

# 4-H Alberta

MAGAZINE

FALL 2012 // [www.4h.ab.ca](http://www.4h.ab.ca)  
VOLUME 8 • ISSUE 2

**VENTURE OUT  
WITH 4-H** page 9

**GET GROWING  
CONTEST DETAILS** page 24



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2010 Farm Life Photo Contest entry: submitted by Samantha Jones, Balzac 4-H Beef Club.

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## Submission Guidelines

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

### Here are a few tips:

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

If you have questions about any of the above tips, please do not hesitate to contact us:  
E: [magazine@4h.ab.ca](mailto:magazine@4h.ab.ca) or P: 403.948.1521

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

## 4-H Alberta Magazine

### Editor:

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

### Wing Man:

Cameron Horner, 4-H Specialist – Communications and Marketing

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

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

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**Deadlines for Submissions:** October 29th, February 25th, July 26th

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## Advertising Inquires

Please contact Vanessa Bosworth at E: [bosworth@4hab.com](mailto:bosworth@4hab.com) or P: 780.682.2153  
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## on the cover

Jeffery Lunde works on his welding project.

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

4-H Pledge: I pledge

My head to clearer thinking,  
My heart to greater loyalty,  
My hands to larger service,  
My health to better living,  
For my club, my community  
and my country.

## Editorial

Well another summer has come and gone and my favourite time of year is upon us – fall! Fall means crisp morning air, leaves changing color and most importantly the beginning of a new 4-H year! I'd like to take this opportunity to officially welcome you to 4-H Alberta. Whether you are a new or returning member, family or leader – have a great 2012-2013 club year!



Standing at the most eastern point of Canada, Cape Spear.

While you all were attending 4-H summer programs (be sure to check out all of the stories on the provincial summer programs) there has been a lot happening with 4-H Alberta. We have some new and exciting opportunities to share with you in this issue of the magazine.

If you are senior 4-H member or recent alumni (ages 18-25) who is interested in the future of agriculture, be sure to check out page 6 to see how you can apply to attend the global agricultural event, Youth Ag Summit. With world-class speakers and the opportunity to interact with participants from over 20 nations, you can't afford NOT to apply. Be sure to visit page 9 to see how else you can Venture Out with 4-H Alberta and page 36 to see how 4-H and Agriventure can put the world at your feet!

Since the last issue of the magazine arrived in your inboxes and mailboxes, I travelled to St. John's, Newfoundland to meet with my fellow members of 4-H Canada's National Resource Network (NRN). The NRN allows the provinces to work collaboratively on resources for members and leaders across Canada. The east coast was breathtaking, and the 4-Hers there are as friendly as they are here.

Although I was a long-time 4-H member myself, I for some reason never attended the Selections program. After going as a facilitator this year, let me tell you how sorry I am that I didn't. To learn more about Selections (ambassadorships, travel and development opportunities, and the Premier's Award) and all of the other perks associated with keeping a 4-H Diary – read on.

As always the innovative, generous and hard-working approach of clubs brought a smile to my face as I received the outstanding stories of community service activities taken on throughout the province. If the phrase Dogs With Wings piques your interest check out page 30, or you want to find out how quilting became a community service project visit page 42. For more heart-warming goodness go to page 26 and read about Nykaea Lebsack's message of hope.

It has been a year since I joined the 4-H team, and I can't wait to see what stories this next 4-H year brings to the magazine!

Yours in 4-H,

*Jalisa Barnett*

## CONTACT US

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

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# NATIONAL NEWS

BY: VIOLETTE STEPHANIUK

*Communications Associate, Canadian 4-H Council*

**W**e had a hot summer in the Nation's Capital, and things have been sizzling at 4-H Canada, too.

## Show Your 4-H Colours

4-H members, families and friends helped us choose the winners of the Show Your Colours T-shirt Contest on our Facebook page. Check out our website to purchase one of the winning designs. You could even sport it on November 7<sup>th</sup>, which is National Show Your 4-H Colours Day!

## National Programs and Opportunities

Sixty members from across the country travelled to Ottawa for the National Citizenship Seminar between April 13<sup>th</sup> and 19<sup>th</sup>, where they toured Parliament Hill and visited the Supreme Court of Canada. Check out page 34 of this issue to hear about the program from the Alberta delegates' perspectives.

"Destination Communication" is the theme of the 2012 National 4-H Conference held September 19 - 23 in Montréal, Québec. The conference offers the opportunity to share your own 4-H experiences and learn from other 4-Hers across Canada.

## 4-H Canada's Centennial in 2013

On the steps of the Manitoba Legislative Building in May, 4-H Canada and Food Banks Canada launched a collaborative national food drive that will see 4-H members and clubs across Canada collecting food and cash donations for local food banks throughout 2013.

The "100 for 100" fundraising campaign was launched on September 11<sup>th</sup>, the opening day of Canada's Outdoor Farm Show in Woodstock, Ontario. Through this campaign, past and present 4-H members and families will be able to donate to the 4-H Canada Legacy Fund that ensures the future of 4-H programming. With the 100<sup>th</sup> Anniversary website now launched, the 4-H Living History collection of historical material submitted by 4-H members, alumni, volunteers, sponsors and supporters is certainly an interactive destination worth checking out!

Farm Credit Canada (FCC) is a sponsor of a National Centennial Public Speaking Program and the Shout Out for Ag Video Competition. Visit our website or check out this column in the next 4-H Alberta Magazine to find out more about these two unique opportunities.



## 4-H Alberta's Membership Age Range

You may or may not have heard that 4-H Canada has been looking at changing the age range for membership of 4-H in Canada. 4-H Alberta is examining their recommendations, but no decision has been made so that full consideration can be given to program, project and resource implications. For the 2012-2013 Club Year in Alberta, the age range will remain 9-20 for 4-H Alberta membership.

In Alberta, some clubs have Cleaver Kids ages 6-8 who are associated with their club. Cleaver Kids pay a fee to the 4-H Council of Alberta to be part of 4-H Alberta, but are not 4-H members. Collegiate and alumni clubs are also in existence within 4-H Alberta. These individuals are considered leaders or alumni, and while they pay a fee to the 4-H Council of Alberta, they are not 4-H members. ❁





Jacob puts his 4-H communication skills to work.

## Youth Ag Summit – Feeding a Hungry Planet



Rosie Templeton and Jacob Onyschuck speak to the excitement and perspective of youth around the summit at the launch.

**BY: ERIN BROPHY**

*Manager – Communications and Marketing, 4-H Canada*

**4-H** Canada is celebrating its 100th anniversary in 2013. During this milestone year, 4-H Canada is proud to partner with Bayer CropScience in spearheading a global youth agricultural event August 19-25, 2013 at the Delta Bow Valley in Calgary, Alberta.

The Youth Ag-Summit, entitled Feeding a Hungry Planet, will host 120 young adults, ages 18-25, from more than twenty countries from around the world to discuss and learn how their generation will overcome the challenges of feeding a growing world population. Agriculture & Agri-Food Canada and the Government of Alberta are also supporting this exclusive global event.

The participants will be chosen through an essay contest focused on the topic, “How to feed a growing world population.” The top essays will qualify their authors for an all-expenses paid trip to the Youth Ag Summit and will also act as a knowledge contribution to the conference itself.

The goal of the summit is to create and connect ideas, all aimed at progressing agriculture around the world with the next generation of agricultural participants. This collaborative approach aims to leave participants with actionable ideas that they can take back to their home country as well as to guide their personal endeavors.

For more information and updates, visit [www.facebook.com/youthagsummit](http://www.facebook.com/youthagsummit) 🍀





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# Provincial News & Events

## Do Tell!

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

With poise and flare, 33 4-H Alberta members spoke, presented and illustrated through four hours of competition at the 2012 Provincial Communications event held in Edmonton on April 14. To hear these speakers is to believe they are true professionals with decades of communications experience, when in reality they are just getting their feet wet. The calibre of participants at this event is truly a testament to 4-H Alberta and the hard work these members put into their craft.

This year's event, as always, was broken into two separate competitions - public speaking and presentations. Public speaking saw 12 individuals give a 4-6 minute prepared speech as well as a 2-3 minute impromptu. Competitors were given a generic topic by which they had to prepare a new and original speech – within 10 days of the competition. This year's topic was "My Alberta" and resulted in speeches ranging from cultural diversity to Alberta's mace to patriotism. The impromptus consisted of current affairs and newsworthy topics and can typically be the more challenging of the two speeches.

Presentations can come in a few different forms, including illustrated talks, PowerPoint, and demonstrations and can be done in teams of up to three members. 21 4-Hers, comprising 14 teams, wowed the audiences with a variety of topics. As always the 8-10 minutes needed to present flew by and elicited some great questions from the judging panel and garnered a ton of interest from the crowd.

"Absolutely fabulous on all fronts", commented Cameron Horner, 4-H Specialist – Communications and Marketing, on how the event turned out. "The ability of these young individuals is amazing, with any one of them being able to go into a group setting and do a great job of communicating."

### Public Speaking Results

- 1<sup>st</sup>** – Jillayne Swalwell – Strathmore 4-H Multi
- 2<sup>nd</sup>** – Heather Froland – Amisk 4-H Beef
- 3<sup>rd</sup>** – Kaitlynn Bolduc – Stavely-Parkland 4-H Beef
- 4<sup>th</sup>** – Miles Wowk Jr. – Myrnam 4-H Beef & Multi

### Presentations Results

- 1<sup>st</sup>** – J.T. Ross and Raymond Gallelli – Crossfield-Madden 4-H Beef
- 2<sup>nd</sup>** – Jaclynne Vallee and Julie Jodoin - Lakeland 4-H Longriders Light Horse
- 3<sup>rd</sup>** (tie) – Dakota Townsend – Red Deer West 4-H Beef
- 3<sup>rd</sup>** (tie) – Jenna Godwin, Emily Murray and Austin Perreault - Leslieville Trail Trotters

Provincial Communications is generously supported by Presenting Partner AltaLink, along with Agrium Inc., Calgary Exhibition and Stampede Limited and Government of Alberta as Partner Supporters. Partner Host for Provincial Communications 2012 was Northlands. 🍀



First place Presentation team, J.T. Ross and Raymond Gallelli of Crossfield-Madden 4-H Beef



First place Public Speaking competitor, Jillayne Swalwell of Strathmore 4-H Multi (r) standing with Cam Horner, 4-H Specialist – Communications and Marketing.



Rob Smith, public speaking judge, gave some feedback that highlighted the importance of using gestures.



# VENTURE OUT

## For the Entrepreneur in You!



### HOW

**en•tre•pre•neur** *n.* Characterized by their capacity and willingness to undertake the innovative conception, related risks, organization and management of a productive venture.



### WHAT



### WHO

#### LEADER TRAINING

Training for leaders on how to successfully use this new resource will be available at:

**Peace Fall Leaders' Forum**  
Sep 8, 2012

**South Learning Day**  
Oct 13, 2012

**Key Leader Training**  
Oct 26-28, 2012

**Calgary Lead On!**  
Nov 4, 2012

**Northeast Forum**  
Nov 17, 2012

**Northwest Fall Fair**  
Nov 24, 2012

**West Central Executive Workshop**  
Nov 24, 2012

**East Central Fun Day**  
Jan 5, 2013

**Leader's Conference**  
Jan 11-13, 2013

#### VENTURE OUT

4-H Alberta presents a new resource designed to help members turn their project into an entrepreneurial venture. If you're a member looking for a challenge or to take your project to the next level, Venture Out is for you! By using this resource with any project you'll gain marketable skills plus develop an innovative and unique way of thinking.

#### THE RESOURCE

To check out the resource, members and leaders can visit:

**[www.4h.ab.ca/VentureOut](http://www.4h.ab.ca/VentureOut)**. You'll find:

- The Online Member's Supplement with interactive activities, videos, tip sheets and helpful information to explore and apply to one's project
- The Online Leader's Kit with activities, games, assessments, tip sheets and a guide for using the resource with your club or individual members

#### THE LEADER'S KIT

4-H Alberta has created a Leader's Kit that contains a supply of activities, games, information and User's Guide *PLUS* the items needed to complete activities with members. It's all right at your fingertips!

