer Show are Alberta Beef Producers, AMA Insurance, ATB Financial, Gas Alberta Inc., Government of Alberta, Kubota Canada Inc., Lamble's Western Wear & Tack, Penn West Exploration and Westgen Endowment Fund. Partner Host is the Olds Agricultural Society. 🍀



This is one groovy lamb.

WILD AND WOOLY

BY CAMERON HORNER

4-H Specialist, Communications and Marketing

It was a very exciting time in the world of Alberta 4-H when the inaugural Alberta 4-H Sheep Show took place July 13 to 15 in Olds, AB. The show, which featured 23 enthusiastic members from across the province, provided an excellent opportunity for 4-Hers to experience project competition at the provincial level for the very first time.

The three-day event saw members compete in a variety of classes and competitions including judging, trimming, combing and conformation. With the barns full of genetically-sound livestock and eager 4-Hers this show was definitely the place to showcase the best of the best when it came to the sheep industry.

“Having a Provincial 4-H show is a great opportunity. It has been fun to meet other 4-H members in the sheep project and I’m excited I got to participate in the first ever Provincial show,” stated Brennan Munro from the Irricana 4-H Beef and Multi Club.

The first Alberta 4-H sheep club was established in 1923 and the project currently features over 100 project members in 31 clubs through the province. The 2011 provincial sheep show saw approximately one-third of all of Alberta’s 4-H sheep project members attend the event. “The sheep industry is currently experiencing its strongest market acceptance in years and Alberta’s sheep youth are obviously as committed as anyone to raising awareness of sheep production and husbandry,” stated Andrea Church, Calgary and South 4-H Regional Specialist.

Presenting Partner of the inaugural Alberta 4-H Sheep Show is Farm Credit Canada, Partner Supporter is the Government of Alberta, and Partner Friends are Alberta Lamb Producers and the Canadian Sheep Breeders’ Association. Partner Host is the Olds Agricultural Society. ❀



All smiles in the show ring.



The Reserve Champion of the 2011 UFA Steer Classic at the Calgary Stampede, purchased by CAPL.

The Canadian Association of Petroleum Landmen Negotiates a Classic Success for 4-H

BY PAULINE COPITHORNE,

Corporate Partnerships Coordinator, 4-H Foundation of Alberta

The 2011 Calgary Stampede CAPL Steer Classic Raffle was once again a great success! For the past seven years the Canadian Association of Petroleum Landmen (CAPL) has sponsored two separate raffles with all proceeds benefitting Alberta 4-H. CAPL purchases the Calgary Stampede Steer Classic Reserve Champion animal, which then is first prize of each raffle – half a side of delicious beef! Each raffle also features several other fantastic prizes, generously donated by companies affiliated with CAPL. In addition to half a side of beef, other prizes included iPads and iPods, Calgary Flames and Edmonton Oilers hockey tickets and jerseys, and golf packages. Tickets are \$10 each and the prize draw is always on the last day of Calgary Stampede. All proceeds from these raffles are directly contributed to Alberta 4-H.

During the months leading up to the Calgary Stampede, CAPL members volunteer their personal time to sell tickets, attend 4-H and community events, and represent their association’s partnership with Alberta 4-H. This year CAPL, a Champion Alberta 4-H Sponsor, will be Presenting Partner of the Alberta 4-H People Developing People (PDP) programs. The 4-H Foundation of Alberta is grateful for the time, effort, and commitment to Alberta 4-H that is generously given each year. A special thanks to Terry Cutting from McNally Land, and the CAPL Steer Classic Committee, for their exceptional hard work and effort in making this year’s raffle so fantastic.

The Canadian Association of Petroleum Landmen is an expanding organization committed to enhancing all facets of the land profession through communication, education, professional development, technology and member services.

If you would like your club to get involved selling tickets in 2012, please contact the 4-H Foundation at 780-682-2153 or foundation@4hab.com. For more information about CAPL, visit www.landman.ca. ❀

TRACEABILITY TRAINING PROGRAM

BY LORI MCRAE, Agriculture Education Specialist

Traceability Training materials have been developed for 4-H members and leaders to use. Learn about the three pillars of traceability: premises identification, animal identification and animal movement. Discover why traceability is important and how you can apply it.

Leader Training

Three PowerPoint presentations are available for 4-H leaders. Each PowerPoint has a specific focus. One presentation is targeted at beef leaders, the second one is targeted at equine leaders and the third one is targeted at other livestock leaders.

Member Training

Six interactive learning activities are designed for members to complete. They can review some facts and then reinforce their knowledge about traceability by completing some activities. The following activities are available:

TR1: Making Tracks! How traceability helps keep track of three things: animals, their locations, and their movement.

TR2: T Town How traceability is similar to other things we do to keep track of our property and our responsibilities.

TR3: Tag U! How three pillars of traceability give 4-H members a platform for keeping track of their animal.

TR4: UR Here Ranch How traceability uses connections between numbers to track connections between animals.

TR5: Road Trip! How livestock moves through the industry's chain of production.

TR6: Going Viral How diseases spread among farm animals and what we can do to prevent them from spreading.

The traceability training materials will be posted on the 4-H website by October 1, 2011. 🍀

Are you ready to STEP UP?

BY JENNIFER HARDY-PARR, STEP UP Program Coordinator

The Canadian Farm Business Management Council, Canadian 4-H Council, Canadian Young Farmers' Forum, and Canada's Outstanding Young Farmers' Program have joined forces to unveil the all new STEP UP mentorship program.

STEP UP is an on-farm learning placement that matches those planning or considering a farming career with an experienced farm manager so that they can learn critical aspects of farm business management in a hands-on setting.

What's New?

The STEP UP program has:

- Refocused on helping you define and achieve your learning goals.
- Expanded eligibility.
- Raised the profile of mentorship, programs, and best practices.
- Four national partners collaborating to extend the network of knowledge and expertise.
- Testimonial and Gallery showcasing your successes!

For Mentees, STEP UP is a great opportunity to:

- Learn while you earn – You can cultivate new skills and abilities by learning from the best... and potentially earn a wage at the same time!
- Build a wide network of contacts and increase your confidence and motivation.
- Broaden your horizons and experience.

STEP UP Mentee Simone praises her 2010 STEP UP experience for giving her a “realistic perspective of the energy and commitment it takes to organize a functional farm... having the opportunity to work with a knowledgeable farmer who enjoys teaching was a powerful experience.” Jocelyn, another 2010 STEP UP Mentee, not only gained a “wealth of experience and skills” but feels she can contact her Mentors in the future “to ask them for farm business management advice.”

Participating in the STEP UP program as a Mentor also has its benefits since you can:

- Share your passion and knowledge thereby allowing you to make a significant and enduring impact on an up-and-coming farmer's career.
- Gain a fresh perspective.
- Receive a \$2,000 honorarium.

Gavin summarizes his STEP UP Mentoring experience as: “I have learned a huge amount from all our Mentees...The farm business certainly benefits from having Mentees!”

Interested in getting involved?

You can be a Mentee if you are 18 years of age or older, interested in owning and operating your own farm someday, willing to travel within Canada and possibly outside of your province, able to commit at least eight continuous weeks to your Mentor, and are eager to learn and share your own ideas and experience.

Farm managers, experienced in any type of farming are encouraged to become Mentors. To be a Mentor requires time, patience, an open mind, and an interest in passing on the best of your farm business management knowledge.

To apply visit the STEP UP webpage at www.farmcentre.com, and don't delay! Mentees are ready to get their hands dirty! 🍀



OBJECTIVES OF 4-H

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



If you have attended a regional or provincial program, it is likely that on the evaluation you will have been asked to complete some questions that refer to our program objectives. You may have wondered what those objectives are and where they came from.

The program objectives are 20 areas in which we hope people involved in the 4-H program will have increased their knowledge or ability. These objectives have been adapted from a list of 23 objectives that were developed during the first “Measures of Success” study commissioned by the Canadian 4-H Council over 20 years ago. The study asked past and present 4-H members what they learned from their involvement in the 4-H program and then the list was developed.

The objectives for the Alberta 4-H program are:

Learning subject matter

Increase knowledge related to subject matter through participation at the program.

Enhancing environmental sustainability

Managing the natural environment in a manner that meets the needs of the present generation without compromising the ability of future generations.

Improving farm safety

Knowledge of ways to stay safe around a farm, which may include safety around animals, machinery, chemicals or other hazards.

Learning rural/economic renewal

Social and economic development of rural communities.

Enhancing awareness of 4-H

Appreciation for everything the 4-H organization has to offer (increasing the awareness of 4-H internally and externally).

Canadian and community citizenship skills

Appreciation for Canada, the heritage and history as well as potential, and the importance of being engaged in the community.

Giving service to the community and others

Importance of providing voluntary service to individuals and/or organizations outside of 4-H.

Increased appreciation of agriculture/agribusiness

Awareness of the opportunities available in the agriculture industry.

Promoting health, safety and fitness

Learning the importance of engaging in activities that promote health, safety and fitness.

Enjoying recreation, leisure and fun

Taking part in recreation, leisure and fun activities.

Gaining interpersonal and teamwork

Participants are able to communicate one on one and with others in a group setting, work well with others and to interact with other people.

Learning communication and presentation skills

Perform formal public speaking and presentation skills, whether directly for participation in a competition or making presentations to other groups.

Group mobilization

Participants are able to motivate a group and take on the various roles of leadership.

Management skills

Management of time, money, human and other resources.

Improving farm practices or farm management

Participants are able to improve practices in animal husbandry, horticulture, agronomy, environmental sustainability or other activity involved with farming.

Developing entrepreneurial skills

Using skills that benefit the ability to run a small business.

Personal development and self esteem

Gaining the desire to experience internal growth as an individual and a positive view of self.

Transferring learned knowledge to others

Participants desire to take away knowledge or skills and share with others. This is classed as an aspiration because we are measuring their intent to use the knowledge or skill, not the actual use.

Strengthening rural communities

Participants view the benefits of rural communities and the desire to make a positive impact in these communities.

As you can see, these objectives cover many topics. Some objectives are well addressed at the club level and others are addressed more fully at district, regional and provincial programming. Every provincial program addresses between four and eight of the objectives listed, depending on the length of the program and who the intended audience is.

We hope that you will keep these objectives in mind when you are developing your club program plan, just as we do when we work on provincial programs. ❁



LTCS

BY REBECCA ZADUNAYSKI
Communications and Marketing Assistant

While the idea of spending the long days of summer planning activities, facilitating workshops and being responsible for large groups of energetic 4-H members might seem like a daunting task, it was nothing the 80 aspiring counselors who attended this year's Leadership Through Counseling Seminar (LTCS) weren't prepared and excited to deal with.

With this year's Summer Programs themed "Lights, Camera, Action" it was only fitting this edition of LTCS was titled "Dress Rehearsal." During the week-long training seminar, delegates and newly trained counselors were given several opportunities to showcase and build on their leadership skills. Small groups of delegates were responsible for planning and orchestrating different activities throughout the week, providing everyone the opportunity to learn to organize as well as react when things don't operate as smoothly possible. In addition, important skill-building workshops were run throughout the week to give these Alberta 4-H senior members the appropriate tools to make their summer counseling experiences a success. First aid, crises management and small group planning all gave the group the time to rehearse what they would need to know when it came time for them to be in the director's chair at their respective summer programs.

With numerous camps happening throughout the province, there were endless opportunities for this enthusiastic group of



Lots of energy was found in the delegates at LTCS.

newly trained counselors to test their skills and patience! 4-H Summer Staff Coordinator Rita Marie Leask commented, "The basis behind LTCS is to prepare this group of young adults to be positive role models and to be effective at handling any situation presented to them. It also really puts into motion the 4-H Motto of Learn to do by Doing."