# Help 4-H Canada Celebrate its 100<sup>th</sup> Anniversary!!

BY: LEXI HOY

*4-H Regional Specialist – Peace & Provincial Centennial Champion*

With 2013 just around the corner, plans are well underway for the celebration of 100 years of 4-H'ing in Canada. Clubs here in Alberta can celebrate the centennial with their local communities in a variety of ways, but we're leaving it up to you to decide how exactly you're going to celebrate! Celebrations held in conjunction with communities or locals fairs are encouraged, so stay tuned for more information that will help inspire your club, as well as let you know what other clubs are doing, to mark the occasion.

At a national level, 4-H Canada is pleased to have Enbridge as the national sponsor for the 100th anniversary. Enbridge is looking forward to getting involved with clubs as they celebrate across the country.

## 4-H Gives Back

In addition to these local events across the country, 4-H Canada is marking 100 years by teaming up with Food Banks Canada for a national food drive. Your club may collect food or monetary donations for the local food bank. If your club would like to take part, it's as easy as contacting your local food bank to arrange a donation drop-off time. 4-H will keep track of the donation totals and make a special announcement at the 100th Anniversary Gala.

Pssst.... We're working on another philanthropic initiative that we're not quite ready to tell you about, so be sure to check out the 4-H Canada website for this special announcement.

## Remembering The Past 100 Years

A lot can happen in 100 years and 4-H Canada is busy collecting memories from the past century. So we're asking Alberta members, leaders, parents and alumni to submit stories, photos and other items to the 4-H Living History website, located on the 4-H Canada website. We need your help collecting Alberta's part in the making of history!



Members promote 4-H at the 100th Calgary Stampede.

## 100th Anniversary Gala

4-H Canada would like to announce a one of a kind gala to celebrate the centennial. The theme Food for Thought will focus on the importance of food production and sustainability along with the role our youth play in feeding a growing population. To celebrate, we are going back to the province it all started in - Manitoba! The event will be held May 30th, 2013 in Winnipeg.

If you have any questions, ideas or would like to get more involved in the 100th anniversary, please contact Lexi Hoy at E: alexia.hoy@gov.ab.ca or P: 780.835.7537

More information can also be found at [www.4-h-canada.ca/100](http://www.4-h-canada.ca/100). ❀

## Why it is important to provide 4-H Alberta with your email address?

BY: CORINNE SKULMOSKI, *Electronic Systems Coordinator*

In today's technological society, email plays a big part in an organization's communication with clients and stakeholders. 4-H Alberta is no different - email has become a vital way of communicating with our clubs, members, leaders and parents.

When your 4-H club is reorganizing this Fall you will be asked by your General Leader to provide an email address that will be entered into the 4-H Alberta Online Registration System. What is my email used for you ask? Simple answer - it is a vital tool in helping us to help you stay in touch with all the happenings and opportunities within the 4-H world.\*

By using your individual username and password (emailed to you after club registration - see how we're using your email already?) you gain access to your very own profile on the 4-H Alberta Online Registration System. There, member and leader provincial programs are accessible for online registration and payment. By having an active email address you will receive important application and registration reminders for all your favourite provincial programs.

There is always something new and exciting happening with 4-H that we want to share with you, in addition to your favourite activities, events and programs. So, please make sure you provide an active email address, it can only enhance your 4-H experience! ❀

\*4-H Alberta adheres to FOIP regulations, and does not share email information.





# MARKETING ME AT SELECTIONS 2012

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

For 104 senior 4-H members from each region of the province, Selections 2012 was all about learning how to better market themselves while simultaneously vying for some fantastic recognition opportunities and the honor of being named an Ambassador or the Premier's Award Recipient.

Throughout the program, delegates engaged in sessions and activities that helped to prepare them for the next chapter in life, whether that may be starting a career or attending post-secondary. With Selections being one of the final programs in a member's "4-H career", it was also a great chance to connect with new and old 4-H friends alike.

Selections is a jam-packed program, with there being a combination of themed sessions taking place in both small and large group settings. Topics covered this year included True Colors® personality typing, resumes, cover letters and portfolios, job interviews, student finances. There were also 4-H-specific sessions that had members thinking about recruiting members into 4-H, as well as thinking about the 4-H Diary.

One of the highlights of Selections is the group challenge. Here, members use their presentation skills and engage in a friendly and hands on competition to gain an understanding of the processes associated with planning, decision making, team work, problem solving and time management. This year's challenge proved to be just that, with the bridges and cars built leaving mini-Cleaver the Beaver hanging on for dear life at times!

With a weekend of learning and laughing drawing to a close, members' scores were tallied based on peer rating, facilitator rating, 4-H Diary points and the 4-H and current events quiz score. For peer and facilitator rating, emphasis is placed on effective teamwork, communication, leadership and interpersonal skills, as well as the demonstration of "get-down-to-it-ness", positive attitude



Selections delegates stand with their "Cleaver-mobile" and bridge.



The Premier's Group, top delegates selected to compete for the Premier's Award.



and the ability to appropriately engage with a variety of people and situations.

With each of the delegates being exemplary in their own right, the selection process is tough, with the Premier's Award being 4-H Alberta's most prestigious award of recognition. Of the award, Premier Alison Redford said, "I am pleased that through 4-H we are able to recognize these exceptional young people who are our future leaders, for their commitment to their communities, our agriculture industry, rural Alberta and our province". This year's recipient was Jacob Onyschuk of Legal. Since joining 4-H only a few years ago, Onyschuk has been extremely active at all levels of 4-H and looks forward to supporting 4-H and promoting all that it has to offer during his time as an Ambassador of 4-H.

There are also a variety of educational programs and travel opportunities that included the Montana 4-H Congress, Alberta/NWT Tour, California 4-H Exchange, Seminar on the United National and International Affairs (SUNIA), National 4-H Conference, National 4-H Citizenship Seminar and the USA National 4-H Conference. Additionally, there are fourteen Ambassadorships awarded for recipients to serve a two-year term promoting 4-H and youth involvement in Alberta. To see a complete listing of recipients and opportunity details, visit [www.4h.ab.ca](http://www.4h.ab.ca). And remember, it's never too early to start thinking about attending Selections!

Thank-you to Presenting Partners: Agriculture and Agri-Food Canada and Growing Forward. Partner Supporters: Government of Alberta and Servus Credit Union. Partner Donor: CIBC and Partner Host: Olds College. ♣



Jacob Onyschuk, Premier's Award Recipient. Check out Jacob's blog at [jacobonyschuk.blogspot.ca](http://jacobonyschuk.blogspot.ca)



The 2012 Ambassador Group at Selections.

## Ambassadors Lend Helping Hands

BY: BREANNE DURIE, 4-H Alberta Ambassador

You may be wondering what 4-H Alberta ambassadors have been up to lately. Well, wonder no more!

Since the first year Ambassadors were named at Selections, most of us attended the Ambassador Training Weekend and have been as active as we could be during the past summer months. Stacey Woywitka has definitely been a shining star! Among her duties, she helped out with her former 4-H club's Achievement Day, where she guided younger beef projects members through the day. She later volunteered with Focus on 4-H in her region in July, where she got to be a photographer for the day. The photos taken will be used to promote Focus on 4-H in the future.

Her most recent volunteer events in July were the Provincial Beef Heifer Show (PBHS), Provincial Sheep Show (PSS) and the Provincial Dairy Show (PDS). Stacey and I teamed up to help with the PBHS, with the help of Sawyer Daley. I helped organize ribbons and awards and Stacey marked record books and typed up spreadsheets. With the help of Kaitlyn Bolduc, we also planned a

game of water balloon dodge ball for the delegates' evening activity. Once the PSS and PDS started up, Adrienne Good joined Stacey to assist members with move-in and registration and remained at the show to help for the week.

Meanwhile, myself along with some other Ambassadors were at the Calgary Stampede to assist with the 4-H Alberta booth at the Youth in Action Showcase, where I spoke to many families interested in 4-H and helped them to better understand the program. As ambassadors, we've had a blast so far and we hope to continue promoting the 4-H program and keeping the 4-H spirit alive and well.

On behalf of all the 4-H Alberta Ambassadors, I would like to invite anyone to contact us to help with a 4-H event as we Ambassadors love to be out and about!

Be sure to check back in the Winter issue of the magazine to see what else the Ambassadors have been up to. Also, to peruse the activity of Jacob Onyschuk, our Premier's Award Recipient and Ambassador, check out his blog at [jacobonyschuk.blogspot.ca](http://jacobonyschuk.blogspot.ca) ♣



Lookin' sharp for bowling at Ambassador Training weekend.



First year Ambassadors proudly wear their second year Ambassador-designed outfits for bowling at Ambassador Training.





Learning "the ropes".



The infamous stick activity. It is harder than you think to lower that stick without one person's finger coming off!

## Practicing Leadership at LTCS

BY: **AMANDA MILLER**, *Summer Intern, 4-H Foundation of Alberta*

4-H Alberta offers LTCS to all those senior 4-H members looking to become a camp counsellor or to sharpen their leadership skills. And in true 4-H from, the training of 4-H Alberta's upcoming leaders and counsellors involves methods that are far from textbook learning!

This year's LTCS Program, held July 2 - 6, 2012 provided five days of unique opportunities for building skills, networking among 4-H members and having fun at the Alberta 4-H Centre. The knowledge and practice required to foster positive and effective leadership behaviors in delegates was delivered in a variety of interactive, fun and developmental activities. Under the guidance and support of the Summer Program Team, participants were taught first-hand the essentials when it comes to managing this summer's regional and provincial 4-H Alberta programs.

Throughout the week, LTCS delegates were encouraged to explore their personal leadership styles and to expand their repertoire of leadership skills. When asked if leaders are born or practiced, Hailey Halberg exclaimed, "Definitely practiced! I have learned so much about being

a leader by being in 4-H, and here at LTCS".

At LTCS, the delegates practiced working in a team environment, contributing to the camp community and being an effective communicator. "All of the workshops here helped us by putting us in real situations that we will come across this summer at programs. It made me become a better leader," said Adrienne Rajotte.

Senior 4-H members that attended LTCS can further develop their own leadership skills by practicing 'on the job' throughout the summer. Through trial and error, and with the 4-H Summer Program Team as positive role models to learn with and from, these 4-H members continued to build their leadership abilities.

Through the practice and application of their leadership skills in real-life situations, accompanied by support and debriefing from the Summer Program Team, delegates who attend LTCS gain an understanding and appreciation for effective leadership. So, if you're a member who wants to build their leadership skills, or wants to give back while working with younger members, LTCS is a great place to learn about leadership through practice.

Thank-you to Presenting Partner: Penn West Exploration, Partner Supporters: Agrium Inc., Government of Alberta, Monsanto Canada Inc., Olds College, Peavey Mart, Partner Friend: Canadian Wheat Board and Partner Host: Alberta 4-H Centre. 🌱



The 2012 Leadership Through Counseling Seminar delegates.



# TIDBITS FROM 4-H COUNCIL OF ALBERTA

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



## Cleaver Kids

This is an optional project that clubs may provide for children 6-8 years of age.

### Club Goals for Cleaver Kids:

- Prepare and encourage these children to be future 4-H members
- Encourage family participation
- Provide fun and age-appropriate experiences and activities
- Encourage hands on learning through active participation
- Foster safety

For more information, visit [www.4h.ab.ca](http://www.4h.ab.ca) or look in your Fall Mail Out package.

## Contact Us

4-H Council of Alberta  
RR 1 Site 7 Box 1  
Westeros, AB T0C 2V0  
E: [council@4hab.com](mailto:council@4hab.com)  
P: 780.682.2648  
TOLL FREE: 1.877.682.2244

## Golden Clover Award

**Purpose:** To recognize individuals or groups who have exhibited outstanding leadership while initiating a special contribution such as an innovative idea, program, activity, partnership or event that has made a significant difference to 4-H Alberta.

**Who can be nominated?** An individual or organization who has demonstrated leadership excellence while making a new and unique contribution to 4-H Alberta in the past or present.

**Deadline:** November 1st, 2012

Applications are available at [www.4h.ab.ca](http://www.4h.ab.ca)



Lyanne Almberg (Forrest), Czar



Cheryl Hardy, Cochrane



Sherry Howey, Valleyview



Alex Hoy, Barrhead



Christine Patten, Winfield



Andy Pittman, Picture Butte



Stacy Price, Crossfield - Past President



Mark Sayers, Coaldale - President



Margaret Scott, Bonnyville



# YOU'RE HIRED!

BY: ANDREA CHURCH

Regional 4-H Specialist – Calgary & South



Practice makes perfect at the PBHS!



Friends make the work go quickly at PBHS!

The heat was on at the 36th 4-H Alberta Provincial Beef Heifer Show July 8-10, 2012. During these hot summer days in Olds, 83 beef project members engaged in some friendly competition, sharpened their skills and learned to do by doing. Also participating in one day of the program were 20 members on exchange from Ontario and Alberta, looking to get a taste of the beef project experience in Alberta.

The 4-H Alberta Provincial Beef Heifer Show allows members an additional project opportunity for members to showcase their beef female project(s), hone their skills and gain further knowledge of trends in the industry, all within an experiential environment designed for their learning and development. Participants took part in competitions such as: showmanship, commercial and purebred conformation, team grooming, judging as well as show team judging, where members work together to direct and judge a class of cattle.

Junior and Intermediate members partook in the Marketing Competition, where they practiced their ability to market a beef animal or product. Senior members participated in the You're Hired competition where they did a mock job interview after which they received feedback on their resume and interview. This valuable experience helped to develop comfort around resume writing and interviewing, life-skills that will be crucial for any career path these members choose. As a sponsor representative from PennWest, Angela Schwaab acted as an interviewer and stated that, "If this was a real job competition, I would be extremely impressed with the caliber of interviews and would consider giving them the job on the spot!"

Members participate in the 4-H Alberta Provincial Beef Heifer Show not only to gain marketable skills or because of the prospect of being tops in the various competitions. In fact, most members would say they keep coming back because of the friendships they have developed over the years. 4-H beef members cross-registered in Summer Synergy, a program of Calgary Stampede and Olds Agriculture Society, also got to know members with dairy and sheep projects from across Alberta and the rest of Canada.

At the Provincial Beef Heifer Show, participants have the chance to network with members from around the province and with the sponsors who are part of the industry. The members who enter into an agricultural career will find those contacts valuable in their future.

Thank-you to Presenting Partner: Penn West Exploration, Partner Supporters: ATV Financial, Alberta Beef Producers, AMA Insurance, Gas Alberta Inc., Government of Alberta, Kubota Canada Ltd., Lammle's Western Wear & Tack, Westgen Endowment Fund and Partner Horse: Olds Agricultural Society. 🍀



Ty Dietrich participating in one of the many competitions.





Provincial Dairy Show member leads animal.

## Moooving Right Along

BY: ANDREA CHURCH, *Regional 4-H Specialist – Calgary & South*

The longest running provincial 4-H event is in its 66th year, with the 4-H Alberta Provincial Dairy Show marking another year in the record books as a success. 46 members from across the province spent July 11- 13, 2012 in Olds, competing and learning alongside one another.

Every dairy club in the province was represented at the show, with members' enthusiasm and commitment to the industry, the project and this show remaining strong despite a decreasing number of dairies in Alberta. The experiential learning associated with being in the 4-H dairy project is found to be extremely valuable for encouraging the next generation of dairy producers, as well as providing them with the marketable skills they need.

The participants at the 4-H Alberta Provincial Dairy Show got involved in a number of events including clipping, showmanship, conformation, judging, a spirited game of dairy-jeop-

ardy as well as a dairy husbandry quiz. Members are encouraged to get involved with as many things as possible at the show, as the more they're involved the greater the opportunity for learning and connecting with fellow members! A youth on exchange from Holland also participated in aspects of the Provincial Dairy Show, and was able to share similarities and differences between the two country's dairy industries.

While Junior and Intermediate members participated in a competition to hone their marketing skills, the Senior members were provided with the You're Hired Competition to do a mock job interview. After their interview, they were provided with valuable individual feedback on how it went, in addition to some resume building tips. This is just another example of how the experiential learning opportunities provided at the 4-H Alberta Provincial Dairy Show set members up for success in their future.

The 4-H Alberta Provincial Dairy Show encourages cross-registration in Summer Synergy, a program of Calgary Stampede and the Olds Agriculture Society, thus allowing 4-H dairy members to meet members in the beef and sheep projects from across Alberta.

Providing a venue for members, leaders and sponsors to share ideas and learn from each other, the 4-H Alberta Provincial Dairy Show helps to strengthen personal networks and understanding of the dairy industry amongst participants.

Thank-you to Presenting Partner: Gas Alberta Inc., Partner Supporters: Alberta Dairy Industry, ATB Financial, Government of Alberta, Kubota Canada Ltd., Lakeland College and Westgen Endowment Fund, Partner Friend: Catons Ltd. and Partner Host: Olds Agricultural Society. 🍀



Cattle wait patiently for their turn.



## Ordering Ribbons from 4-H Alberta

For the 2012-2013 Club Year, to place a Ribbon Supply Order for a club or interclub event, you must:

- Visit [www.4h.ab.ca](http://www.4h.ab.ca)
- Click on "Resources Log In"
- Sign in with Username: alberta4h and Password: cleaver

- Scroll to "Club Supplies" category
- Click on "Ribbon Supply Form"
- Fill out the form and submit via Fax: 780.422.7755, Email: [4hregistrar@gov.ab.ca](mailto:4hregistrar@gov.ab.ca) or Mail: 4-H Branch, 7000 113 ST NW, RM 200 Edmonton AB T6H 5T6

Please note that some ribbons previously supplied by 4-H Alberta are no longer available. Also, that Promotional Supplies such as Cleaver the Beaver may be ordered following the same process by clicking on the "Promotional Supplies Form" under "Club Supplies".





Sheep project members busily work on their animals.

## THE FUTURE IS LOOKIN' BRIGHT

BY: ANDREA CHURCH, *Regional 4-H Specialist – Calgary & South*

Today, the sheep industry in Alberta is exciting, thriving and extremely attractive to new entrants. The 32 enthusiastic 4-H sheep members attending this year's 4-H Alberta Provincial Sheep Show are totally on board with this recent trend, and gathered in Olds to showcase and learn together. July 11 – 13, 2012 marked the 2nd annual 4-H Alberta Provincial Sheep Show.

The 4-H Alberta Provincial Sheep Show provides 4-H sheep project members an additional opportunity beyond the club to: interact with fellow 4-H members from across the province; showcase their skills and projects; and increase their knowledge in the areas of marketing, agriculture awareness and their project.

Members participated in a number of skill based events over the three day event including trimming, judging, conformation and showmanship. Here, members working with their project animal demonstrated a tremendous amount of skill and knowledge of industry best-practices. A wool felting workshop was also held for members, teaching them about another aspect of the sheep industry.

While Junior and Intermediate members took part in the Marketing Competition, Senior members participated in the You're Hired Competition. Here, they had the opportunity to do a mock job interview after which they received individual feedback on their resume and interview. This valuable experience helped to develop comfort around resume writing and interviewing, life-skills that will be crucial for any career path these members choose.

4-H sheep members cross-registered in Summer Synergy, a program of Calgary Stampede and Olds Agriculture Society, also got to know members with dairy and beef projects from across Alberta and the rest of Canada.

Providing a venue for members, leaders and sponsors to share ideas and learn from each other, the 4-H Alberta Provincial Sheep Show helps to strengthen personal networks and understanding of the sheep industry.

Special thanks to Presenting Partner: Lakeland College, Partner Supporters: AMA Insurance, Government of Alberta and Peavey Mart, Partner Friends: Alberta Lamb Producers, Canadian Sheep Breeders' Association and Partner Host: Olds Agricultural Society. 🍀



Flocking together.



## HORSE CLASSIC

BY: AMANDA MILLER

Summer Intern, 4-H Foundation of Alberta

What a better way to showcase your knowledge and gain a better understanding of the horse industry than by attending 4-H Alberta's Provincial Horse Classic.

Between August 1 – 3, 2012 at Olds College, horse passionate 4-H members from across the province got together to experience three days of programming that included clinics, judging, team activities, marketing contests, quizzes and a dance!

4-H members had the opportunity to demonstrate their knowledge related to the horse industry by entering the Team Horse Bowl, Marketing and Horse Hippology contests. The Team Horse Bowl is a contest where a series of questions are used to test delegates on equine-related subject matter in a fun and fast-paced way!

The marketing contests allowed delegates the opportunity to hone their marketing skills. One marketing contest offered a real life scenario where members must try to sell a horse or horse product. The Print Marketing Contest invited each member to come up with a print advertisement for a scenario specific program, item, animal or person. All of these marketing

activities allowed members to increase their communication and presentation skills, preparing them for the future when they may have larger roles in the equine industry.

"They have a lot of different activities that allow us to have a lot of fun while learning" stated Cobie Snellen. "Once you go to Horse Classic you will want to come back every year."

The Horse Hippology Content had participants competing in four phases that consisted of quiz/slides, horse judging, identification stations and a team problem. Participants earn points on an individual basis, with four delegates being selected to go to the National Western 4-H Horse Classic in Denver, Colorado in January 2013 to further challenge themselves and expand on their equine industry knowledge.

There are three clinics presented at Horse Classic each year. This year, the English based clinic was Trick Riding. Here, members saw some amazing trick riding and vaulting skills in action. The Western based clinic this year was Western Dressage. For the clinic that members can take back to their club, there was the Prince Philip Games, where delegates had lots of laughs with their stick-horses!

Thanks to the Presenting Partner: PennWest Exploration and the Partner Supporters: ATB Financial, Government of Alberta and Lammle's Western Wear & Tack. Thanks also to the Olds College who was our Partner Host. 🌟



Denver Western National Roundup Hippology Team: Siera Berg, Shawni Lupaschuk, Johnathan Wrubleski and Morgan Sorensen.



Delegates pay close attention to the task at hand.





A competitor working her way through her Horsemanship pattern. Photo taken by Digital Sports Photography.

## Skills and Thrills

BY: LINDA GOOCH

*Provincial 4-H Alberta Horse Show Committee Member*

The Provincial 4-H Alberta Horse Show for Levels 4-7 riders occurred for the second time this August. If laughter, smiling faces and shiny horses are any indication, it was once again a successful and fun-filled weekend.

From the colorful parade of clubs and members on opening day to the last thrilling Gymkhana event on Monday, and all of the fun activities in between, everyone kept busy to ensure that the full slate of events flowed throughout the 3 day event. With a multitude of English and Western classes, participants put their skills to the test!

This show would not be possible without the enthusiastic members who travelled from all over the province to take part. Also playing a big part are the parents who not only transported the members and their horses, but pitched in all weekend as well, by manning the hitching ring, setting up and taking down equipment, and helping out wherever need be. We would also like to acknowledge the siblings (our potential future 4-H members) for their endless hours of dedication.

Thank you to our Announcer, Nigel Bennett, who also spent many hours putting together our program, and to our Provincial Horse Show Committee, whose time and energy is always appreciated.

Congratulations to all of our exhibitors for your many hours of hard work and dedication to your horse project, and we look forward to seeing you all again next year!

Thanks to the Presenting Partner: Penn West Exploration, Partner Supporters: Farm Credit Canada, Gas Alberta Inc., Government of Alberta and Lakeland College, Partner Friend/Official RTV Supplier: Kubota Canada Ltd., and Partner Host: Olds Agricultural Society. We appreciate your support and enjoyed having representatives at the show. 🍀

*4-H Family Day*  
...at Farmfair

November 10, 2012 Edmonton EXPO Centre

- Beef and Equine workshops and demonstrations
- Much More!

Admission is FREE with 4-H ID card or 4-H branded clothing.

Pre-register today  
at [farmfair.ca](http://farmfair.ca)





## No Stone Left Unturned...

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

With new friendships being formed in the heat of the summer amongst water activities, archery, canoeing, swimming, crafts and campfires, it can only mean one thing – the Summer Camping Program is in full swing! Junior, Intermediate and Combined Camps took place this summer throughout the province during the months of July and August and left “no stone unturned” by delegates on their playful path to adventure.