Returning for a second year at LTCS, Nolan Sereda conveyed, "Increasing my knowledge will make me a more confident counselor. It also helps develop the skills I need and aids in finding ways to make the experience for every delegate fun and rewarding. Plus seeing the enthusiasm the younger members have for the 4-H program gives me the energy to keep going through the week." Energy is something that is never on short supply when it comes to a group of 4-Hers.

"The highlight at the end of the week is knowing that we have helped to build a strong, secure and prepared team of counselors ready to facilitate camps throughout the province," said Emily Wall, Junior Staff member of LTCS.

Presenting Partner for LTCS is Penn West Exploration. Partner Supporters are Agrium, Farm Credit Canada, Government of Alberta, Monsanto, Olds College, and Peavey Mart. Partner Friend is the Canadian Wheat Board. Partner Donor is CIBC, and Partner Host is the Alberta 4-H Centre. ❀



Working together to finish the job.

Building teamwork skills at LTCS.

SWEET SUMMER TIME!

BY REBECCA ZADUNAYSKI, *Communications and Marketing Assistant*



Time at the water was always a favourite.



Learning to do by doing.

Every year 4-H members of all ages and from across the province spend long days playing outside in the sun, swimming in the lake, sitting around a campfire and building new friendships – just another exciting year of endless fun at 4-H summer camps.

In July 4-Hers geared up to take part in all the exciting and entertaining adventures that 4-H camps hold. With the overall theme of 4-H Lights, Camera, Action members packed their bags, which included a large amount of bug spray, and headed off to their respective camps.

First off was the Casting Call where junior members, aged 9 to 12, embarked on what for some was their first 4-H summer programs adventure. Delegates were given plenty of time to develop new friendships, learn new games and most importantly have fun. Beach time, watermelon carving and the slip and slide were easily the highlights of the week for camp delegates.

Building on team work and developing life skills all comes with practice, and for the members who attended the combined camp, Rehearsing Your Role, the week-long program allowed them to set the ground work for building a great set of life skills. Members had more opportunities to develop their team-working skills as well as spend time in appreciation sessions which focused on 4-H, agriculture and the environment.

Getting into Character was the theme for Intermediate Camp, a program designed with maturing members in mind. The delegates aged 12 to 14 were introduced to more serious topics and spent time in sessions focused on key issues related to agriculture and the environment. While the camp itself had a more serious atmosphere, members still had plenty of time to have



An extra set of hands is needed sometimes.

fun with activities such as the mini-Olympics, an overnighter and a field trip.

It didn't matter what sort of weather was happening, 4-Hers around the province were having fun this summer. Bugs and rain aside, there was much to be had from theme meals, small group games, talent shows and the highly anticipated dance at the end of the week. In addition, camp delegates got to spend a week developing lifelong friendships, interacting with peers, as



Making a target for archery.

well as getting to learn more about what the 4-H program has to offer.

Presenting Partner for the 4-H Summer Camping Program is Penn West Exploration. Partner Supporters are Canadian Natural Resources Limited, Government of Alberta, and Peavey Mart Inc. Partner Friend is Loblaw Companies Limited, and Partner Hosts are the Alberta 4-H Centre and Regional 4-H Council. 🍀



Mmm! Banana Boats!



Skill session fun.

See Your Name In Lights

BY REBECCA ZADUNAYSKI, *Communications and Marketing Assistant*



Building Rice Krispies treats during an activities session.

Club Week has long been considered the most essential program to attend for senior-aged 4-H members, but until one experiences the action for themselves the full impact of this six day program cannot be fully understood or appreciated. Designed to make senior members reflect upon themselves, this week-long journey is focused on self development and personal awareness.

See Your Name in Lights was the theme for this year's edition of Club Week. The overall goal was to build upon your strengths, recognize your weaknesses, and act on the skills that will help you conquer the barriers you face on your path to success.

Throughout the six days of the event, not a minute was wasted; early mornings and late nights provided delegates time for small group discussions, information sessions, guest speakers, along with plenty of activity time. Events like the country fair, masquerade dance, Hawaiian luau, and daily activities kept delegates busy but entertained.

Legacy Builder Sponsor UFA representative and volunteer group facilitator, Ryan Crandall seized the opportunity to get involved with the program. "The Club Week program has been the highlight of my summer. It was a great experience; one that I would recommend to everyone."

Delegates were also given time each day to reflect upon the previous day's activities, and were encouraged to write down their thoughts about the events that happened. Along with time for reflection, the small group interaction was an essential aspect of the week. They were given the opportunity to discuss controversial issues that young adults often don't get the chance to talk about openly. Group facilitators get the chance to develop strong relationships with these young adults and provide a positive environment for group discussion.



The Masquerade Dance was a great way to spend an evening.



Small group time was a large portion of Club Week.

There is an overwhelming honesty and trust between delegates and those facilitating the program. Club Week is truly on a level all its own with small group facilitator, Shelly Sayers, expressing that “Club Week gives members a chance to have a week away from the rest of the world and provides an opportunity for members to focus on the things that matter most. It’s a time to appreciate the things you have in your life like family, friends and your personal values.”

A quintessential portion of the program revolves around the delegate’s discovery and building of themselves. Every year the program has a chosen theme song, one that has a deeper underlying message, a source of inspiration, with this year’s song being “Born to be Someone” by Justin Bieber. Starting and ending each day with time to digest their own thoughts Club Week participants develop their own connections to the song. “Having the time for deep thoughts is my favorite part of the day,” commented Briana Carlyon. “This program allows us to be open, which makes it easy to connect and interact with other delegates.”

The Presenting Partner of 4-H Club Week is EnCana Corporation. Partner Supporters of the program are Agriculture Financial Services Corporation, Agrium Inc., AMA Insurance, Government of Alberta and Monsanto Canada Inc. Partner Host for the event is Olds College. ♣



Lots of energy everywhere during the week.



The Country Fair was full of unexpected games.



The 2011 Club Week participants and staff.

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2012 Denver Western Horse Classic participants will be: (l to r) Lauren Hughes (alternate), Stacy Berry, Stephanie Kinnee, Jennifer Wrubleski, Cassandra Crick and Emily Henschel (alternate).

LIGHT HORSE PROJECT MEMBERS ATTEND 4-H HORSE CLASSIC

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

In its 17th year of operation, Horse Classic was again a huge success. This year's event saw 60 enthusiastic light horse members from 21 clubs throughout the province. New faces and clubs were a welcome addition to the event, which also had 30 volunteer leaders on hand to help facilitate the program.

"Horse Classic gives 4-H members who are enthusiastic about the equine project a chance to show their knowledge," says Janet Kerr, 4-H Specialist for East and West Central. "We are able to have three industry/project clinics during the program because of the generous support from the program sponsors, Penn West Exploration, ATB Financial, and Lamble's Tack and Western Wear. The programming at Horse Classic actively develops 4-H members' skills by testing horse knowledge and working on team and individual activities."

All members registered for the event were automatically entered in the hippology contest, which tested members' equine knowledge through four phases: quizzes, judging, identification stations and team problem.

Following the success of last year's Challenge Marketing competition, delegates again had the chance to prepare their materials in advance and pitch their product to a judging panel. The winner of this year's event was Monique Uittenbogerd from the Three Hills 4-H Wranglers.

Qualifying based on individual hippology points, the top four members to represent Alberta at the Western Regional 4-H Horse Classic in Denver, Colorado in January 2012 will be: Stacy Berry from Warden 4-H Light horse, Stephanie Kinnee from Coaldale Equestrian, Jennifer Wrubleski from Lakedell 4-H Light horse and Cassandra Crick from Tees Wranglers. Lauren Hughes, and Emily Henschel will act as alternates.

For a full listing of Horse Classic 2011 results, please visit the Alberta 4-H website's News/Events section.

Presenting Partner for Horse Classic is Penn West Exploration; Partner Supporters are ATB Financial, Government of Alberta and Lambl's Western Wear & Tack, with Partner Host Olds College. 🍀

HORSE CLASSIC 2011 RESULT HIGHLIGHTS

HORSE BOWL

It's the 4-H Horse project's version of "Reach for the Top or Quiz Kids." The Horse Bowl gives participants a chance to demonstrate their knowledge of equine related subject matter in a competitive setting:

TOP TEAM

Name	Club
Stacy Berry	Warden 4-H
Erin Kruiensga	Midnight Express
Erika Olsen	Ropes N' Reins
Katelynn Wychopen	St. Paul Light Horse

PRINT MARKETING

Members develop an advertisement similar to one that would appear in full colour horse industry publications. This year the advertisements focused on promoting 4-H events.

TOP PRINT MARKETING INDIVIDUAL - AGE CATEGORY ONE

Name	Club
Danae Chostner	Big Valley Rusty Spurs

TOP PRINT MARKETING INDIVIDUAL - AGE CATEGORY TWO

Name	Club
Shawni Lupaschuk	St. Paul Light Horse

TOP PRINT MARKETING INDIVIDUAL - AGE CATEGORY THREE

Name	Club
Lauren Hughes	Calmar Heart of the Country

HIPPOLOGY CONTEST

All members attending the Horse Classic program enter into the Hippology contest. What is a hippology contest? The hippology contests tests a member's equine knowledge. This is done through four competition phases:

- quiz/slides
- knowledge stations
- horse judging
- team problem

TOP CATEGORY ONE HIPPOLOGY TEAM

Name	Club
Taryn Kanngiesser	Blindman Light Horse
Katie Miller	Lakedell 4-H Lighthorse
Mackenzie Sorensen	Big Valley Rusty Spurs

TOP CATEGORY TWO / THREE HIPPOLOGY TEAM

Name	Club
Stacy Berry	Warden 4-H
Monique Uittenbogerd	Three Hills 4-H Wranglers
Megan Wanchuk	St. Paul Light Horse
Jonathan Wrubleski	Lakedell 4-H Lighthorse

CATEGORY ONE HIPPOLOGY INDIVIDUAL

Name	Club
Mackenzie Sorensen	Big Valley Rusty Spurs

CATEGORY TWO HIPPOLOGY INDIVIDUAL

Name	Club
Megan Wanchuk	St. Paul Light Horse

CATEGORY THREE HIPPOLOGY INDIVIDUAL

Name	Club
Stacy Berry	Warden 4-H

TOP CATEGORY ONE TEAM PROBLEM

Name	Club
Elizabeth Blum	Ropes N' Reins
Emma Costley	Silver Arrow Horse Club
Victoria Hodgson	Big Valley Rusty Spurs
Lily Raugust	Silver Valley Riders

MARKETING

TOP MARKETING INDIVIDUAL - AGE CATEGORY A

Name	Club
Katie Miller	Lakedell 4-H Lighthorse

TOP MARKETING INDIVIDUAL - AGE CATEGORY B

Name	Club
Brody Tattrie	Dryland Multi

TOP MARKETING INDIVIDUAL - AGE CATEGORY C

Name	Club
Desiree Kelts	Neutral Hills Rodeo Wranglers

TOP MARKETING INDIVIDUAL - AGE CATEGORY D

Name	Club
Holly Hughes	Calmar Heart of the County

CHALLENGE MARKETING

Name	Club
Monique Uittenbogerd	Three Hills 4-H Wranglers

Denver Western Horse Classic - January 2012

Name	Club
Stacy Berry	Warden 4-H
Stephanie Kinnee	Coaldale Equestrian
Jennifer Wrubleski	Lakedell 4-H Lighthorse
Cassandra Crick	Tees Wranglers

Alternates

Lauren Hughes	Calmar Heart of the Country
Emily Henschel	Wetaskwin 4-H Lighthorse Riders

Provincial 4-H Horse Show

BY LINDA GOOCH, Provincial 4-H Horse Show committee chairperson

Our second annual Provincial 4-H Horse Show, held in Olds, AB on August 9 to 11, 2011 was once again a great success.