Junior Camp for members ages nine to 11 years focuses on providing first time camp goers with the best experience possible, having delegates begin building friendships, playing games and having fun from dawn until dusk! Playing at the beach, carving watermelon and the epic slip-and-slide are always memorable for Junior delegates.

At Combined Camp, delegates start to hone in on developing some core lifeskills such as teamwork. By practicing skills and working together, members discover a lot about themselves and how they interact with others. Program delegate, Jennor Stein stated that, “Camp helps you practice teamwork, and helps you to see that it’s about the whole team, not just one person.” Plus, the night games are awesome!

Intermediate Camp is for members ages 10 to 13 years, and provides more opportunity for delegates to choose and plan what activities they want to participate in and to think critically about their interactions with others. The field trip to the Leduc #1 Energy Discovery Centre, courtesy of Penn West Exploration, proved to be a highlight among many delegates this summer.

Approximately 700 4-H members participated in 4-H Alberta’s 2012 Summer Camping Program throughout the province at a location near you! All of the Summer Camping Programs offered various skill sessions that may have included: canoeing, archery, crafts, dance, great outdoors, and low ropes. Each program encourages delegates to support each other’s learning through the skills sessions, social and recreational activities as well as appreciation sessions on 4-H, agriculture and the environment.

Throughout the week, delegates get active, creative, and learn about how to approach a challenge by thinking differ-



ently than they may have ever before. The 4-H Alberta Summer Camping Program is an ideal adventure for members to embark upon to feel good about themselves and gain new friends.

Thank-you to Presenting Partner: Gord Bamford Charitable Foundation and Penn West Exploration, as well as the Northeast, Northwest, Peace and Southern 4-H Alberta Regions, Partner Supporters: Agrium Inc., Canadian Association of Petroleum Landmen, Canadian Natural Resources Ltd, DOW Chemical Canada, Government of Alberta, Lakeland College, Northlands, Peavey Mart, Partner Friend: Loblaw Companies Ltd. and Partner Hosts: Alberta 4-H Centre, Camp Artaban, Camp Apistotoke, Camp Mackinicholea, Moose Lake Pentecostal Camp. 🌿





Celebrating the overcoming of adversity.

## THE PLACES YOU'LL GO!

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

In the quest to attain one's life goals, you are sure to face some challenges. Personal awareness allows you to see both your strengths and weaknesses, and therefore empowers you to overcome adversity and achieve success.

4-H Alberta has long recognized the importance of helping senior 4-H members realize how crucial personal awareness, discovery, development and empowerment is to having a fulfilling future. With the theme of "The Places You'll Go", the 71st annual Club Week guided 78 delegates through six days of small group discussions, informative sessions, guest speakers and recreation and leisure programming that strategically lent itself to building each delegate's self-awareness.

Guest speakers are a memorable part of Club Week, with their thought-provoking and motivational messages. The stories and messages recounted at Club Week focused on celebrating the overcoming of adversity. Keynote speaker, Denny Morison, is a two time gold medal Olympian who spoke about how he has overcome challenges in his life and inspired the delegates to do the same.

The small groups that members are split into for portions of the program create an environment of trust and honesty that is conducive to openness and respect between delegates as well as their facilitators. Small peer group sessions provide a safe place to reflect upon

and discuss self-awareness, personal values and perceptions, communication, family and pop-culture without interruption. "These youth driven topics made for reflections and discussions that were really inspiring" says delegate Britney Lange.

Mark Shand, 4-H Specialist – Programs states that, "The key outcome of Club Week is about self-awareness. Only through becoming aware of who we are, can we use our strengths and manage our weakness to face and overcome the challenges that we know life will present."

So, it is with this in mind that Club Week guides delegates through sessions, speakers and discussions that delegate Britney Lange describes as an experience that was "life changing, and made me feel as though I have found my true self."



The Junior Staff get their luau on!



Hilary stands with Olympian Denny Morison and his two medals.

With lots of fun activities such as a Hawaiian Luau, mini-Olympics, recreation and a masquerade dance, there was plenty of time for laughs and forming lifelong friendships too.

Club Week is ultimately about youth and their peers helping each other gain self-awareness, gratefulness for community, an appreciation of a diversity of perspectives as well as a taste for continued personal growth. With all of that, plus renewed friendships, they sky is the limit for "The Places They'll Go".

Thank-you to Presenting Partner: Encana Corporation, Partner Supporters: Agriculture Financial Services Corporation, Agrium Inc., AMA Insurance, Canadian Association of Petroleum Landmen, Government of Alberta, Monsanto Canada Inc., Partner Donor: CIBC and Partner Host: Olds College 🍀

## The 4-H Diary



The 4-H Diary gives you the opportunity to celebrate and reflect on your involvement within 4-H. For each year of membership, you may use the pages to record your participation and activities within your own 4-H club, district, region and the province, as well as outside of 4-H.

The 4-H Diary is a record of your participation within the program, as well as your progression as a 4-H member as you "Learn To Do By Doing". The information recorded in your 4-H Diaries will come in handy when you build a resume or portfolio to seek a job, or apply for scholarships or need to illustrate your experience in a certain area such as public speaking.

In addition to keeping track of your participation and competency development, by completing a 4-H Diary your leader may apply on your behalf for the 4-H Awards of Excellence. The 4-H Awards of Excellence recognize your achievement with bronze, silver, gold and platinum medallions. Once you are a senior member, you may also attend the Provincial 4-H Alberta Selections program, where your 4-H Diary points will help you to compete for some fantastic recognition opportunities and awards.

Ask your General Leader for more information on the 4-H Diary!



**Remember to wear your 4-H colours with pride on November 7<sup>th</sup> 2012!**

Submit photos of you "getting" your green on" to [magazine@4h.ab.ca](mailto:magazine@4h.ab.ca) or share them on 4-H Alberta's Facebook page. For more information check out [www.4h.ab.ca](http://www.4h.ab.ca)



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# MARK YOUR CALENDAR!

There are always opportunities for you to get involved with 4-H beyond the club. See below, and keep your 4-H Alberta Calendar handy!

## Provincial Beef and Sheep Leaders' Update

OCTOBER 19-21, 2012

4-H Alberta beef and sheep project leaders unite! This workshop is designed for increasing leaders' knowledge of the beef and sheep projects and industries. This program offers up the perfect mix of information sessions, hands-on learning, idea swapping, socializing and refueling your fire for 4-H leadership! Deadline for application is September 26th 2012.

## Leaders' Conference

JANUARY 11-13, 2012

4-H Alberta's West Central Region will host "100 Years of Discovering Diamonds" at the 70th Annual 4-H Alberta Leaders' Conference. Put on your century garb and join in on a weekend of learning, networking and fun! Deadline for application is November 23rd 2012.

## Senior Members' Conference

FEBRUARY 1-3, 2013

Here's your opportunity to enjoy a 4-H program in the winter... complete with guest speakers, interactive sessions, large and small group discussions, a banquet, a dance and more! Plan to learn lots, meet other senior members and have a ton of fun! Senior Members' Conference focuses on building skills for those who are getting close to entering post-secondary school or the workforce. Deadline for application is December 1st 2012.

## Alberta Girls' Parliament

MARCH 20-24, 2013

Each year, up to four 4-H Alberta members are invited to join Girls Guides at the Alberta Girls Parliament in Edmonton. This is a fantastic opportunity to learn about parliamentary procedures while also engaging in social and recreational activities. All applicants must be female and at least 15 years of age prior to January 1st, 2013. Deadline for application is January 15th 2013.

## Selections

MAY 3-6, 2013

Calling all senior 4-H members! Here is your chance to participate in a unique educational experience and possibly earn the privilege of becoming an 4-H Alberta Ambassador. At Selections, participants take part in large group sessions, small group discussions and activities revolving around a central theme of interest and relevance to 4-H youth. Deadline for application is January 15th 2013. 🌟



# ONLINE REGISTRATION SYSTEM

## Fast, convenient and easy to use!

### Use it to:

- Register your club
- Order club supplies
- Complete leader screening
- Make online payments
- Receive notifications and information pertaining to 4-H Alberta
- Register for provincial programs

For more information and to access the 4-H Alberta Online Registration system visit [www.4h.ab.ca](http://www.4h.ab.ca) and click on the 'Online Registrations' tab or call 780.422.4444 or email [4hregistrar@gov.ab.ca](mailto:4hregistrar@gov.ab.ca)

Club Registration is now open, and will close December 1st 2012

### Leader Screening

To make sure that 4-H remains a safe environment for everyone, all 4-H leaders are required to be screened when they become a 4-H leader and every five years following.

#### How it works:

- Your club registers all members and leaders
- New leaders or leaders who have volunteered for 5 years will be sent an email notification to complete Online Leader Screening
- Follow the steps outlined in the email, once complete you will receive an email notification confirming your approval

Please note that the Leader Screening deadline is December 15th, 2012.

Leader Screening is now available online only. A Criminal Record Check is the only document that will be accepted by mail. Obtaining a Criminal Record Check may take an extended period of time so please request one upon receiving the email notification for Online Leader Screening.

For more information visit [www.4h.ab.ca](http://www.4h.ab.ca) or contact the 4-H Council of Alberta at 1.877.682.2244.

# WHAT'S NEW?



**CLUB ANALYSIS TOOL**

Each club is unique, some will be a better fit for certain members than others. It is good to know what kind of club you are, so that members who are joining know that it will be a good fit for them. Also, if you know what kind of club you are, you'll be able to promote yourself to potential members more effectively!

So, to find out what YOUR club's triangle is, check out the Club Analysis Tool coming to your leader this Fall.

## Club Recruitment Toolkit

With a fantastic grand prize weekend on the line, we are calling all clubs to sharpen their recruitment skills! To help with this big task 4-H Alberta is excited to be sending you a recruitment toolkit to prepare you for the new 4-H year ahead.

Included in this kit you will have access to member recruitment tips, project guides, promotional brochures, templates for posters and advertisements in addition to the fun pack and icebreaker games. All of these are meant to aide you and your club in spreading the word about the benefits of joining, and staying in 4-H.

Leaders, watch for the toolkit coming directly to you this Fall!

## Family Orientation: Welcome to the Club!

Being a new 4-H family can be a bit overwhelming at times. But, keeping up with project and club activities, beyond the club happenings and knowing where to go for more information doesn't need to be difficult!

4-H Alberta has come up with an organizational tool that will welcome new families into 4-H. It informs families about 4-H Alberta and all the benefits of being a part of it, while introducing them to club and project basics. By telling 4-H families what they can expect throughout the year, they can be better prepared and get more out of their experience. This tool also has information on what 4-H has to offer beyond the club and where they can go if they have questions.

The Family Orientation guide is split into six easy to read sections, which can double as your "4-H Family Binder" dividers. There will also be some fact sheets, which will have space for you to fill in club specific information that you may refer to throughout the year. This informative, functional tool will set families up for a year of fun and success within 4-H!

Ask your club leader about getting the Welcome to the Club package.



## GET GROWING!

**4-H Alberta's Get Growing Contest is now underway!**

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

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

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

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

Hint – Check out the Club Recruitment Toolkit and Club Analysis Tool!





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

$$PV = \frac{m}{M}RT = nRT$$



## *Pledge Your Head to Clearer Thinking*

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

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

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

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

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

**Apply by March 15<sup>th</sup> 2013 to be eligible for this award.**

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

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

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# Features

## 4-H MEMBER DELIVERS MESSAGE OF HOPE

BY: JALISA BARNETT

4-H Specialist – Leadership and Resource Development

There is no doubt that anyone who saw the devastation of the Slave Lake fires was left unaffected by the images of what was left behind after the last flame was extinguished. To hear of the countless people leaving their homes without anything but the clothes on their back was more than difficult. But through the eyes of thirteen-year-old 4-H member Nykaea Lebsack, one can't help but see the good and feel hopeful.

After hearing about the tremendous speech she gave at the Slave Lake fires commemorative ceremony, I asked Nykaea a few questions.

**Q:** How have the Slave Lake fires affected you and your family?

**A:** Although our house was fine, the barn and some other small buildings in our yard burnt down. It was very hard because of all the items we lost, and the struggle of getting them replaced. Beyond us though, it has dramatically impacted the entire community with so many of our friends having lost everything. We are all connected through our loss, and when I look at my family now I realize that we have become closer through the experience.

**Q:** What prompted you to write your 4-H speech about the Slave Lake fires?

**A:** Our family belongs to the Flatbush 4-H Club, which is about an hour away from home. We were the only members from Slave Lake, and because the event was so significant, it seemed like the perfect time to share my incredible experience with people.

**Q:** You ended up giving your speech at the commemorative ceremony for the Slave Lake fires. How did that come to be?

**A:** One of the intermediate judges for our interclub competition happened to be a Councilor for MD #124, where I lived. He wanted others on the MD Board to hear my speech at one of their meetings, but once they started planning this event they thought it would be a great fit for the occasion.

**Q:** The commemorative ceremony had a large, captive audience that included Premier Allison Redford. How did it feel speaking in that kind of setting, standing on a milk crate?

**A:** It was a bit overwhelming at first, but then I just felt pride and confidence in my public speaking ability, due to my communications experience with 4-H. I knew that it



Premier Allison Redford helps 4-H Member Nykaea Lebsack adjust the microphone before she delivered her heart-felt speech about the generous gestures extended to her family and other victims of the Slave Lake fires by fellow Albertans.

was an incredible opportunity and was very honored by the invitation.

**Q:** What was it like meeting the Premier of Alberta?

**A:** I met her just as I was going on stage to speak, and I was excited and honored. It was inspiring for me to listen to her speak and see how important good public speaking skills are and where they can take you!

**Q:** What have you learned from your experience with the Slave Lake fires, and from sharing that experience through your speech?

**A:** I've learned that when things get scary or difficult, that you can't rely on yourself to get through it all, but that you need your family, friends and community to keep going. After speaking at the commemorative event, many older people told me how encouraging and inspiring it was to re-live the events through the eyes of a younger person. They often told me that because I shared not only the devastation, but also the positive aspects of community and people working together, that it touched them in a way that enabled them to refocus their pain and to look at the good.

This experience showed me that as a young person, I can have an impact. I also learned that if you keep working hard and do your best, that 4-H and public speaking can take you places you never could have imagined. Just keep believing!

To hear Nykaea's full speech, re-telling her inspiring experience of generosity and community spirit visit [www.edmontonjournal.com](http://www.edmontonjournal.com), search "Nykaea Lebsack", click on the "Web" tab, and scroll down to "Thirteen-year-old Slave Lake resident gets standing ovation for message of hope" (audio). 🌱





Members proudly showcase their club at the Youth and Agriculture in Action Showcase.

## Youth and Agriculture in Action

BY: JALISA BARNETT

*4-H Specialist – Leadership and Resource Development*

4-H and the Calgary Stampede have an intertwined history that goes back for decades. With the Calgary Stampede celebrating their centennial this year, and 4-H Canada celebrating theirs in 2013, the Calgary Stampede afforded 4-H many opportunities to showcase its past and present.

During all ten days of Stampede, visitors could check out the Ag Centennial Celebration Zone in the Victoria Pavilion. To highlight the shared historical timeline of the Calgary Stampede and 4-H, long-time leader and 4-H volunteer Norma Ansloos took on the task of creating a historical display that included artefacts and memories representing each decade of partnership. Thank-you Norma for your hard work that resulted in a creative and eye-catching display!

For six days of the Calgary Stampede there was the Youth and Agriculture In Action Showcase taking place in the Agriculture Barn. Various clubs from all over the province set up booths and interactive displays to showcase their unique and diverse projects and club activities. Members of the John Ware Light Horse Club even did a roping demonstration!

4-H Alberta also had a booth at the showcase to promote 4-H and answer any questions that potential 4-H families, members and volunteers had. Thanks to Ambassadors: Kate Bollum, Breanne Durie, Seira Berg, Jordynn Jamieson and Key Member: Ethan Gourley for manning the booth with their smiling faces and vast 4-H knowledge. Many visitors also enjoyed the larger-than-life sized banners highlighting 4-H milestones over the past 100 years.



Norma stands with the 4-H display in the Ag Centennial Celebration Zone.

A “sweet treat” that members of the Golden Rod 4-H Club provided at the Calgary Stampede was a rhubarb crisp cooking demonstration at the Co-Op Kitchen Theatre. The ease with which this dynamic duo explained the process for successfully executing the recipe while also informing the audience about 4-H was impressive to say the least! The members spoke about all of the aspects of 4-H while highlighting such benefits as provincial programs, scholarships and awards as well as the lifeskills gained. They both certainly attested to the public speaking skill developed through practice in 4-H.

Signs of 4-H were elsewhere around the Calgary Stampede as well. Cleaver the Beaver got to meet His Worship Naheed Neshi Mayor of Calgary and the Kubota Dealers of Alberta were sporting the 4-H logo on their chuck wagon driven by Chad Harden. And once again this year, the Canadian Association of Petroleum Landmen (CAPL) generously contributed \$18,000 to 4-H Alberta's Summer Camping Program, Club Week and Regional Public Speaking, raised through CAPL's Annual Steer Classic Raffle. Congrats to the lucky raffle winners drawn on the last day of the Calgary Stampede, and thanks to CAPL for your continued support.

Special thanks to all of the 4-H members, leaders, volunteers, families and staff who proudly represented 4-H at the Calgary Stampede. Here's to another 100 years! 🍀



Members of the Golden Rod 4-H Multi-Club pose at the Co-Op Kitchen Theatre after delivering a seamless demonstration on baking rhubarb crisp.

## 4-H Mural Painted in Legal

BY: JALISA BARNETT

4-H Specialist - Leadership and Resource Development



The 4-H Mural in Legal, Alberta.

The Town of Legal is located in Northern Alberta and is well known for having an abundance of murals proudly displayed throughout. In fact, this bilingual town has recently been recognized as the French Mural Capital of the World, per capita. The murals depict the cultural heritage of the past, as well as the present.

Bon Accord is a neighboring community of Legal, and their 4-H Club recently celebrated its 50th anniversary. To celebrate this joyous occasion, and mark their 30th wedding anniversary, 4-H Hall of Fame inductees Colleen and Bernie Prefontaine decided that having a 4-H mural painted in Legal would be a fitting way to do so.

Having a 4-H mural painted made sense for an abundance of reasons. Everyone knows that family and 4-H go hand-in-hand, and so the Prefontaines wanted the mural to be a reflection of that tradition in their own 4-H family as well as other 4-H families in the community. Having a mural that anyone who has been involved with 4-H could relate to was important, with special acknowledgment to the past and present community leaders involved in 4-H. The mural is also meant to depict the diversity of 4-H projects and the many benefits of 4-H for members, leaders and the community.

The Prefontaine's involvement with 4-H has run the gamut of member to parent to leader to multi-judging coach. Their passion for 4-H is fuelled by the program's ability to develop self-esteem, encourage personal growth, create exemplary public speakers and have members become the best that they can be through learning to do by doing. Colleen and Bernie believe that 4-H helps youth attain personal accomplishments that help them to be successful throughout their lives.

With their grandchildren almost being close enough in age to join 4-H, the Prefontaines strongly believe that 4-H is the greatest youth organization in Alberta and that after years of involvement there are still so many reasons for them to stay involved.

Next time you're driving through Legal, be sure to keep your eyes open for the mural depicting 4-H in the community and Alberta. 🍀

## Thank-you Cards: Still Important In Our Digital World

In our fast-paced world of text messages, tweets and phone calls, it's easy to forget how meaningful a simple thank-you card can be. At AltaLink, we love receiving thank-you cards from 4-H clubs and members from across the province.

Some tips for writing a great thank-you card:

1. Make sure it's timely. You don't want to wait too long after receiving a gift to send a thank-you card. Try and send your card within six weeks. However, late is better than never.
2. Make it personal. Don't just say thank you, tell the receiver how much you are

enjoying the gift or how it is making your life a little easier. For sponsor thank you letters, tell a story from the event where the gift was used.

3. Hand-write your card. A handwritten card is more personal than one that is typed or printed. You can always draft your note on the computer, but write it out by hand on the final card. And try and use your best handwriting so the receiver gets the message!

4. Include a photo or newspaper clipping. We love seeing photos of your club or news stories about your event. Include them in your note if possible.

5. You don't need to send a thank-you card after receiving a thank-you card. But, a handwritten letter with an update about yourself is nice once in awhile. Besides, how do you think people communicated before the smart phone?

Thanks again for all your wonderful thank-you cards!



We love reading through all of the thank-you cards we've received.

**ALTALINK**





## Farm Use of Smartphone Technology

BY: NICOLE HORNETT, ARD Farm Safety Coordinator

We've come a long way since the first cellphone was introduced in 1973 weighing in at 1 kilogram. Today, smartphones have increased technological capacity and are well under 200 grams, making them extremely portable and convenient. Technologies that used to require entire rooms or specialized training now fit in the palm of your hand. What are we doing with these technologies, aside from an important communication tool during remote tasks? Could we also use our smartphones to think safety first when it comes to farming? Here are some suggestions:

**Alarm Clock:** Set reminders to take scheduled breaks and try to get enough sleep. Farming can be hard on our bodies! It's important to eat healthy meals, drink enough water and sleep.

**Conversion Calculator:** Convert units quickly for easier calculations. Don't run the risk of miscalculating a chemical mix or dilution because you were guessing the conversion formula.

**Decibel Meter:** Not sure if you need hearing protection? A decibel meter can quickly answer that! Protection is recommended at anything over 80 decibels and mandatory protection is required at 100 decibels or higher.

**First Aid Refresher:** St. John's Ambulance has a free First Aid app, but it should never take the place of hands-on certified training.

**Maps:** Use the 'drop pin' function to e-mail or text your whereabouts to your employer. It may not be exact, but could get someone close enough to you in the event of an emergency.

**Weather:** Before heading out, check the weather by viewing hourly weather updates and meteorological maps. Your clothing or plans may change based on what's forecasted for your area.

While the technology is exciting to use, it can lead you to become unfocused. Distracted driving can happen easily on the farm too so please use your cell phone or smartphone responsibly. There is only so much technology can do to keep us safe so remember, hazards are rarely marked with a sign! 🍀

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[www.lakelandcollege.ca/openhouse](http://www.lakelandcollege.ca/openhouse)

# DOGS WITH WINGS

BY: ALLY BOTTEN-MIZZARO

Club Reporter of the Grande Prairie  
4-H Multi-Club

The Dogs with Wings (DWW) Assistance Dog Society is a non-profit organization that has given back to the community time and time again by breeding, raising and training service dogs to be matched with people in need.

The organization needs a lot of help to raise and train future service dogs, and that's where volunteers come in. Once the puppy is eight weeks old they are given to a puppy raising family, who must socialize and train the dog according to DWW needs. The family fosters the dog for 12-14 months, when they are old enough to go back to the Edmonton headquarters for their extensive training. So by the time the dog is two years

old they are able to be placed with a person in need.

This year the Grande Prairie 4-H Multi-Club partnered with this organization for a creative options project. The Puppy Raising Project was taken on by two of our members. After meeting with DWW, they agreed to let our club have a satellite DWW puppy raising group. Our 4-H members are the first in Grande Prairie to become puppy raisers for DWW and we are so proud of them!



One of our puppies is sponsored by the Grande Prairie Firefighters Association, who held a charity row to raise money for the DWW organization. Pictured here are future service dogs: Maverick, Mac and Merlin.

The members can tell you that this project is 24/7 and for the whole family. Every week the satellite group met at a dog training facility, Partners Naturally,

with Rebecca Hayes-Copeland who became the trainer for the group after she met with the DWW trainers in Edmonton. The puppies and the members trekked through Grande Prairie regularly, with their vests and eager faces being very recognizable and therefore raising interest from many members of the community.