With 119 horses entered in 123 diverse classes, competitors provided representation from all but one of our 4-H regions, and from all feedback received, everyone had a great time!

Classes included english performance, jumping, dressage, handi horse, western performance, reining, trail and gymkhana, and members took part with their young horse, junior horse and senior horse projects.

Once again, the Olds Ag Society provided us with a great facility and some great staff, and we would like to thank

all of our sponsors! We would also like to thank our great committee who worked tirelessly to make the show run smoothly, as well as our judges who did a fantastic job for our members.

We look forward to our 2012 show – stay tuned for details of when and where! 🍀



It's a good day when your horse approves! Driftn Just a Dude approves of Nevada Rowe's prize (a new slinky) at the 2011 Provincial 4-H Horse Show.

Online Registration and Payment System Brings Alberta 4-H Up to Speed

BY JALISA BARNETT, 4-H Project Coordinator

As of September 26 the process for registering a 4-H club, ordering club supplies, completing leader screening, and receiving live information and updates from Alberta 4-H is faster, more convenient and easier to use!

After working with members, leaders, and volunteers over the past year, the new Online Registration System is set to launch this fall. This system has been created with the specific needs of its primary users in mind and everyone with Alberta 4-H is very excited about what this means for our members and leaders.

4-H members and leaders will be able to access this new system by visiting www.4h.ab.ca and clicking on the "Online Registration" link. Here General Leaders (or someone they designate) will be able to register their club and its members. Once registered, members will be able to go online and view their 4-H profile. By January 1, 2012, members will also be able to register, track their status and pay for provincial programs online in



addition to being able to view the provincial programs they've already attended. This means no more paper forms to fill in and no more trips to the post office. Personal and financial information is safe and secure. Each user will create a personalized password and the Online Registration System adheres to the highest of industry standards in online security.

Straightforward directions and troubleshooting options are designed to ensure that using the Online Registration System is speedy and simple. Who doesn't want to spend less time doing paperwork and extra time on the more rewarding aspects of 4-H?! Users of the Online Registration System will also gain a stronger connection to Alberta 4-H with live updates, information on opportunities, and the ability to register immediately – all right at their fingertips! Alberta 4-H is continually striving to make things better for our members, leaders and volunteers and the Online Registration System will do just that. Watch for more information coming soon! 🍀

Alberta 4-H

announces its...

NEW ONLINE REGISTRATION SYSTEM

Launching on September 26th!

Fast, convenient and easy to use!

Use it to:

- Register your club
- Order club supplies
- Complete leader screening
- Make online payments
- Monitor diary points
- Receive live notifications and information on Alberta 4-H
- Register for provincial programs *COMING IN JANUARY*

For more information and to access the Alberta 4-H Online Registration System visit www.4h.ab.ca and click on the 'Online Registration' link!

*Please note that club registration will commence September 26th NOT September 1st.



Regional News & Events



2011 Regional Communications all winners – Thank you AltaLink for your support of the 4-H Communications!

South Region

BY GINNY SMITH

4-H Program Coordinator, South

The sun has been shining in the Southern 4-H Region – at least for a little while – and our 4-H members and leaders have been busy. Here's what's been going on:

A very successful **Regional Communications Competition**, sponsored once again by KPMG and AltaLink, was held at the Lethbridge College for members advancing from each of our ten district competitions. Both the public speaking and presentation events were exceptional; thank you to the many volunteer parents and leaders who pitched in. Your efforts are always appreciated! Congratulations to all of our very talents speakers – it is a pleasure to listen to you all!

Our second of two annual MNP sponsored **Regional Multi-Species Judging Competitions** was held in Claresholm late April during Easter vacation (the first of the year was in Brooks in January). About 120 participants in three age categories took in a mini “how to” judging workshop led by the Cow Country 4-H Judging Club from the Brooks area



There's more to judging Miniature Donkeys at the 2011 Southern 4-H Region MNP Judging Competition than the length of the ears...

before heading to the arena to judge dairy, miniature donkeys, draft horses, angus heifers and honey. The dairy class featured animals that had been at this competition as yearlings in 2010, so it was interesting to see how they had changed over the last year. Aggregate awards based on results from the two competitions, and also sponsored by Meyers Norris Penny will be presented in junior, intermediate and senior categories at the Southern 4-H Regional Celebration in Taber on October 8. Congratulations to all!

Our various **Achievement Day Shows and Sales** held across the region were successful and fun. These events are a great way to showcase all of the members and their achievements. You probably all have photos and great memories from your individual year; may you always keep the memories and – just a thought for the future – keep those photos! Remember that the 100th anniversary of 4-H in Canada is fast approaching in 2013 and our own Alberta program will celebrate in 2017. It might be really fun to look back and know you were part of the first 100 years of our very fantastic 4-H program!

The **Regional Beef Female Show** ran successfully in May this year followed by the **Regional Sheep Show** in Lethbridge in early July. They were busy days for members and critters, but fun for everyone – parents too! Thanks to KPMG for helping to sponsor both events, to Shannon Brost for leading the organization of the Beef Female Show and to Andy and Francis Pittman for helping to organize the Sheep Show.

The weather was great and food was fantastic at both of our junior and intermediate summer **Elkwater camps**. Kudos again and again and again to chef Shirley

Jago and camp moms Cynthia Wauters and Sandra DeGroot whose enthusiasm, patience and understanding was greatly appreciated. Members from across the region enjoyed a multitude of activities under the guidance of 4-H summer staff and counselors. You should all know that a common report is... **ELKWATER SUMMER CAMP IS AWESOME – EVERYONE SHOULD TRY IT!**

Fast approaching in mid-August at the Claresholm Agriplex will be the highly anticipated **Regional Horse Show** where about 125 horse project members will have an opportunity to mix with other horse lovers. They will camp out and ride from dawn 'til dusk – or almost – in almost every kind of class you can imagine. The horse show features costume, showmanship, western, english and gymkhana events over a busy four days. There will be lots of fun competition with plenty of smiles and laughter from all of the competitors. Monday evening will also include the anticipated horse learning evening and trick riding demonstration.

Stay tuned for information about an early fall event, the **Regional Learning Day and Celebration** in Taber on Saturday, October 8. The afternoon will feature fun and learning sessions for members, leaders and parents followed by supper and an evening program recognizing 4-H friends, celebrating our leaders as they receive leadership awards and members as we showcase their successes on a regional level for the past year. Southern graduating recipients will be presented scholarships for the 2010-2011 year.

Watch for details to follow and email blasts throughout the year to keep you posted as to what is happening across the region and the province. There are always great opportunities to interact with members and leaders, and we're always open to having FUN!

Keep in mind that new this fall will be an exciting change in 4-H – online registration for club registrations, followed by online registration opportunities for many provincial programs! We are moving forward with technology to better serve our clubs as we get closer to celebrating our historic milestone combining the past, present and future of our fantastic youth development program! Look for more information on online registration on page 24. ❁



Members competing in the first annual 4-H on Parade Tug-o-War competition.

Calgary Region

BY ANDREA CHURCH, 4-H Specialist, Calgary and South

Time does not stand still in this region; yet another 4-H year completed! Throughout the months of May and June, most all clubs hosted their achievement days and wrapped up their 4-H year.

Although 4-H on Parade 2011 wasn't as cold as 2010, it had its share of challenges. The best challenge of all was finding space for the life skills area. 4-H on Parade saw a monumental increase in the participation of the life skills projects. What a terrific opportunity for youth to explore other entrepreneurial avenues within the 4-H program. Some very impressive pieces of art are being displayed on walls and coffee tables around the Calgary Region due to the addition of the silent auction.

Because of the equine influenza scare that was circulating the time of 4-H on Parade, a number of members chose to keep their horses at home rather than participate in the horse show at the grounds. When the dust settled, there was still an impressive showing of over 90 horses.

A new event for 2011 on the Saturday night was the tug-o-war competition. It was determined that anyone who has difficulty calves to halter break should contact the Crossfield/Madden Beef Club because they ended up coming in first and second place. That area grows youth that are rough, tough and able to stand their ground!

A special thanks goes out to Encana for purchasing the charity steer. It sold for \$10 per pound, with proceeds going to STARS. The Bow Valley Beef Club did a great job of raising the steer. STARS also benefitted from the monies raised by the Irricana Beef & Multi Club by selling the charity lamb. The lamb sold to Balzac Meats for \$15.50 per pound.

The Regional Horse Show held at Olds in mid July was a great success. In spite of the torrential rains that seem to plague the



Irricana Beef & Multi Achievement Day, May 2011.



Summer assistant Avery Parkinson with Ambassadors Michelle Schuepbach and Breanne Durie..

area at times, the show went on without a hitch. It was a great opportunity for members to showcase their projects as well as reacquaint themselves with friends from around the region.

During the months of July and August, Calgary 4-H Region members took part in all the various Provincial 4-H events held around the province. The members who represented the Calgary Region at the Provincial Judging Competition did everyone proud. Going to the Northern International Livestock Exhibition will be Sawyer Daley and travelling to the Denver Western 4-H Round-Up will be Alex Shuttleworth, Travis Hunter and Kely Whelan. As clubs begin to focus on the 4-H year ahead, the upcoming months will prove to be just as busy. ❁

West Central Region

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

Something to Say

After the success of "Something to Say" in 2010 the Regional Council has decided to host another "Something to Say." This program is for 4-H members aged 12 to 16 years of age. It promises to be lots of fun, but along with the fun members have an opportunity to learn about communication – public speaking and presentations.

Something to Say starts after dinner on Friday and finishes after dinner on Saturday. The program is about 24 hours long and will be held October 21 and 22. The location is yet to be determined. Registration forms were sent to club leaders and will be posted on the 4-H website.

Casino

The West Central Region is holding a casino in Red Deer at the Cash Casino on November 15 and 16. Each district is requested to send people to cover a minimum of six shifts. The council will cover meals and accommodations for all workers who require it. The proceeds from the casino will be used to fund scholarships for members of the West Central Region. If you can work at the casino, please contact the 4-H Office at 403-742-7547 or e-mail janet.kerr@gov.ab.ca. ❁

West Central Upcoming Events

Oct 21 & 22	Something to Say – TBA
Nov 15 & 16	Casino – Red Deer
Nov 19	Regional Council Meeting – Lacombe
Nov 26	Executive Training – Lacombe



UFA and the Winter family celebrate ProStock success

Early this summer, UFA employees were excited to meet the Winter Family to celebrate the remarkable progress of their prize steer Pooh Bear.

Pooh Bear, is a Simmental steer born on April 3, 2010. This photo below was taken on June 1, 2011, when he was 13 months old. The proud members of the Central Ponoka 4-H Beef Club decided to feed their steer nothing but ProStock Grower and Finisher from UFA. As a result, Pooh Bear gained an average of 4.33 lbs. per day.

Raising a 4-H calf is an exciting yet challenging opportunity. UFA understands that your steer project is important to you and champions are not grown on shortcuts. They are raised by 4-H'ers that provide feeds that help to enhance the animals' overall health and performance. Balanced rations that include UFA's ProStock Brand feeds with plenty of clean and fresh water are essential to producing top quality performing cattle and 4-H show steers. ProStock brand Feeds are formulated for all stages of growth and help to improve your calf's

overall feed efficiency and average daily gain throughout the entire feeding period. ProStock Feeds play a role in helping your 4-H'er to grow great cattle or maybe even the next champion.

Do you have a ProStock story to share? UFA would love to hear from you, drop them a line at prostock@UFA.com and enter to win a custom UFA hoodie.