The puppies need to be able to focus, as well as be comfortable in any social situation. Manners, good behaviour and obedience are required both in public and at home. Later in their lives, these puppies will be responsible for the safety and wellbeing of a person; therefore, the puppy raising stage is crucial in order to move onto their extensive training.

This project fit well with the 4-H motto, "Learn to do by doing", because raising a service dog is a very big learning experience, one that you cannot even begin to comprehend until you actually do it. The 4-Hers will be sad to see the puppies head back to Edmonton, but will be satisfied knowing that those two rambunctious pups will one day alter someone's life for the better. Dogs with Wings is always looking for volunteers and there are many ways you can help, if you are interested please check out their website at: [www.dogswithwings.ca](http://www.dogswithwings.ca) 🍀

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# Conflict Management Series: Avoiding Miscommunication

BY: ANDREA CHURCH

Regional 4-H Specialist – Calgary & South

Miscommunicated expectations can often be traced to the root cause of many conflicts. To avoid this pitfall, here are some suggestions to start the year off on the right foot:

Develop a club constitution that works for the 4-H members. The key component of the constitution should be the outlined expectations that the club places on each individual member for the 4-H year (ie record book, 70% of club meetings/activities etc.). Without leaders there would not be a club, but it should be the members who primarily make the decisions and develop the constitution to determine their direction for the year(s). After approving the constitution, give each family a copy and have them sign to acknowledge that they have received and understand the constitution and expectations.

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“Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.”

**Winston Churchill**

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**Listen.** Everyone wants to be heard, so take the time to listen to others' wants/needs and really try to understand where they are coming from. Often you will find that everyone does have the best interests of the members at heart.

**Keep the communication lines open.** Perhaps pair a new family with one of the more experienced ones in the club so that all the questions don't have to be answered by the leaders all the time.

**Ask for help.** As leaders you do not have to do it all. There are a lot of meetings to attend in order to provide your members with all the opportunities the 4-H program has to offer. Ask a parent or senior member with a license to attend the district council meeting or resource training that you can't get to.

As great as technology is with the internet today, don't underestimate the power of picking up a phone or speaking to someone directly. All too often we send emails that gets misinterpreted, responded to by hitting the “reply all” button and the next thing we know a fire on our hands. Email is very effective at sending out information in a timely matter but it does not have any way of determining the environment the message is received in or gauging a person's tone.

Effective communication will prevent conflict, and will save everyone time in the end. 🍀



## Navigating the 4-H Website with Cleaver Contest

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

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

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

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

## Navigate the 4-H Website with Cleaver Application

Only one submission per person will be eligible to win. Please mail this application (postmarked by April 15, 2012) to the:

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

October 5 – 15

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November 5 – 15

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December 5 – 15

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January 5 – 15

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February 5 – 15

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March 5 – 15

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Name:

Age:

Mailing Address:

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Club Name:

Phone:

E-Mail:

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

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

## 4-H Meeting Granola Bars

A healthy and quick snack, perfect for 4-H meetings!

### Ingredients:

|                          |                      |
|--------------------------|----------------------|
| Oatmeal                  | 3 cups (large flake) |
| Sweetened condensed milk | 1 can                |
| Butter                   | ½ cup                |

From here, use whatever you have or feel like.

|                          |       |
|--------------------------|-------|
| Craisins                 | 1 cup |
| Dried apricots (chopped) | 1 cup |
| Dried blueberries        | 1 cup |
| Dried cherries           | 1 cup |
| Sunflower seeds          | 1 cup |
| Pumpkin seeds            | 1 cup |
| Chocolate chips          | 1 cup |

Mix all ingredients together and press into a well greased bar pan (9x13 or a bit larger). Bake at 325° for 25 minutes or until the edges are golden brown. They're easier to cut when still warm.

### Enjoy!

Food and 4-H often go hand-in-hand. If you have a recipe you would like to share with your fellow 4-Hers, please submit the recipe along with a picture of it to [jalisa.barnett@gov.ab.ca](mailto:jalisa.barnett@gov.ab.ca) and it may be published in the next issue of the 4-H Alberta Magazine.

# Congratulations to Brett Murphy!

**Congratulations to Brett Murphy for winning the Navigating the 4-H Website with Cleaver Contest!**

Brett will receive a \$100 Future Shop gift certificate.





# Travel&Exchange



## EXPERIENCING JAMAICA

Mikayla in Jamaica

**BY: MIKAYLA MCKEE**

*Participant - W. Garfield Weston  
International Exchange*

I was honored to be a 4-H delegate for Canada on the W. Garfield Weston International Exchange along with five other Canadians. We ventured to Jamaica from June 16th - July 17th and had the opportunity to experience culture, agriculture and 4-H in a foreign country.

Kirstin Sparrow from Saskatchewan and I stayed with four different families that lived in Lucea, Duncan, Montego Bay and Frome on the west side of Jamaica. Staying with the families broadened our view of their culture, food, music, politics and religion. We were welcomed into their world and found it to be much different than the hotel resort

perception that is portrayed in the pamphlets.

Many families do not own televisions or computers and are accustomed to the heat and humidity. They have year-round school years, we did a project painting garbage cans with the 4-H logo and presented them to a primary school. It was fun to play soccer at a community field and visit with the locals.

As we toured the areas we were greeted in many towns by the Mayor. In the last week all of the Canadian delegates went to a 4-H camp. Soon, it was time to fly to Toronto to meet the program coordinator Janet-lee Ferris who took us to the Toronto office of Garfield Weston where we did a presentation on our trip.

Many students are involved in the Jamaican 4-H organization because it is offered in their schools. They have 650 registered clubs with 70,000 members. Jamaica has 3 main types of 4-H clubs that include the School 4-H Clubs (members are from 5- 8 years old and are called cubbies, 9 to 17 are clubites and have individual projects of farming or home making), Community 4-H (18 -25 years old and they may be in individual or club projects), Church 4-H (clubites ages were 17-25). The Jamaican 4-H motto is "To Make The Best Better".



Jamaican 4-H members with the Canadian flag and I.

I will be hosting a Jamaican delegate who is a 24 year old teacher and 4-H organizer in the school. It was an amazing experience that broadened my outlook on the beliefs, values, and customs of people in other countries. In the global world we live in, it is great to make new international and Canadian friends. Thanks to everyone who made this experience possible. 🌿



A picturesque shot of Mikayla in Jamaica.



(l-r) Jacob Onyschuk, Taylor Iwasiuk, chaperone Christine Lentz, Kelli Barlow, Clayton Andrew

## Dancin' Away In Montana

BY: KELLI BARLOW, Montana 4-H Congress Delegate

We had a long trip ahead of us as we made our way down to Bozeman, Montana. We stopped for pictures of the breathtaking views in Glacier and Yellowstone National parks. We went zip lining at Whitefish Mountain Resort. It was a blast to try something new and it turned out to be something I would love to do again.

We arrived at the Montana State Congress and this is where the fun really began. The university gym where the program was held was huge, with green carpet and a big display on the stage showcasing their 100th anniversary theme. We had reserved seating right at the front of the stage and we got a special introduction at the beginning of the program.

It was different seeing how they run 4-H down there, but at the same time you felt right at home. We all enjoyed that there was a dance, EVERY NIGHT! While they don't know how to two-step properly, they also do the jive and cotton-eyed-job in a cool but different way. With a dance every night we got to meet lots of people. Clayton ended up teaching the dancing game, Romeo and Juliet, which shot us into fame. They loved us so much that they pulled us into a mosh pit and started to chant "Canada, Canada, Alberta, Alberta, EH EH EH EH!"

In addition to some new dance moves, we learned about things from bio science to how to build a robot. We learned a lot about 4-H in Montana as they ran through the past 100 years of their rich history. They also had a documentary that showcased six Montana 4-Hers and their everyday lives to demonstrate how 4-H shapes the youth of today. It showed how they take hardships head-on and turn them into an opportunity. They learn from past mistakes or use creative solutions to solve unique problems.

It was so interesting to see the similarities and differences between Montana 4-H and 4-H Alberta. We made some new friends, new memories and learned a few things along the way.

Thank-you to the travel award sponsors: 4-H Alberta Member & Leader Travel Fund, Calgary Exhibition and Stampede Limited. 🍀



## National 4-H Citizenship Seminar

BY: SEAMUS GOOD, Trip Recipient

On the morning of April 13th, 2012 the Alberta delegates departed for Ottawa to attend the National 4-H Citizenship Seminar

We toured the Parliament Building and took a bus tour of Ottawa. We had a presentation on the importance of Canadian history by Historica Dominion. During the presentation, the bicentennial of the War of 1812, and how it shaped Canada was emphasized. Next, we headed to Fultons Sugar Bush, where we learned how maple syrup is made.

The next day was filled with workshops. We also elected our speaker for the debate, and split into our political parties to plan for our debate. Next was a workshop from Judge Springgate to prepare us for the Citizenship Ceremony the next day. We learned what it means to be a citizen of Canada, as well as how to say the Citizenship Oath in French.

Following a workshop on the daily grind of MP's, we learned about 4-H across Canada. A thought-provoking debate on the loss of privacy for greater security was roused by Jesse Hirsch of CBC Radio, and gave us a lot to think about for our debate.

The next day, we headed the Science Museum for the Citizenship Ceremony, where fifty immigrants became Canadian Citizens and we reaffirmed our oaths as Canadian Citizens. This was a moving experience, and we left there feeling even more proud to be Canadian. After some final debate preparation we took the haunted walk of Ottawa where the story of Thomas D'Arcy McGee's death, and the Irish Republic Army's involvement with the murder made for a rather spooky tour.

Day five brought the Canadian War Museum, where the exhibits made us grateful for our military's past and present actions. Next was the Royal Canadian Mint tour, where they made the medals for the 2010 Olympics! We learned about special edition coins, how the medal is formed and why the penny was discontinued.

The debate was upon us. After a much heated debate, a vote decided that the government has gone too far in invading our privacy, with the opposition winning.

On the last full day we had a workshop from the RCMP on cybercrimes, followed by a trip to the Byward Market in downtown Ottawa. At the Museum of Civilization we learned about Canadian History and religions of the world. Soon the final banquet was upon us with Breanne helping to MC and Samantha speaking on behalf of Alberta to "What Citizenship Means to Me". After our guest speaker Mike Allen, a MP from New Brunswick, we danced the night away!

The Seminar was a great time, we learned a lot and gained new friendships!

Thank-you to travel award sponsors: 4-H Alberta Member & Leader Travel Fund and ITS Travel. 🍀



Citizenship Seminar delegates at the Citizenship Ceremony.



# BISON, ALPACAS AND MOSQUITOES - OH MY!

BY: KATE BOLLUM, AB/NWT Agricultural Tour Recipient



Jumping for joy to be on the NWT trip!

Northwest Territories or bust! At Selections, 24 lucky delegates were awarded the opportunity to travel to the NWT from July 16-25 to learn more about the importance of agriculture and value-added products, as well as increase our awareness of the diversity of the industry throughout Alberta and the NWT.

We hit up a few very interesting agricultural businesses on our way up North, starting with an alpaca farm, a honey plant and grain mill. We also saw such landmarks as the giant Honey-Bee and slide, and later stopped at the 60th Parallel. Everyone we met was kind, informative, and willing to share their passion for agriculture and their specific line of work.

One of the most outstanding things we saw was how light the sky was at night, even at three in the morning! A select few were hardy enough to pull an all-nighter, and were rewarded with the sights of the beautiful Northern Lights!

We traveled by bus captained by our amazing driver, Don, who also doubled as a fish whisperer. He managed to catch five fish in one night, including a 12 pound Whitefish which we all promptly devoured. Our chaperones, Janet and Nina, kept us in line and joined in some laughs along the way.

Some more highlights included eating some interesting delicacies, scaling the cliffs to Alexandra Falls, playing beach sports, lamp-lit dinners cooked on campstoves and campfire conversations. We even got to hang out and go boating with a family of a pilot featured on the TV show *Ice Pilots*!

In true 4-H fashion, new friendships were formed and old ones were rekindled before the bus even left. We were lucky enough to see other members en route, proving you truly do

have 4-H friends all over. We found out that the NWT is one of the world's largest producers of diamonds and that the entire population of Yellowknife is only 20,000! We also toured the Legislature while in Yellowknife, learning about how their political system differs from ours.

It was astonishing to see how after only ten fun-filled days, even those who had never been camping in their lives were able to pitch a tent, cook over fires, and handle the wilderness without batting an eye. Thanks to the 4-H Alberta Member & Leader Travel Fund and ITS Travel and everyone who made the trip a success! 🍀



The NWT group at the 60th Parallel.



# ANNOUNCING THE CANADA-WIDE 4-H AGRIVENTURE \$3,000 SCHOLARSHIP



## PUTTING THE WORLD AT YOUR FEET with 4-H and AGRIVENTURE!

AgriVenture Global provides opportunities for young adults and farmers around the world to experience agricultural exchange through international rural placements. Over twenty countries belong to the International Agricultural Exchange Association (IAEA) and over 30,000 Trainees have travelled and worked through AgriVenture programs since its beginnings in 1963.

Young Canadians can work and live on farms in northern Europe, United Kingdom, Australia, New Zealand or Japan:

- Programs are 4-12 months in length with guaranteed farm employment, accommodation and meals provided by an approved host family.
- Trainees are 18-30 years of age, in good health, with a valid driver's license and an interest in agriculture/horticulture. Agricultural experience is an asset.
- Agriculture, Horticulture, Agri-Mix, Hort-Mix, Home Management, Equine and Apiculture placements are available.
- Trainees pay a program fee that includes: airfare including taxes, visa application fees, medical, travel and baggage insurance, orientation, job & host family placement, 24 emergency contact, administration in home and host country, membership in the International Agricultural Exchange Association, flight bag.
- Participants earn a trainee allowance based on a nationally negotiated wage and work week.
- Trainees meet other young adults from around the world, gain immeasurable work and personal experience, and see the world while connected with a safe and reputable organization.

Canadian farmers can host and employ international Trainees on their farms for 7 or 9 mths beginning in February or April of each year. Trainees can be a great asset to their host families, filling gaps with an extra pair of hands in a busy season.

- Trainees receive Canadian/Provincial orientation material or a seminar soon after arrival
- The work week is 45 hours and over-time/time-off- in-lieu can be negotiated.
- The trainee allowance is loosely based on minimum wage and set yearly by IAEA Canada.
- Trainees are allowed 3-4 weeks unpaid holiday depending on the length of their program.
- Host Farms provide accommodation and meals and include the Trainee in family and community events.
- Agriculture, Horticulture, Agri-Mix, Hort-Mix and Home Management trainees are available.
- Host Families complete an application, are interviewed, and become members of IAEA.

AgriVenture is a terrific way to spend a "gap year" living and working in another country and culture. Many young people use AgriVenture as a way to gain practical experience to aid them in their agricultural or horticulture studies.

One 4-H AgriVenture Scholarship for \$3,000 is being offered by AgriVenture and IAEA to a young adult aged 18-30 from anywhere in Canada who has participated in 4-H programs for a minimum of 2 years. The Scholarship will be applied towards an AgriVenture program of any length to the recipient's choice of host country. The deadline for the Scholarship application is December 1, 2012 and must be submitted to the Provincial 4-H office by that date. 🌿

Please send completed scholarship application forms to Mark Shand at [mark.shand@gov.ab.ca](mailto:mark.shand@gov.ab.ca) or by mail to:

**Mark Shand, 4-H Specialist - Youth Development**  
4-H Branch, Alberta Agriculture and Rural Development  
97 East Lake Ramp NE  
Airdrie, AB T4A 0C3



# Youth Advisory Committee

BY: BREANNE DUIRE, 4-H Alberta YAC Representative



YAC Representatives! Back (l-r): Breanne Durie (Alberta), Michael Melnychuk (Manitoba), Savannah Cheney (Saskatchewan), Kim Hooley (Ontario), Charles Gascon (Quebec), Kirsten Bevandick (British Columbia), Jacob Works (Nova Scotia). Front (l-r): Sonya Loder (Newfoundland), Heidi Pickard (New Brunswick), Valerie Stone (Ontario), Gary Skogberg (Co-Operators), and Matthew Tweedy (PEI).

When I was first asked if I would be interested in being the Youth Advisory Committee (YAC) representative for 4-H Alberta, I didn't totally know what I was getting myself into. Upon further research, I realized that YAC is a committee of the Canadian 4-H Council, and that I'd agree to the best volunteer position ever!

The purpose of the YAC is to have the 4-H youth of each province represented by one member to help in the decision making around 4-H at a national level. We each bring our province's concerns and perspectives to be heard and discussed, as well as communicate back to our province what is happening with 4-H at a national level.

As a YAC member, there are many opportunities available to me. I can sign up for national committees, such as the National 4-H Conference Committee. I'll be heading to Montreal in September to assist with the program. I will also be attending Canada's Outdoor Farm Show in Toronto, along with my fellow YAC members, to gear up for 4-H Canada's centennial.

The most important and exciting activity in which I have participated so far, would definitely be the Canadian 4-H Council's AGM in St. John's, Newfoundland. In conjunction with the AGM was provincial sharing, our YAC meeting and an orientation breakfast where CEO, Mike Nowosad welcomed newcomers such as myself to 4-H Canada.

YAC members became better acquainted outside of meetings while exploring St. John's, and I loved hearing about the uniqueness of each province's 4-H program. The members and leaders were all so kind, and passionate about 4-H that I am very pleased to have the opportunity to work with them. This adventure with YAC has been better than I ever could have hoped for and I can't wait to see what else is in store! 🍀

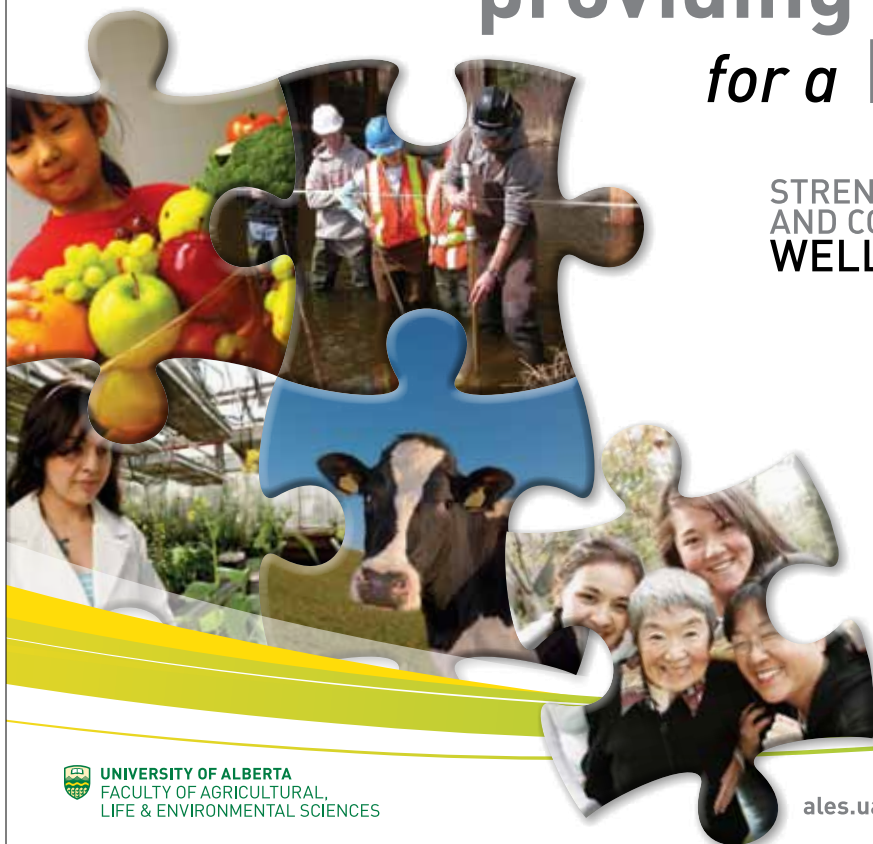
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# Regional News & Events



Creative Lifeskills display at 4-H on Parade.

## Calgary Region

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

“Don’t judge each day by the harvest you reap but by the seeds that you plant.” **Robert Louis Stevenson**

### 4-H on Parade

The Calgary 4-H Region hosted another successful 4-H on Parade June 1-3, 2012. Over 575 members representing 48 clubs from across the region showed their projects over the 3 day event. With the Stampede celebrating its 100th Birthday, the festivities carried on throughout the weekend.

This year the Bow Valley Beef & Multi Club raised the charity lamb which was sold for \$20/lb with proceeds going to STARS. The Balzac Beef Club donated the charity steer with proceeds of over \$6/lb going to the Canadian Cancer Society. In addition, the Golden Rod 4-H Multi club donated a silent auction item for the Mustard Seed which brought in \$200.00.

### Calgary Regional Horse Show

The Calgary Regional Horse Show was held July 27-29, 2012. Over 150 members from around the Calgary Region converged on the Ag Grounds in Olds for a weekend of friendly competition and companionship.

## Your Club’s Constitution

The beginning of the year is the best time to address changes to your club’s constitution, but it can be a bit of a daunting task if tackled by the whole membership. To speed the process up, a group of 4-H members, with the guidance of at least one adult, can be tasked with making the changes and bringing the constitution (including member expectations) back for club approval. Once approved, sign out a copy of the constitution for every member and their parent to read and sign.

### Communication

Often conflicts occur when communication breaks down. Be as proactive as possible by providing all the necessary information to new 4-H families at the beginning of the year, and clearly outline member and family expectations. Never underestimate the power of a personal request.

Have a great 4-H year!! 🍀

## East Central Region

**BY: JANET KERR**, *Regional 4-H Specialist – EC and WC*

The East Central Regional 4-H Council has planned a busy 2012-13 year. Here are the dates for some upcoming events: 🍀

### East Central Upcoming Events

|                           |  |
|---------------------------|--|
| <b>November 2-3, 2012</b> | Something To Say – Castor, Gus Wetter School       |
| <b>November 16, 2012</b>  | Regional Council Meeting Coronation Community Hall |



## Northeast Region

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

### Incredible and Undeniably Educational!

Members from across the NE Region ventured to Vermilion Ag Society grounds for the annual Horse Camp that was held from August 16th – 18th. A highlight for many horse families, this year's camp was hosted by the Vermilion River District. The members were treated to four days of sessions ranging from basic horsemanship to cattle events to English. Members of all skills levels are encouraged to come and learn, and even dabble in some equine interests within the safe and controlled environment.

The Horse Show followed the camp, with Bonnyville District pulling together to host another successful day of learning, networking and fun. Participants selected the discipline of Western or English to compete in and the two ran simultaneously, giving the spectators a real treat. Classes included Pleasure, Trail, Barrels, Pole Bending, Keyhole, and a bit of fun!

Thanks to the organizers of both events for your countless hours of contribution.

### Friendships and Memories that will last a lifetime!

For many 4-Hers their first 4-H summer camp experience is a memorable one that sticks with them a lifetime. Thank you so much to the wonderful staff, amazing cook and all those that volunteered their week to make the program such a hit. Thanks also to the Northeast Regional Council's dedication in supporting this regional camping program.

If you are looking for members to come to your club and speak to their summer experiences, give me a call and I can help arrange for a member to come talk to your members!

### Parade Float & Promotion Photo Contest

If your club is out promoting 4-H in the region this year, make sure you take a picture and email it to [leila.hickman@gov.ab.ca](mailto:leila.hickman@gov.ab.ca). One entry/event/person please, happy promoting and don't forget the picture! The draw will be made at the Annual Regional Council meeting in February.

### NE Programs: NEW and Seasoned!

Check out [www.4h.ab.ca](http://www.4h.ab.ca) or ask your leader for more information on programs in the NE.

Following the NE Adventure Day to be held on February 9th, 2013 will be the new Venture Out program offered to members 13 – 16 years of age. Venture Out will highlight the new entrepreneurial resource launched this fall, and will run from Saturday at 4:00 to Sunday afternoon. Space is limited so be sure to apply early for this opportunity. Registrations will be posted on the website in early fall.