Photo: Pooh Bear with Winter family, from left to right, Helena, Kevin Burgess - Manager Ponoka UFA Farm and Ranch Supply store, Lisa, Joyce and Dale Winter Jr.

East Central Region

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

4-H is gearing up again in the East Central Region. The Regional Council has the dates for a number of activities set. More details about these events will be sent out in e-mail blasts, posted on the 4-H website and sent to 4-H club leaders.

Something to Say

After the success of "Something to Say" in 2010 the Regional Council has decided to host another "Something to Say." This program is for 4-H members aged 12 to 16 years of age. It promises to be lots of fun, but along with the fun members have an opportunity to learn about communication – public speaking and presentations.

Something to Say starts after dinner on Friday and finishes after dinner on Saturday. The program is about 24 hours long and will be held November 4 and 5 in Castor. Registration forms were sent to club leaders and will be posted on the 4-H website. 🍀

East Central Upcoming Events

Nov 5	Something to Say - Castor (Gus Wetter School)
Nov 18	Regional Council Meeting - TBA

Northeast Region

BY LEILA HICKMAN, 4-H Specialist, Northeast

NE Regional Heifer Show

A hearty thank you is extended once again to the St. Paul District for hosting the annual Beef Heifer show for the NE Region. While the majority of beef members in the region have steer or market projects that are already sold at the time of the show, there is opportunity for these members to still come and participate as they are paired off for grooming and are able to compete in the judging competition.

For those members with heifer projects, this is a perfect day to come together and compete at a regional level in conformation and showmanship. The day is well supported by several sponsors, and there are many volunteer hours that are poured into making this event so great for all beef members.

NE Horse Camp and NE Horse Show

Fantastic, incredible and undeniably educational!!! For members of the NE Light Horse projects, one of the highlights of the year is the annual Horse Camp. This year's camp was hosted by the Lamont District and specifically the Elk Island Light Horse Club. The leaders, parents and volunteers did an amazing job of pulling off an extremely successful camp. The camp was held at Vermilion Ag Society back in July and included members from all over the NE region. The members were treated to four days of sessions ranging from basic horsemanship and cattle events to english.

This year the horse show was held before Horse Camp on June 5 at the Ranfurly & District Ag Society grounds. The Minburn District pulled together to hold another successful day of learning, networking and fun. All participating members competed in showmanship and grooming and either english or western equitation classes. Other classes included pleasure, trail, barrels, pole bending, keyhole, scavenger hunt and egg races!



Photo taken at the Northeast Horse Camp at Vermilion Agricultural Society. At the camp there were 70 members, 70 horses and four fun-filled days.

The organizers of both events put countless hours into the success; thank you so much.

Moose Lake Camps – 2011

Camp has always been a highlight for many 4-Hers, and for 130 members from across the Northeast, they called Moose Lake home for a week. Once again both our junior and intermediate camp weeks were well attended and members lined up to get their week started early. Much of the success of the Moose Lake program was in the exceptional summer staff who program the camps, the counselors and camp volunteers who gave a week of their time to mentor younger members and the Northeast Regional council's dedication to supporting this regional camping program by offering an amazing week at a significantly reduced rate. On behalf of the NE we would like to thank everyone involved in ensuring that both Moose Lake camps were a week to remember for all those participating.

CONTEST Reminder - Parade Float / Promotion Photo Contest

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

Fall line up of NE Programs

Don't forget to be on the look for fall programs in the NE. You can either ask your leader or check the website for applications. There are several opportunities this fall to attend some fantastic programs and reacquaint yourself with 4-H friends from across the region.

New last year was our 'Something to Say' program for members between the ages of 13 to 16. This is a fantastic fun filled overnight program. For 24 hours 'Something to Say' will be a great time, but space is limited so get your application in to the office today. Applications are available online under the NE Regional information. 🍀

Northeast Upcoming Events

Sep 15	Deadline for Regional Project Book competition
Nov 5	Regional Council Meeting – Vegreville Elks Hall, 1:00pm. Beef and horse committees will be meeting at 10:30am.
Nov 19	NE Forum
Nov 25-26	Fall Fling
Dec 2-3	“Something to Say” for senior members

Northwest Region

BY JENNIFER TAYLOR

4-H Regional Summer Assistant, Peace and Northwest

Focus on 4-H

On July 7 to 10, 2011, the Northwest region hosted “Focus on 4-H” in Barrhead. There were 265 registered members plus their families that braved the cold and wet weekend all the while maintaining smiles and positive attitudes. The weekend was filled with many different classes and activities that kept everyone very busy from start to finish.

On Thursday night, the 38 clubs began to file in to register and set up their campsite. Hot dogs were served while everyone settled in and met with new and old friends. Horse show participants did not waste any time taking part in the activities as they eagerly joined the stationary roping competition. Beef participants also got busy in the scheduled beef marketing class which lasted well into Thursday evening.

On Friday morning, the Beef Heifer Show took place under a tarp due to the cold and rainy weather. The participants worked hard outside all day in the various classes including showmanship, team grooming, and displaying their heifers or cow-calf pair in commercial or purebred conformation. Two members braved the rain for a final event on Friday by dressing up their animals for a small costume class. To give the participants a small break from standing in the cold weather, team grooming was moved indoors. The beef show also had a higher number registered than last year’s Focus on 4-H with over 70 members for one day of showing.



It’s all smiles from Hanna Luymes of the Edson 4-H Multi Club!



Jacob Onyschuk (Northwest Region chair of Beef Committee) and Larissa Onyschuk ‘embracing’ the wet weather during the Focus Beef Show on Friday, July 8.

A successful horse show kept 126 participants from 17 different clubs busy all weekend inside the Ag Barn on the rodeo grounds. They were involved in several events and classes ranging from english, western, gymkhana, and a musical ride. A costume class took place on Saturday evening showing a wide range of creative costumes such as Pegasus and Zeus, an alien, a giraffe and much more!

The canine show was a big success. Located inside the Barrhead Agrena, 25 dogs were shown by 4-H members all day on Saturday, July 9. The members and dogs were involved in obedience and agility workshops and classes as well as taking part in a costume class on Sunday. Some costumes included a hot dog, a piñata, a turkey and a hunter, a bathing beauty along with many more great ideas.

Life skills workshops included a large variety of activities throughout the weekend. Barn board branding, woodworking, jewelry making, and the no-sew pillow were popular activities. The favorite activity of the weekend goes to the wooden cowboy silhouettes; thanks to all the hard working adult volunteers who spent their Saturday tracing and cutting out over 90 figures. The life skills bench show displayed a wide variety of baked goods, photography, crafts, and woodworking projects. Congratulations to all the hard work that went into setting up the displays.

The sheep and goat show took place on Sunday afternoon inside the Barrhead Agrena. It turned out to be a success with 26 members showing. There were many showmanship and conformation classes for both sheep and goat. The fun classes included goat races and costume classes which provided great entertainment for both the participants and the audience!

The lip sync competition was a highlight this year at Focus on 4-H. Seven groups performed, but only one could win. Strathcona Rein riders performed “Six White Boomers” and took home the first place Golden Mike Award. Other special events included the greased pig competition with over 100 members competing. The Iron Member Decathlon also brought in over 100 competitors who raced against the clock to beat 10 stations testing accuracy and skill.

A huge thanks goes out to JAKS catering – Tanya Chittick who kept everyone well fed throughout the entire weekend. Thank you to those who donated to the silent auction along with the many sponsors and supporters. Thank you XM105, CFCW, and Town and Country Newspaper! 🍀



Focus on 4-H workshops included woodworking sessions.

Peace Region

BY ALEXIA HOY, 4-H Specialist, Peace

Wow! Time sure has flown. It seems like yesterday that I met with Stacy Murray and Marguerite Stark for my first day as Peace Regional Specialist. A lot has happened in that time...

Selections

As two Peace Ambassadors move on, we welcome new 4-H Ambassadors Jenny Nichiporik of Three Rivers and Bryan Lentz of Fairview Multi 4-H Club. These newly minted 4-H Ambassadors will be joining the more seasoned, second year Ambassadors of Cara Noble and Ryan Gauthier. If you are in a need of a hand, feel free to contact your district council or the regional office to put you in contact with any of these fine young 4-H Ambassadors. Trips were awarded to Jenny Nichiporik (Alberta/Northwest Territories Agriculture Development Tour) and Bryan Lentz (Montana 4-H Congress) with Jaeden Binks being named to the alternate list. Well done!!

Regional Days

"4-H Celebrates Canada" seemed more than fitting as the theme for the 22nd Annual Peace Regional Days held in Valleyview over the July long weekend. Thirty-eight members and their families braved the swarms of mosquitoes to participate in the canine, beef and horse shows as well as the bench show. Members also participated in a judging competition Saturday morning. Saturday afternoon brought on all the fun activities for members "when they had a minute." Activities included "Carpenter

Capers" where members assembled 4-H themed tool boxes and "Seek'n'Snap," a photo scavenger hunt with members searching for such things as "five wrangler bums." Saturday night entertainment was a dog and pony show (which if you have not seen, I highly recommend it!!) as well as a dance. Sunday morning brought out the artistic members and leaders to assemble scrapbook pages and thank you cards.

Many thanks to sponsors of the event: PrairieCoast Equipment, MD of Greenview Ag Service Board, Vivid Ag Society, Rocky & Lynda Johnson and family, Country Pump Out, Sabrina Rocheleu, KTC, Dusk Til Dawn, Misty Valley Horses, Reward Oilfield Services Ltd. and Town of Valleyview. Thank you to the Valleyview District for hosting the event this year! Thank you to all the volunteers who helped make this event happen. The organizing committee did a lot of work in a short amount of time; thank you!

Regional Camps

The last two weeks of July brought out the junior and intermediate campers destined for Camp Artiban. This year there were over 60 campers for the junior "Casting Call" and the intermediate "Getting into Character" summer camps. As always members who attended summer camps had a ton of fun, made new friends and were VERY excited to see their old friends at registration. THANK YOU to 4-H summer staff, senior member counselors, camp mom and camp cooks for making both weeks successful!

Fall Leaders Forum/SWAT

Coming up in September is the Annual Fall Leaders Forum and SWAT (Senior Weekend at Training). This one-day workshop is a great place for leaders and senior members to get a jump start on the 4-H year! Be on the lookout for more information! ❁

Peace Upcoming Events

Sept 17	Fall Leaders Forum and SWAT
Oct	District Council Meetings (varies)
Nov 5	Regional Council Meeting
Nov 25-27	Frosty Fest



Group of girls showing "4-H Celebrates Canada" at Regional Days.



Travel & Exchange

Swapping stories before supper.

4-H WAS NORTH BOUND AND DOWN...

BY MAEGHAN CHURKO, 4-H Travel and Exchange Coordinator

On July 11, 2011, 24 4-H delegates set off by bus on a 10 day roundtrip from Edmonton to Yellowknife. The goal of this tour was to experience the agriculture and culture in both Northern Alberta and the Northwest Territories. The 4-H members were awarded this trip through Selections, where they were judged on character and commitment to 4-H.

While on the road, the delegates were given many opportunities to share knowledge and utilize their skills, from preparing their own meals over a campfire to swapping stories and discussing the potential of the mill, the truss or the bee industry. 4-H members encountered alpacas, elk and wild bison on their trip, and witnessed the beauty of the Twin Falls Gorge. Cultural stops included the "Folk on the Rocks" music festival, Historic Dunvegan and Fort Vermilion. Between the outbursts of "Sassy!" and "You shall not pass," the returned 4-Hers commented on the best part of the trip:

"The highlights of the trip involved cliff diving, waterfalls, the farmers and all of the friends made."

"This was a fantastic trip with fantastic people. I enjoyed every minute of it and would love to do it again! I saw so much and learned lots. I fully intend to return to many of the areas we travelled, both through work and leisure."

"It was an absolutely amazing experience and I was extremely lucky to participate, especially with the amazing group of people we had."

"It was amazing; a great way to end a 4-H career." 🍀



T-Bo and the gang on the Pilot's Monument.



Making breakfast in Peace River.

The Alberta/Nova Scotia exchange members at Siffleur Falls west of Rocky Mountain House.



Bluffton West 4-H Club Exchange

BY: BEN TRENSON, *Club Reporter*

The Bluffton West 4-H Club is thrilled to be a part of the 4-H exchange. This year we were paired up with a fun group of 4-Hers from Nova Scotia. The first part of the exchange was held in the great province of Alberta from July 9 to 16. We plan to visit Nova Scotia in August.

The week in Alberta was very busy and fun, fun, fun!!! We did many fun things which included going to the Rimbey Rodeo, touring the Rimbey Gas Plant, touring Burrage Veterinary Services, going white water rafting, enjoying a pig roast, and camping in the beautiful Rocky Mountains.

We met many new people and got to know fellow 4-Hers from another part of the country. Our Nova Scotia friends learned many new things and were able to see our farms and how we live in Alberta. We are so excited to go to Nova Scotia. We can't wait!! ❁

Changing it up with California!

BY MAEGHAN CHURKO, *4-H Travel and Exchange Coordinator*

What is 4-H like in another country? Four 4-H members had the chance to experience 4-H in a different setting. Annually, two Albertan delegates attend the Californian 2011 State Leadership Conference and two Californian delegates attend Club Week. This gives the members a chance to observe the differences and similarities in 4-H communities, and brainstorm new ideas on how to overcome different challenges.

This year, Nicole Briggs and Remington Shandro attended the 2011 State Leadership Conference in Davis, California. They arrived in California on July 25 and had the opportunity to spend three days with a host family before attending the four day conference. The theme of the Conference was "Oh, the Places You'll Go!" Following the theme of Dr. Seuss's books, the conference included nine hours of sessions and workshops, key speakers Judson Laipply, Joshua Fredenburg, and Chay Hymas, and party-filled nights. The workshops offered ranged from leadership and citizenship skills, healthy living habits, science and technology.

Shandro commented on the conference, "Attending the California State Leadership Conference was an incredible opportunity to see first-hand how other 4-H organizations operate. Although 4-H around the world still carries the same basic values, the way different regions promote these values varies so much. I saw lots of different ways that we can help improve our 4-H program, but I also saw that there are a lot of things Alberta 4-H is doing exceptionally well, and it makes me proud to be a part of that." ❁

Unleashing the Power in Montana!

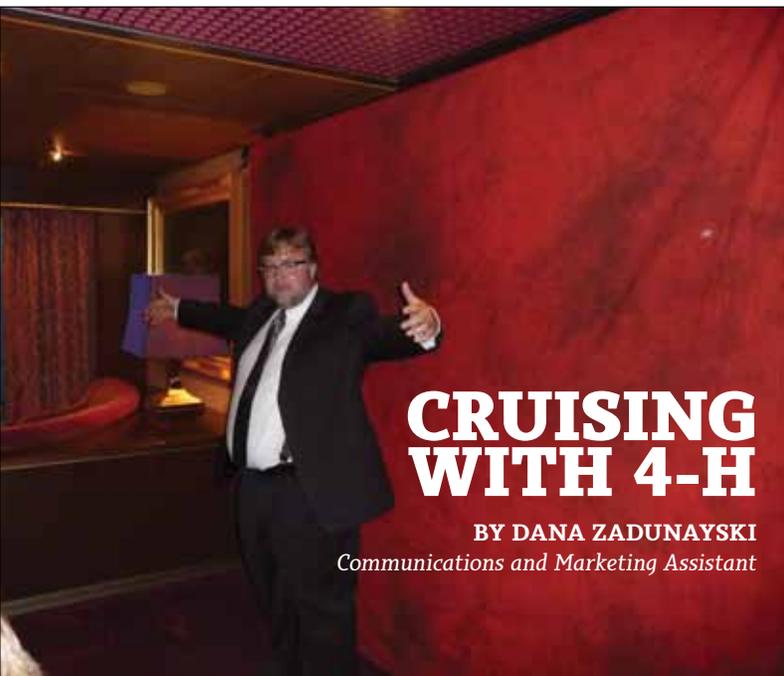
BY MAEGHAN CHURKO, *4-H Travel and Exchange Coordinator*

Four 4-H delegates had the chance to participate in the annual Montana 4-H Congress, which was held from July 12 to 15. Bryan Lentz, Troy Lyster, Stacey Woywitka and Jennifer Wrubleski traveled by van with their chaperone Helen Andrews to Bozeman, Montana, where the congress was held. At the congress, they met 4-H members from across Montana as well as ambassadors from Austria, England, Finland, Germany, Greece, Northern Ireland, Scotland and Switzerland.

The theme of the Montana 4-H Congress was "Unleash the Power." The three-day event was packed with activities, workshops, competitions, banquets and dances. The key speakers of the congress were returning motivational speaker Barrett Keene, a leadership development specialist and Tyler Hayden, an internationally respected team builder and author. The workshops offered at this 4-H event varied from fitness to international relations to the environment.

Said Lentz commenting on the PBS Production workshop, "Well, I have to say that my favorite part was the Montana PBS Production workshop during the congress. I really learned a lot about how local news is put together...and being the weather man was pretty intense!"

In addition to the 4-H congress, the Albertan delegates stopped at historic and cultural landmarks along their route. Lentz summed up the trip: "All in all, the trip was a great time, and I would recommend it to anyone going to Selections." ❁



CRUISING WITH 4-H

BY DANA ZADUNAYSKI
Communications and Marketing Assistant

Regional 4-H Specialist Rob Smith swears the fish he caught was that big...

4-H is all about learning. Members learn skills and life lessons as do parents and leaders.

This spring I had the most marvelous opportunity to attend the Western Regional Leaders Forum (WRLF) in the United States. When chosen by the Northwest Region as one of two provincial delegates to attend, I was honoured and very excited.

I did have a long wait, over a year, to build up anticipation.

This forum was to be unique as the Washington planning crew had decided to take the forum cruising. Yes, we cruised on a Holland America Cruise Ship to Alaska!

There were 11 fortunate Alberta 4-H leaders, staff and one member who took advantage of this opportunity to learn.

We set sail from Seattle on May 7 for a week-long adventure in learning. Each day was filled either in sessions planned by the forum committee or on-board learning planned by the cruise line.

We had incredible key note speakers, a murder mystery to solve and sessions presented to help us enjoy the sights in Alaska. Many sessions were applicable to our 4-H experiences here in Alberta. The sights, sounds and of course the shopping in the three port cities of Juneau, Ketchikan and Sitka were memorable indeed. However, the most memorable were the fellow 4-H leaders we met on the ship each and every day.

By visiting with leaders from almost every part of the United States we gained a better understanding of how 4-H is different in each area, but, more importantly, we learned how it is the same. The delivery of the program may be different, but the goals and commitment of the people involved are the same. All are fun loving and truly interested in providing the best program to enable today's youth to face life's challenges and *cruise* to a successful future.

As a leader I left the forum renewed in my purpose, energized and enthused to continue my role in the 4-H program. I am very grateful to 4-H and all the sponsors who made this experience possible for my fellow attendees and me.

The 2012 WRLF will be held in Hawaii and in 2017 Alberta will host the forum. This will be the first time the forum will be held outside of the United States. I hope all leaders take the initiative to participate in the learning and enriching experiences that 4-H has to offer. 🍀

Leather carving by Julian Tubb.

Put some fun into your fundraiser!

A Ben Crane concert

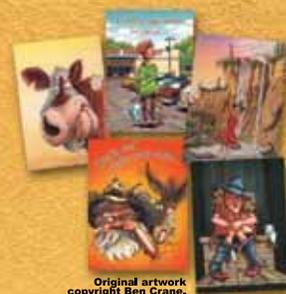
with the western singer, songwriter and *Leanin' Tree* cartoon artist and his family offers an affordable fundraiser designed to help your club raise a good chunk of your budget while involving your local community and having *way too much fun* at the same time.

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Sharon Crane photo.



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Features

Amanda Hughes recognizes the importance of wearing an ASTM/SEI approved helmet while riding her horse on the flat...

The New Fashion Statement

BY AMANDA HUGHES, 4-H Member, Northwest Ambassador and 2011 Premier's Award Recipient

On March 3, 2010, the equestrian world was shaken; dressage rider Courtney King-Dye suffered a traumatic brain injury while schooling her horse, resulting in her slipping into a coma and fracturing her skull. She was NOT wearing a helmet. Head injuries are the leading cause of equestrian-related hospitalization and deaths; however, the amount of riders who are still not wearing their helmets is alarming.

Personally, I grew up riding while wearing a helmet. It did not matter if I was just walking my horse around the arena, going for a hack in the field or jumping; my parents and coaches always emphasized the importance of protecting my head. As I advanced and got older, making a fashion statement in the show ring became important and I, as many teens do, began to pull away from the practice of always wearing a helmet. I simply wanted to have "the look" in the ring by wearing a cowboy hat. Luckily for my head, I came to an important realization before my brain suffered any injuries. You are only given one brain; once it is damaged there is little that can be done to reverse the damage. It is essential that you do everything in your power to protect it. I recognized that making a fashion statement in the show ring simply was not worth risking my safety. Since then I

have switched disciplines and now train for eventing, a traditionally high-risk sport. There is no question in my mind; every time I sit in that saddle my helmet is secured on my head. My brain is important to me, so my words to ride by are "no helmet, no ride."

When a human skull can be shattered on impact at a speed of only seven kilometres per hour, about the pace a horse trots at, you begin to think about the impacts of what could happen to your head at the canter or gallop. On top of that, it is said that a fall from only two feet can potentially cause permanent brain damage. With a horse typically elevating you around eight feet or more above the ground, it makes you wonder why someone would risk their head and step into the saddle without a helmet.

Although I always wore a helmet while riding, last winter I experienced my first serious fall which truly solidified my belief behind the "brain bucket." I was riding in a jumping lesson with my instructor when my horse caught her leg on the fence and slid into the ground with me aboard. My head was the first part of my body to hit. Luckily I walked away with just a minor concussion, however, had I not been wearing a correctly fitted,

ASTM-approved helmet the outcome could have been drastically different.

Experience does not protect you from receiving a head injury. Wearing a helmet while mounted needs to be emphasized from beginners to professional riders. It is important that, as more mature riders, we set an example for the younger riders by wearing our helmets. Instilling the habit of buckling up a helmet before you ride at a young age will increase the chances that you will continue to wear a helmet as an adult. Helmets are an essential item when it comes to riding and need to become the focus of equestrian safety as we move into the future. ❀

... and over a cross country obstacle.



Starting a 4-H Multi Club

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

Many 4-H Clubs find that they have a few members interested in more than one project. This is easy to accommodate if your club becomes a multi-project (multi) club. A multi club has more than one project each project year.

One of the benefits of being a multi club is that you will offer more project options which in turn may increase your membership because more young people in your community may be interested in the additional projects. As well, some young people like the opportunity to change projects. They may do one project for a year or two and then switch to another project for a few more years and then move on again. Having more than one project in a club gives members the opportunity to do this.

Multi clubs can also offer some challenges to the club leadership. Making sure that everyone is aware of the activities of the club can be challenging. It is a good idea to set up a program plan at the start of the year which indicates when all of the club events are going to be held. These would include club meetings and workshops for the whole club, such as communication training. Other club events might include social activities (Christmas party, bowling night, etc.), achievement day and fundraisers.

Some clubs start as a multi clubs and others become multi clubs after operating as a single project club for a few years. Either way is fine, but there are certain things to consider when making the decision to start a multi club. These include:

- ❀ Which projects will you offer? Consider the resources you have available – this can mean facilities, equipment and most importantly leaders and/or resource people. You should also consider which projects you have members interested in taking.
- ❀ How will your club handle finances? Some projects require more financial resources than others. What will you do about that?
 - Will you have a higher membership fee for those projects?
 - Will they be required to do more fundraising?
 - Will your club as a whole support all projects with the financial resources they need?
 - Will all the project work be done on a pay-as-you-go basis?
 - This topic is one which needs to be looked and decided upon by the whole club.
 - Many clubs find it useful for their treasurer to use a double-entry bookkeeping system and as part of that system to have a column for each project to track expenses and income for each project. In some cases, each project has appointed an assistant treasurer who works with the club treasurer to make sure that all the income and expenses get recorded in their “project column.”

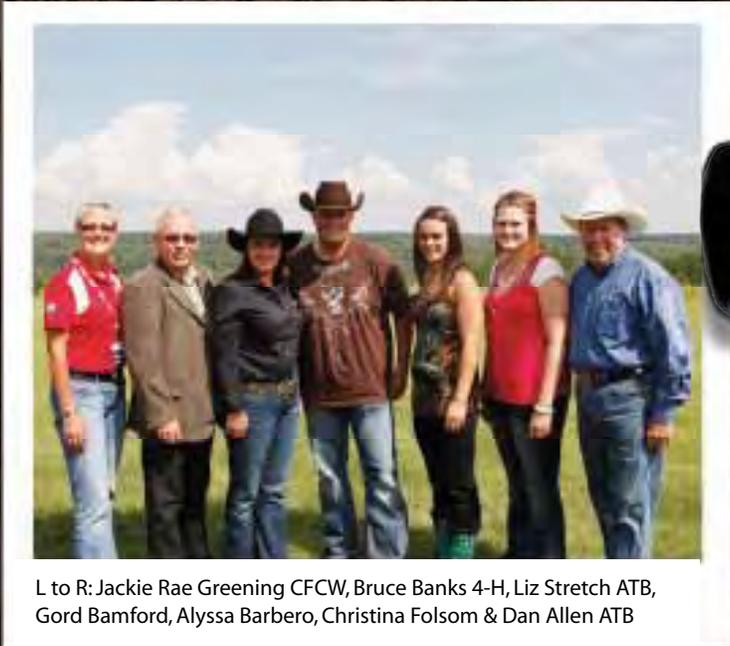
- ❀ Setting up your budget and looking at it when you are making the decision might be useful. Once you have made the decisions about the finances, write down the decisions and any procedures associated with them and distribute that information to the families in your club. Including this information in your club by-laws would be appropriate.
- ❀ When will your project meetings be? If you are changing from being a single project club to a multi project club having the project meetings after your business and recreational meetings may not be practical. If you have members in more than one project it's not possible for them to be at all the project meetings if they are held at the same time so you may need to look at other options. Encourage project groups to choose a night for their meetings (eg. second Tuesday of the month) and stick to that day.
- ❀ How many members can be in each project? This may vary depending on the project. Things to consider when determining the maximum numbers of members to accept in a project are the facility you have available and the number of members the leader is comfortable working with at one time. It is important that you always provide a safe environment for members to work in. When thinking about a maximum number of members in each project you should also decide how you will limit members in a project. It is a good idea to include the way you make these decisions in your club by-laws.
- ❀ What sort of things will be discussed at the business meeting of the club? Remember that not all members are going to be fully engaged in discussions that focus on issues which are relevant to only one project area. Try to encourage project groups to have these discussions at their project meetings and bring forward anything which must be decided upon by the whole club. You may want each project to report at the business meeting about what they have been doing, or you may choose one or two projects to report at each meeting.
- ❀ What will your achievement day look like? Some clubs have one achievement day for the entire club and each project is put on display and given the opportunity to showcase their achievements. If members are in multiple projects this can make a very long and busy day for them. Other clubs have found that having more than one achievement day works well for them. If you have more than one achievement day it's a good idea to encourage all the members to attend each achievement day. All the members will get an idea of what the other projects are doing and this promotes club unity. Grouping projects together for achievement days can also be effective. If you have livestock and non-livestock projects, you may choose to have one day for each type of project.

These are a few things to consider as you start your multi project club. From observation, the key to running an effective multi club is to make sure that you keep the lines of communication open. ❀



WHY 4-H IS GREAT CONTEST

Congratulations Killam Branch!



L to R: Jackie Rae Greening CFCW, Bruce Banks 4-H, Liz Stretch ATB, Gord Bamford, Alyssa Barbero, Christina Folsom & Dan Allen ATB

Congratulation goes out to Tyrion Rosiechuk and the staff at Killam as well as the seven 4-H clubs from the Flagstaff district. Their entry was selected as the Grand Prize winner to host the Gord Bamford concert in November.

Congratulations also goes out to Alyssa Barbero of Pincher Creek and Christina Folsom of Hill Spring who were both selected by our panel to open for Gord November in Killam.

See you at the show!



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Advise about writing good

BY LYNDSEY THORLACIUS, Communications Advisor - AltaLink

Another year, another English class. You will master essay writing, haikus and reading comprehension, but the tricks and twists of the English language can create a lifelong challenge to perfect proper grammar and spelling.

Despite having a degree in communications, there are still times when I'm baffled by our language and have to unsuccessfully attempt to remember a high school English lesson. For those that didn't pay attention (obviously not you), need a refresher or took English before the year 2000, here are common mistakes and corrections:

CONFUSED WORDS

Words that sound the same but have different meanings:

Advice vs. Advise	
<p>Advice: Noun - an opinion on what to do. <i>Ex. I always ask my best friend for advice.</i></p>	<p>Advise: Verb - to give input on what to do. <i>Ex. I would strongly advise against pushing that button.</i></p>
Accept vs. Except	
<p>Accept: To take something that is being offered. <i>Ex. I went up on stage to accept the award.</i></p>	<p>Except: Used to indicate something that does not apply to a statement, or modifies the statement. <i>Ex. Everyone saw the presentation, except Bob.</i></p>
Effect vs. Affect	
<p>Effect: The result of an action by someone or something. <i>Ex. The effect of the club meeting was a renewed commitment to 4-H.</i></p>	<p>Affect: To have an impact on someone or something. <i>Ex. How is this going to affect our project?</i></p>

YOU AND ME VS. YOU AND I

A simple trick that I use to determine if a sentence should read "you and me" or "you and I," is to read the sentence and delete the word "you and" and see if it still makes sense.

For example:

*My sister saw you and **me** at the grocery store.*

This is correct because if you delete "You and" the sentence reads: "My sister saw me at the grocery store," which makes sense. It doesn't make sense to say "My sister saw I at the grocery store." Another option is to substitute "you and me" for the pronoun "us."

You and I went to the movie theatre. OR My father, mother, brother and I went to the movie theatre.

This is correct because if you delete "You and" the sentence reads: "I went to the movie theatre." It would be incorrect to say "Me went to the movie theatre." Another option is to substitute "you and I" for the pronoun "we."

CANADIAN VS. AMERICAN SPELLING

We are Canadian! So what is with the American spelling eh? Here are some common blunders:

Canadian	American
Centre	Center
<p>Explanation The Canadian spelling of centre is with a "re" when referring to a location, such as a recreation centre or medical centre. It is only spelt with a "er" when referring to the position of center (center stage, center the text). Similar Canadian "re" vs. American "er" words are theatre/theater and kilometre/kilometer.</p>	
Colour	Color
<p>Explanation In the Canada vs. USA spelling war, "our" vs. "or" is another difference. Canadian spelling uses "our" for words like colour, favour, endeavour, neighbour.</p>	
Cheque	Check
<p>Explanation In Canada we get a paycheque and we ask for the cheque after dinner. In Canadian spelling, check refers to an action, to check on something.</p>	

THAT VS. WHICH

The rule for using "that" and "which" is simple. Choose the pronoun that when the clause contains essential (identifying) information. If the clause gives non-essential (additional) information, choose which.

Use that	Use which
<p>For information that is essential, or identifying:</p> <p>The dog <i>that was lost</i> has come home.</p> <p>[<i>that was lost</i> identifies the dog]</p> <p>Punctuation Tip: No commas are used with an essential clause.</p>	<p>For information that is non-essential, or additional:</p> <p>The neighbours' dog, <i>which was lost</i>, has come home.</p> <p>[<i>The neighbours'</i> identifies the dog; the clause <i>which was lost</i> is additional information]</p> <p>Punctuation Tip: No commas are used with an essential clause.</p>

*Government of Canada, Translation Bureau

In Memoriam

Alberta 4-H was saddened by the loss of two extraordinary individuals this summer.

Olga Beniuk was the 4-H Key Leader for the Evansburg 4-H District in the Northwest Region. Many of you would know her for her faithful attendance at Alberta 4-H Leader's Conference and the 4-H Key Leader Weekend. Olga was a leader for 38 years in the Pembina Horticulture 4-H (and 16A Tractor) club. She was very good about getting her members and leaders to different district and regional events and taking on new 4-H projects in the club as the interests of her members changed. Olga was very thorough in doing any task, and activities were always very well planned and carried out when Olga was involved. She loved her flowers and crafts and sharing her skills with the members.



Michele Weitzel was a 4-H Key Leader for the Parkland District and a 29-year 4-H leader, secretary of the NW Regional Council, Secretary/Treasurer of the Parkland Evansburg 4-H Council, and volunteer on many regional program committees. 4-H always relied on Michele for so many things, for her understanding and guidance. Members of the Lakemere 4-H Beef, the club where Michele was a leader, spoke about how they were Michele's kids and all the support and encouragement she gave them. The examples were numerous and illustrated Michele's generous and caring nature and her organizational skills. They appreciated everything she did with them from Michele's baking to her supply of pencils, to her telling them to go out and do their best at whatever 4-H event they attended, to her asking them to volunteer, take on a new position or just learn. She is truly one of those irreplaceable persons and will forever be in the hearts and minds of everyone involved in 4-H.



All of Olga's and Michele's 4-H friends in the Northwest Region and throughout the province appreciate the many contributions they have made to the 4-H program. Their lasting legacies will help pave the way for current and future 4-Hers for many years to come. ❀

LEARNING TO DO BY DOING SAFELY



BY NICOLE HORNETT, *Farm Safety Coordinator*

"You can only do that task if you have experience!" said Dad.

I replied, "How will I get experience if you never let me do that task?"

Sound familiar? Sometimes it can be hard to let your parents know when you're ready to take on more advanced chores and tasks around the house and farm. While there are tasks that require youth to be a certain age, such as driving a car or operating a full-sized ATV, there are many tasks that you can prepare for when your parents feel you are ready for them.

With any new task, abilities, training, supervision and hazards are important to think about and should always be considered together. Safety starts with applying all points at the same time. Dangerous situations form when someone thinks they are capable of performing a task, but have not received proper training!

Before starting any task, it is essential to identify potential hazards. A hazard is a situation or item that could cause danger or injury. Hazard assessments help workers, like you, decide if a work area is safe. Hazard assessments also help workers pick the proper protective equipment (shoes, masks, gloves, etc.), select suitable tools and plan the most effective way to finish the task.

Guidelines like those in the North American Guidelines for Children's Agricultural Tasks can help adults match tasks to your abilities. Your abilities are your capacity to move or think. Someone can be physically able to do a task, but not ready to think it through safely. This is why we don't see tall kids driving cars—they may be tall enough to reach the pedals, but not ready to constantly look out for hazards.

Training is the action of teaching a person a particular skill or type of behaviour. With training, you learn the details of a task, watch someone else complete it and then attempt it on your own with direct supervision. Training isn't always about the physical work; thinking is important too! When working with livestock, you will also need to understand how animals think and constantly survey the work area.

The right level of supervision is key to preventing injuries. Supervision requirements vary by task, age and abilities. The best way to "learn to do by doing" is to learn right alongside of someone who knows their stuff! Once you show you can do the task, your supervisor can begin to leave you for short periods of time.

Remember, everyone has to start somewhere! It takes time to master a new skill, but through being honest about your abilities, checking for hazards, taking training and communicating with your supervisor, success is closer than you think.

For more information about starting new chores or tasks, have your parents request a copy of the North American Guidelines for Children's Agricultural Tasks from Alberta Farm Safety. It's a great guide to jumpstart conversations about hazards, your abilities, training considerations and supervision levels. Visit www.agriculture.alberta.ca/farmsafety for more information. ❀

Alberta 4-H and Agriculture Education Branch – Ensuring Positive Youth Development

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

Positive Youth Development is described as the process by which programs engage youth in a manner that promotes positive and healthy transitions from adolescence to adulthood while enabling youth to reach their full developmental potential. In our 4-H programming, this is evident in everything we do. As a branch, we focus on creating opportunities, learning experiences, and supports that enable youth to feel connected to others, prepared for life events through multiple competencies, and enable youth to be engaged in meaningful activities.

In 4-H we continue to work hard to keep the opportunities where youth can determine in their own way and in their own time what is and is not meaningful to them. Our Key Member program is one great example where our young people are taking leadership roles and supporting each other in meaningful ways. Our Ambassadors share their experiences with stakeholders and are integral to our promotion efforts across the province. These members are a visible force throughout the summer assisting and developing activities for our programs. We view and use our youth as resources and partners who can make important contributions in planning and implementing activities.

Within 4-H clubs we encourage a role for adults to support, inspire, and offer guidance in areas youth request assistance with. From projects to diaries and executive positions to communications, we focus on what youth need in order to thrive. As we move forward into the 2011-2012 club year, I encourage clubs to continue to utilize the strengths of the members in developing programs and opportunities at the club level.

Over the past few months, the 4-H branch team has planned and implemented a variety of programs for members across the province. Junior, combined and intermediate camping programs created opportunities for skill development at programs in most regions. Friendships, group awareness, fun and learning all combined to provide positive experiences for our young members.

The PDP programs encouraged our intermediate members to engage in meaningful activities, have a voice, take responsibility for their actions, and actively participate in discussions. These programs held at the 4-H centre focused on identifying community needs and providing an opportunity to rekindle friendships and make new ones.

Senior member programs like Selections, LTCS and Club Week allowed members to build on the leadership, group man-

agement and personal skills. Our members experienced programs that allowed them to formulate a greater sense of self identity and increased understanding of others in the world around us.

Project specific programs (Beef Heifer Show, Sheep Show, Judging, Horse Classic, Horse Show, Dairy Show) allowed our members to gather with other youth in the same project area to further develop competencies and skills, to share experiences and connect with the industry leaders. By providing our members with these opportunities to grow and learn, we are ensuring that they will be well prepared for the future.

Although the summer is packed with opportunities, the branch continues to provide learning opportunities throughout the year. 4-H Specialists in the regions work with councils to help determine needs and develop programming. We encourage your feedback and comments by e-mailing us at info@4hab.ca or connecting with our Facebook page.

Have a great year! 🌱



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- 🌱 Contact Meadowbrook Greenhouses Inc. to receive your information package and order forms.

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info@mbrook.ca

Social Media & U

BY NICOLE HORNETT, Farm Safety Coordinator



Chances are you're fully aware of what an ecological footprint is. You probably already 'reduce, reuse and recycle' and know that the focus is on the impact you leave on your ecosystem through your actions. By definition, an ecosystem is a system formed by the interaction of a community of organisms (i.e. humans) with their environment. Some could easily argue that the internet is a part of our ecosystem, especially as we move more of our interactions online. Our online interactions aren't necessarily damaging to the earth and our physical ecosystems, but can be to our relationships and future. With that in mind, how does your internet footprint look?

You may have heard it a hundred times before; a first impression is typically formed in the first 20 seconds of meeting someone. What if you didn't get to physically meet that person and they based their entire opinion on what your online search results showed up with? That might not be a big deal if you didn't intend to meet that person anyways. Now consider what your future employers might think if you were to have underage drinking pictures or what the scholarship selection committee would think if you had an affiliation to a Facebook page that was highly inappropriate. All of a sudden your internet footprint would quickly determine someone's first impression of you, even before they had met you. In this digital society, accessing information is easy and affordable. We're naive to think that people aren't researching information on us before we've even met them. It happens every day.

Have you ever "Googled" yourself? Today's the day to start. When I do an internet search using my first and last name (and

yes, I'll admit to doing it!), I'm happy to see that only positive and work-related hits show up. You should know this is not by chance. I take my internet footprint very seriously, especially as a person still in the midst of building my career. My guidelines are to only post pictures I'd let my grandma see, write constructive words and to consider if 'future-me' would be pleased with what I've done. If my intended actions don't fit that criteria—I don't post.

There are websites that can help you calculate your internet footprint score and offer tips to improve your search results. I used a free online ID calculator (<http://www.onlineidcalculator.com/index.php>) which used the first three pages of my 'Google' search and had me count the number of times my name appeared, if they were definitely me and how many negative associations there were. It then charted my results so I could gauge how good or bad my footprint was.

Even if you think you're not easy to find, don't take a chance on that! People are often more connected than you may think. The interviewer for your dream job may be a parent of one of your Facebook acquaintances.

We've always got room for new friends on our Facebook pages: Alberta 4-H and I Love Agriculture! There are many links from both of those Facebook pages to other informative, proactive pages. Just as people may judge you based on who you hang around with, they will also make those same assumptions based on the electronic affiliations you seek. Even if you say you don't care what people think of you—you should! It can directly affect your future plans. 🍀



Visiting campus is one of the best ways to find out if a college is the best fit for you. Our Preview Days are designed to help you learn more about college life and programs. The day includes taking a campus tour, having lunch with current students and spending an afternoon with faculty. *Don't wait, register to explore your passion today!*

Discovery Day
September 30, 2011

Animals
October 21, 2011
February 3, 2012

Business, Office & Fashion
November 4, 2011
February 24, 2012

Evening Info Session
November 15, 2011
March 14, 2012

Trades, Horticulture, Land & Agriculture
November 25, 2011
February 17, 2012

Open House
March 31, 2012

Fashion Marketing
(Calgary Campus)
Fashion Show
(Southcentre Mall)
April 14, 2012



OLDS COLLEGE

Register online at www.oldscollege.ca/visit



Gord Bamford's Christmas in Canada CD for Alberta 4-H Clubs

4-H Clubs will have the opportunity to PRE-Order Gord's very first Christmas Album in a CD or DDC

For the past 18 months, Gord's Rural Roots Run Deep program with Alberta 4-H has given clubs a great fundraising opportunity.

Here are the three most commonly asked questions from 4-H Clubs:

1. Why should our club support and buy a Gord Bamford Christmas CD?

As an alumni of the Alberta 4-H program Gord Bamford has long supported this youth organization. He has offered many mentoring sessions with 4-H members, served as a celebrity spokesperson for 4-H, and has been actively promoting 4-H through his website, media interviews and even his 4-H hockey jersey! Even though you might be able to purchase Gord's CD at Walmart for less, the \$20 you sell the CD for allows your customers to support local Alberta talent and support your 4-H club!

2. Feedback from the earlier fundraising program said it was hard to sell a CD in the digital download age. How does our club overcome this?

We have heard you, and have created a digital download card (DDC) to make the Christmas CD easy for youth to sell to their friends, family and community. The DDC is similar to an iTunes card. It's simple: type in the code and download the CD!

3. What kind of payment options are available to 4-H Clubs?

We are now offering two easy payment options. You can buy now, or buy now and pay later. These options make it easy to get involved, and start raising money for your 4-H club. This also enables clubs to test out the program to see if this is something they want to support.

This program is a great opportunity for your 4-H Club to work with the 2010 Canadian Country Music Association Male Artist of the Year, and two-time Juno Award nominee. It is important to relay to your customers that the monies from this fundraiser (Which is similar to those used in schools and sports programs) help to support your local 4-H club.

Be sure to preorder your CDs today. If you order by November 11, you'll receive the CDs by December 9, 2011.

To get involved with the program, please contact:

Jessica Patten
4-H Foundation of Alberta
patten@4hab.com
Phone: (780) 682-2153 or toll free 1-877-682-2153

or

Corinne Szepesi,
Special Projects Manager/Gord Bamford
corinne@adivacorp.com or 780-914-9175

Visit www.4h.ab.ca or www.4hfundraising.ca to learn more. ❁



Club+District Articles



Members and guests at our Club Achievement Day at Lost Lake Ranch on June 26, 2011.

Rail Riders 4-H Horse Club

BY EMMA SCHEIFELE, *Club Reporter*

A new 4-H horse club has started in the Rockyview district of the Calgary region. We are a small club, eight members in total, many of whom live quite far apart. It is for this reason that we are a club that has embraced technology using Skype, teleconferencing and Facebook to stay connected. These tools help us continue to share ideas and work as a club despite distance and bad weather. Our members range in age from nine to 20 years old, with most members having around five years of previous 4-H involvement.

During our 4-H year, which started a little later, we had one member graduate from high school, another participated in a school exchange to Spain, and yet another member was taking nursing courses in university. Despite these life events, the desire to be a part of 4-H remained strong. Our fundraising this year consisted of individual bottle drives and a quilt raffle. Two parents donated hand-made quilts for the raffle.

Our achievement day on June 26 was an awesome time at Lost Lake Ranch near Carstairs. We had fun both on and off our horses, had a great lunch, and learned cool horse stuff from the owner of the ranch, David Hogarth.

We are looking forward to the start of another fun, 4-H year this fall. ❀



Rail Riders club photo taken December 21, 2010 at K&K Livestock. Members and guests: (l to r, back row) Robyn Braunwarth, Sydney Scheifele, Nina Maxwell, Charlene Sereda; (front row) Dale McKearney (guest), Derek McKearney, Emma Scheifele, Madison Sereda; (missing from photo) Corrine Braunwarth.

BITE PREVENTION TRAINING SEMINAR IN GRANDE PRAIRIE

BY ALLY BOTTEN-MIZZARO, *Grande Prairie 4-H Multi-Club*

Dog bites unfortunately are not uncommon. You hear about them all of the time. A lot of these attacks are on children, leaving them emotionally and physically scarred for life. But these bites can be prevented; you just need the right information.

Rebecca Hayes-Copeland, owner of Partners Naturally led a bite prevention presentation for the Grande Prairie 4-H Multi-Club to teach the kids and adults how to prevent dog attacks. Rebecca has been a dog trainer for 12 years and has heard her fair share about different dog bites. She decided to make a bite prevention presentation because she felt that people were not giving kids enough info or enough credit to learn how to read dogs' behaviour.

There are many bite prevention presentations, but what sets this one apart from others is that Rebecca taught how to recognize if a dog is approachable or not judging by their body language. Rebecca also provided some interesting facts and statistics. One fact is that most dog attacks are from family pets or dogs that the victim has met before. The reason for this is dogs do not have 'friends.' If the dog has met a person a few times but they are not within their 'family' or 'pack' then the dog is going to treat the person like a stranger. So if a child runs up to a dog that they had met before and gives him a big hug, well that is essentially like a stranger running up to you and giving you a bear hug. When a dog bites someone the dog is often viewed as 'vicious' or 'evil' which is highly unfair. A dog that has bitten someone is not always a viscous man-eating canine that is so unpredictable that they will attack at random. No, most of the time dogs are provoked and the only way to get out of a situation they fear or are uncomfortable with is to fight or flee, and unfortunately the dogs don't always have that second option to flee.

So what can a person do to decipher whether a dog is approachable or not? Well Rebecca had many ways. First things first, if a dog does not have an owner around or is tied up somewhere, do not pet it. A dog owner knows his or her dog; the dog may not like women, men or children and it's vital that you ask before you pet the dog. Body language for dogs is a lot different than it is for humans, and there are many little signs that you may not notice. If a dog is yawning, you may just think 'oh it's ok to pet him he's just a little tired.' Wrong, wrong, wrong, wrong! A dog will yawn to show that they are uncertain about a situation, so do not go up to pet a dog that has been yawning as you make your way to it. Also a dog that is uncertain or scared may have other signals to show what it is feeling: half moon eyes- when you can see the white of the dog's eye in the shape of a half moon because it is looking away and avoiding the situation; tail between the legs means the dog is scared; it is looking away and trying to avoid the situation; or it backs up to try and get away. The sad thing is that a lot of times dogs will bite because they do not see they have any other option to get out of a situation. If a dog has a chew toy or some kind of possession do not run up and pet it or take away its toy for a game of fetch. This dog doesn't know you and could lash out because it is guarding a possession.

Some young children may view dogs as big teddy bears. Maybe they have a dog at home and think that all dogs like to be hugged or pulled at or played with. But there is a line between tolerating and liking. A family pet may tolerate being hugged



Instructor Rebecca Hayes-Copeland teaches 4-H members and the general public canine body language.

because it has to. But a strange dog will not tolerate that. Children may not know any better which is why it is important for them to be taught early on how to approach a dog. They should never run up and hug a dog or put their face into the dog's face. In fact as Rebecca said you should never stick your face into a dog's because that intimidates them and makes them uncomfortable. You should never startle a dog, or look directly into his eyes because that is also challenging and intimidating and you can turn the nicest dog uneasy by doing that.

So what does a relaxed and happy dog look like? One that walks up to you will a full body tail wag, a dog that pants shows that it is relaxed, and finally if the dog's body language is relaxed and happy (not looking for an escape, teeth are obviously not bared, the tail isn't between the legs and the head isn't low).

Rebecca also taught us how to properly approach a dog.

1. Make sure an owner is present and get permission.
2. Don't make eye contact but look at the dog to see if its body language shows it is approachable.
3. Approach the dog without startling it and hold out your fist for him to sniff.
4. If the dog backs away then don't pursue trying to pet this dog.
5. If the dog wants to be petted then go ahead, but do not pet a strange dog's head, because that is their blind spot and they have no idea what you are doing, so pet them somewhere like their shoulder.

So what did a member get out of this? Well Taren Bell, a member of Grande Prairie's canine group enjoyed the presentation and when asked what the most important thing she learned from the presentation she responded with, "I think it's better to learn the signs of what your dog is trying to tell you because most people don't understand."

I asked Rebecca how important she thought it was to learn to read a dog's body language to prevent dog bites. She put it better than I could ever put it myself:

"Extremely important. A small amount of knowledge enables everybody to see and understand a dog's language and can prevent trouble. Dogs do not bite without warning. Dogs speak in volumes if we can only learn to listen."

This presentation was very informative to children and adults. With more awareness from dog owners, parents, and children alike, it is possible that we will see far less dog bites in the city.

This seminar was sponsored by a grant from Champion Feeds, and a donation from EnCana. 🌱



(l to r) Alphonse Bilodeau, Claudelle Seguin, Kevin Borduzak, Jenna Huot, Maurice Parrent.

CELEBRATING 50 YEARS OF VIMY 4-H

BY BRENDAN MAHONEY, *Club President*

April 16, 2011 saw 200 people gather for a banquet in Westlock to share memories, laughter, tears and to celebrate 50 years of the Vimy 4-H Club. I had the honour of being the emcee along with my best 4-H friend Felix Lusson for this event in our club's history. To many people in the Vimy area, our club is more than projects, public speaking, record books and judging. It is, as Jenna Huot stated, "a family." That was what our 50th banquet was like... a family reunion.

The Vimy 4-H Beef Club was started in 1961 by Paul St. Arnaud, Joe Bilodeau and Laurier Parrent. Mr. St. Arnaud was even on hand to talk about how the club started and some of their early achievements. Due to declining beef members in the area, the club became a multi project club in 2006. Our name was changed to the Vimy DunRobin Multi 4-H Club to acknowledge the original name of the town and their pioneers. As our present leader Kathy Mahoney noted, "We took something old and combined it with something older to create something new and wonderful!" This year our club had 22 members in beef, goats, light horse, cooking, and outdoorsman projects! Ms. Jocelyn MacKinnon, our regional specialist, presented all the past members with a 50th Anniversary plaque from Alberta 4-H. Over half of the hall stood up to accept it! That was quite a sight to see!

The most interesting part of the banquet was the guest speakers. There were five of them, one for each decade of our club. Mr. Maurice Parrent talked about the challenges the club faced in its first year and what a steep learning curve it was for members and leaders. One of most shocking experiences was learning on Achievement Day that they had to sell their calves! Mr. Alphonse Bilodeau stated that the club was their "Facebook." 4-H meetings were one of the rare times when the rural youth got together to meet and visit with each other. Ms. Claudelle Seguin thanked the parents for all their support and help to make 4-H a richer experience. Mr. Kevin Borduzak urged all the current members to take advantage of all that the club has to offer, and included, "Your memories will last a lifetime." Ms. Jenna Huot talked about all the "Forever 4-H Friends" she made through the club and summer camps.

Many people reminisced about the amazing award-winning parade floats the early club members and leaders created, the various calves the members had, 4-H Hall of Fame leader, Joe Kallal and highway cleanup adventures! After an amazing slide show, I felt like I truly belonged to a wonderful, historic organization, or should I say "family," and I know that there will be 4-H in Vimy for many years to come! Thank you to everyone who made this an event for so many people to add to their memories. ❀



(l to r, front row) Jen-Ann Thomas, Grace Miller; (back row) Cody Jackson, Ty Provost, Rylee Miller, Cole Jackson.

Telford 4-H News

BY CORINNA MILLER

Telford 4-H Multi Rabbit & Poultry Projects wrapped up their year with an Old Fashion Carnival & BBQ Achievement Day on July 2, 2011 at the home of leaders Corinna and Lorne Miller.

The afternoon started at three o'clock, with all members baking or barbecuing chicken with their own unique recipe.

While the dishes were cooking, we were on to the next event... The Funky Fashion Show! That's right, every member designed a costume for themselves and their project animal. The costumes were AMAZING; what extremely talented members we have.

Next was supper. We had yummy beer-marinated chicken three unique ways: pan fried, saucy baked and barbecue. The amazing dishes were complimented by a variety of salads, vegetables and black forest cake. It was all very delicious!

With the fashion show and supper a complete success, it was time to cool off in the backyard pool. After splashing and laughing in the pool we played some fun homemade games. Each member designed a game either individually or with their sibling. Talk about variety! We played egg toss, cup and rock toss, balloon dart game with points inside balloons, jumbo balloon darts and the chicken poop game. Yes, the chicken poop game. This was the collaborative idea of all members! It consisted of two chickens on a sheet divided into four squares. The first square pooped in won. Lucky square number four won!

At the end of the evening spontaneity and the 4-H motto was alive and blossoming when together club members created a human pyramid! The evening wrapped up at 11pm.

Six amazing members "learned to do by doing" this entire year. Egg-speriments, participating in poultry and rabbit shows experiencing the loss of beloved animals... through it all they supported and encouraged each other the entire year. ❀



Human Pyramid: (l to r, bottom row) Cody Jackson, Ty Provost, Rylee Miller; (middle row) Grace Miller, Cole Jackson; (top) Jen-Ann Thomas.

NEWELL DISTRICT LIGHT HORSE

BY NINA CONNERS, *Project Leader, John Ware Light Horse Club*

On July 18 to 20 the Newell District Light Horse Committee held its fifth annual camp.

For three days members experienced new events and activities. This year we had 21 members participating in horsemanship, jumping, reining, working cow horse, roping, goat tying, games, crafts, and just having fun with their horses.

Every year we change things up a little by changing sessions. It is sometimes challenging to find sessions that are good for nine to 19 year olds as well as interesting for boys and girls. This year for a craft we made tie-dyed beach towels. The members were extremely creative and came up with some very beautiful designs. I would highly recommend all districts to work toward doing their own camp; it is amazing to see how much the members learn in three days. Can't wait for Camp 2012! 🍀



Top: Members designing their towel art.
Bottom: Many unique towel designs were created!



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4-H FIGHTS HUNGER WITH A CANOE

BY MICHELLE AND JANICE HOOVER



Canoe being auctioned at the Drumheller District 4-H Beef Show & Sale – June 6, 2011.



Presentation of canoe to new owner: (l to r) Nathan Bell, Don Svatos, Evan Bell; Nathan and Evan are members of the Morrin Multi 4-H Club.



(l to r) Michelle Hoover, Cleaver, Raine McDougald, Darcie Erhardt (Encana), Alex Jaffray. In the front row are future 4-Hers.



4-H takes Fight for Hunger to Delia School: Serving the Delia ECS students (l to r): Darcee and Saige Hall, Breanna Heck (Delia 4-H Beef Club) and Diana Rowe (Community Services Director - Starland County).

District 4-H Clubs in Drumheller teamed up to participate in Encana's Race Against Hunger through the new 4-H Fights Hunger Program with a canoe! The goal was to raise food, funds and awareness for the food bank – and we did. A 'fill the canoe' campaign and the auction of the canoe added excitement to the program.

The cedar strip canoe was one of this year's projects for the Morrin 4-H Multi Club. Four members and two leaders worked for seven months to complete the 16-foot canoe. Leader Gus Wahl built a number of canoes and directed the project with Les Bell. Members Raiden and Xander Kipling along with Evan and Nathan Bell worked over 300 hours and learned many skills while building the canoe.

Michelle Hoover, president of the Drumheller District 4-H reported, "The canoe was sleek and beautiful. It weighed 52 pounds and was easy to manoeuvre both in and out of the water."

Activities to raise awareness included a press release, articles, public service announcements, interviews and presentations. 4-H had great support from the local media. We made the front page of the Drumheller Mail when the canoe arrived at the Co-op. All together, the 4-H Fights Hunger Program made the paper 12 times. We were also 'on air' thanks to Q91 and Drum FM.

The canoe was filled twice and brought in 300 pounds of food and \$85. The canoe was displayed at the Drumheller Co-op, Fresson Brothers IGA, and the 4-H Show and Sale. The highlight was auctioning off the canoe at the 4-H Beef Show and Sale. Don Svatos of Delia purchased the canoe.

4-H is all about kids learning and having fun. A member had an idea for an ice cream event at Delia School and 4-H acted. Almost 100 per cent of students and staff participated to bring in 100 pounds of food and \$140. The promotion was fun and reminded all that the Food Bank operates year round.

4-H members using their communication and community service skills raised a total of 400 pounds of food and \$2,725. We were excited that Encana matched every dollar for dollar and two dollars per pound of food 4-H collected. With Encana's contribution, 4-H delivered \$6,250 plus food to the Food Bank. It was great to partner with Encana!

Darcie Erhardt, Community Investment Advisor for Encana Corporation, summed it up by saying, "Thanks to the involvement and outstanding enthusiasm from the local 4-H clubs. Your members went far above and beyond and hopefully each of them can take some pride in these great results and how much that will mean to the local food bank. Your efforts are truly appreciated." 🍀

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