Kirk Stierwalt is arguably one of the World's best cattle fitters and the NE region was thrilled to host him for a grooming clinic. The three day learning opportunity was held on September 21 – 23 at the Vermilion Ag Society grounds. 🌿

#### Northeast Upcoming Events

|                                       |   |
|---------------------------------------|---|
| <b>November 3, 2012</b>               | Next Regional Council Meeting will be held at the Vegreville Elks Hall November 17, 2012 – NE Forum – Hosted by Lac La Biche District |
| <b>November 30 – December 1, 2012</b> | Fall Fling hosted by Bonnyville District  |



Proud as punch!

## Northwest Region

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

### Northwest 4-H Camps

In August, over 100 Junior and Intermediate members enjoyed Camp Mackinicholea and explored the shores of Long Island Lake. Members at the intermediate camp were Going the Distance, while the following week junior campers were Finding their Footing. Thanks to Mavis McDonald and Irene Panting for preparing the meals so all were well provisioned for their camping adventure.

Snowshoes, skates, skis and sleighs will take Northwest members on a winter journey February 1 - 3, 2013. Frosty Fun Weekend will find Senior and Intermediate members on the shores of Lake Nakamun. Registration forms are available in December.

### 4-H Fair

Members in Life Skills projects will gather November 24th in Barrhead for a full day of crafting at the Northwest 4-H Life Skills Fair. Members may choose woodworking, photography, cosmology, or an outdoor activity. They can also make polymer beads, a miniature trebuchet, cards, dream catchers, Christmas ornaments, an exploding album or a mystery craft. Adults choose from a wreath/swag, consumer decision making, outdoor craft or Venture Out session. Please note, the bench show has revised classes and the registration deadline is October 24th.

## Horse Play

It's time for a bit of Horse Play! The Northwest 4-H Horse Committee offers a new program for 4-H members November 3rd, 2012 at the Villeneuve Hall. Horse Play introduces members to the world of horse games and activities and will have knowledgeable speakers. Applications will be in the Fall Mail Out. Committee leaders, Corine Verbeek, Tracy and Amanda Hughes are looking for senior 4-H members to join the team.

## Focus on 4-H

**BY: CHANTELE FUHRER**, *Summer Assistant, 4-H Branch – Peace and Northwest*

The 14th annual "Focus on 4-H" in Barrhead had members of 36 clubs with their families busy throughout July 5-8, 2012.

Stationary Roping and Focus on 4-H's first ever Tug-A-War kicked off Focus! The Pig Chase had many members and adults participating in this wild event. They had a chance to win one of 8 pigs and 2 roosters if they caught the correctly marked animal. Cleaver the Beaver entertained the crowd at the Parade of Clubs early Saturday morning where members entered the arena dressed in pink T-shirts in memory of 4-H Leaders Michele Weitzel and Olga Beniuk.

The Northwest Beef Heifer Show offered a beef marketing class, showmanship, team grooming, conformation, freshman, and costume classes. The Canine Show started on Friday with a workshop. Classes included Rally Obedience and Agility, Obedience and of course the inventive Costume Class.

Throughout the weekend, the Northwest Regional Horse Show had 144 members competing in Western, English, Gymkhana, and the much beloved Costume Class that brings such creativity to the show ring. Musical Rides on Friday evening showed some of the clubs' synchronization and hard work.



Focus on 4-H

The Sheep Show on Saturday afternoon and the Goat Show Sunday morning had members' participating in Showmanship, Conformation, and Costume Classes. The sheep and goat races were adorable to watch.

Throughout the weekend, members had an opportunity to try several LifeSkills Workshops. No sew pillow and candy floral bouquet were two favourites of the LifeSkills Workshops. The LifeSkills Bench Show including crafts, baked goods and photography projects.

Members brought the heat to the Iron Member Decathlon on Saturday afternoon, as they raced across ten challenges in hopes of the quickest time. Saturday came to an end with a Lip Sync Competition followed by a dance. Many original and well planned routines came to life.

The efforts of the organizing committee, event volunteers, and the support of sponsors, organizations, media and individuals throughout the Northwest Region enhanced Focus on 4-H. Thank you to all who came to Barrhead July 5th and left with great memories on July 8th. Hope to see everyone next year July 5-8, 2013! 🌟

## Northwest Workshops

In lieu of the Northwest Learning Day, workshops will be offered sub regionally in the fall for Venture Out (the new entrepreneurial resource), communication and judging training.

## Peace Region

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

It was a sweet summertime with wonderfully warm and sunny days here in the Peace Country!

## Regional Communications

This past spring was a busy one for 4-H'ers in the Peace Country! And for those who advanced from their districts onto the Regional Competition, there was some adventure as well. This year our Fort Vermilion District hosted our Regional Competition at Buffalo Head Prairie, located just south of La Crete with the shortest driving distance taking 4-H'ers over the Ice Bridge at Tompkins Landing. Both Public Speaking and Presentations were excellent, thank-you to all the volunteer judges, parents and leaders all your hard work is greatly appreciated!

## Spring Rally

Over 50 members descended on Fairview College, the site of the Spring Rally and Regional Bench Show. Members participated in either a "Learn to Judge" or "Oral Reasons" session followed by judging classes of horses, beef and sheep. Consumer Decision Making Classes consisted of healthy lunches and a paper plates class, as well as an ID station- in which members were put through their paces!

This was the first time we hosted the Regional Bench Show with Spring Rally, and we look forward to future years with the combined event. A huge thank-you goes out to all the judges, parents and leaders who volunteered to make event possible. Last, but not least, I would like to thank ambassadors Stacey Woywitka, Erin Shaw and Bryan Lentz for their assistance! Congratulations to all our contestants, we will see you next year!

## eBlasts

What the heck is that email "Bits'n'Peaces" and who the heck is Alexia Hoy?!?! If you have been deleting these emails- shame, shame! These emails are sent out once a month and contain important general 4-H information as well as Regional Program





Decisions, decisions!

specific details. These emails are sent to the emailed entered-into the online database (which members and leaders alike can go in and modify their profile). If you are not receiving these emails, please email alexi.hoy@gov.ab.ca

### Peace Upcoming events

|                             |                     |
|-----------------------------|---------------------|
| <b>November 3, 2012</b>     | Annual Fall Meeting |
| <b>November 23-25, 2012</b> | Frosty Fest         |
| <b>December 8, 2012</b>     | Something to Say    |

More information for ALL of these programs can be found on the 4-H website or by contacting the Regional Office! 🍀

## South Region

BY GINNY SMITH, *Regional Coordinator, South*

### Regional Communications Competition

The Regional Communications Competition was held at the Medicine Hat College for members advancing from each of our ten district competitions. Both the Public Speaking and Presentation events were exceptional. Congratulations to all of our very talented speakers – it is a pleasure to listen to you all!

### Regional Multi-Species Judging

Our second of two annual Farming Smarter sponsored Regional Multi-Species Judging Competitions was held in Claresholm.

About 120 participants took in a mini “How To” judging workshop, led by the Cow Country 4-H Judging Club, before heading to the arena to judge various classes. Aggregate awards will be presented in Jr., Int., and Sr. categories at the Southern 4-H Regional Celebration. Congratulations to all!

### Regional Beef and Sheep Shows

The Regional Beef Female Show ran successfully in combination with the Lethbridge and District Heifer Show this year, along with the Regional Sheep Show. Busy days for members and critters, but fun for everyone – parents too! Thanks to MNP for helping to sponsor both events!

### Regional Horse Show

The Regional Horse Show took place in mid-August with approximately 125 horse project members mixing with other horse lovers. At the Horse Learning Evenings, participants learned about how to read a pattern and equine bio-security.

### Regional Learning Day and Celebration

The Regional Learning Day and Celebration will take place this year on Saturday, October 13th in Taber. The afternoon will feature fun and learning sessions for members, leaders and parents, followed by supper and an evening program recognizing 4-H friends while celebrating our leaders as they receive leadership awards and members as we showcase their regional successes. Southern graduating recipients will be presented scholarships for the 2011-2012 year.

Stay tuned for details of an exciting event hosted by the Lethbridge and District Exhibition Park to Celebrate 100 years of Canadian 4-H on Saturday, January 19th, 2013. It will be a day of displays, demonstrations, discussions, and fun followed by a banquet open to all 4-H members from across the region.

Watch for details to follow, and eBlasts throughout the year to keep you posted as to what is happening across the region, and the province! 🍀

### Calgary Upcoming Events

|                         |   |
|-------------------------|---|
| <b>October 17, 2012</b> | Calgary Region Horse Committee AGM, Airdrie Ag Bldg., 7 pm (a must for all horse clubs) |
| <b>November 3, 2012</b> | Lead On! Workshop for Calgary Region leaders, new or experienced, Airdrie Ag Bldg.      |
| <b>November 7, 2012</b> | Calgary Regional Council AGM, Airdrie Ag Bldg., 7 pm                                    |
| <b>December 2, 2012</b> | Regional Awards Celebration   |
| <b>January 5, 2013</b>  | Mountainview District Multi Judging – Olds, Alberta                                     |

## West Central Region

BY JANET KERR, *Regional 4-H Specialist – EC and EW*

The West Central Regional 4-H Council and associated committees have a number of events planned for the 2012 - 13 Club year. The upcoming dates and locations are as follows:

### West Central Upcoming Events

|                              |  |
|------------------------------|--|
| <b>October 19 - 20, 2012</b> | Something to Say – Ponoka Composite High           |
| <b>November 17, 2012</b>     | Regional Council Meeting – Lacombe Memorial Centre |
| <b>November 24, 2012</b>     | Club Executive Workshop – Alberta 4-H Centre       |

Additionally, the Council is looking forward to hosting Leaders' Conference in January, 2013. 🍀

# Club+District Articles



Club members hold their cozy lap quilts at their Achievement Day.

## Quilts Become Community Service

BY: JIMILEE CHOSTNER, *Crafty Crew Multi-Club*

For the 2011-2012 4-H year, the Crafty Crew Multi-Club from Stettler, Alberta embarked on a new and interesting project. In past years the club's leaders have found it challenging to find meaningful community service projects that all members can do. This year, an idea was put forward for the club members to do both their project and their community service at the same time! The idea was eagerly adopted by both leaders and members,

and so the Crafty Crew's Rag Lap-Quilts for Wheelchairs became a project.

Over the course of the year, the club's 11 members took donated clothing, deconstructed it, and used the fabric to sew wheelchair sized lap quilts for the local nursing homes. The members had a lot of fun, learned a bunch of new skills, and at their achievement day in May, they presented their beautiful rag quilts to a representative from the local nursing homes.

All of the members felt that their community service quilts were something that would positively affect people in their community, with members expressing their joy around their projects leaving their hands, to touch the lives of local seniors. ♣



## UNIVERSITY OF ALBERTA'S COLLEGIATE 4-H CLUB

BY: CARLY HANSON, *President, University of Alberta Collegiate Club*

The group had a great school year, juggling course loads but always making sure we had time for 4-H. Events included a bake sale, a Halloween themed excursion to the Edmonton corn maze, and having a float in the U of A Ag Clubs' Bar None parade.

Collegiate members hosted tours of south campus for several colleges and 4-H youth clubs. Looma Light Horse Club invited us to be judges for their public speaking competition in January, and we helped out at Provincial 4-H Communications in April.

The club's main event was hosting 4-H Day where youth from clubs in the East Central region attended University classes, toured the north campus via a scavenger hunt, talked to students about university life and toured south campus. We're considering having a 4-H Day

once/term to give more 4-H youth a chance to experience the university in this fun-filled day.

A new executive was chosen in our March meeting. Congratulations to President Carly Hansen, Vice President Shelby Froland, Secretary Hollyn Maloney, and treasurer Brianna White. We look forward to a new year of exciting events and seeing some new faces at the University Club fair from September 3-5.

The club always welcomes new members enrolled in post-secondary, you don't have to be at the University of Alberta. The club is also looking to lend helping hands to clubs with their workshops or other club events. Any questions or information requests can be directed to Carly Hansen at [cah@ualberta.ca](mailto:cah@ualberta.ca), or you can find us on Facebook at 'University of Alberta Collegiate 4-H'. ♣





Members of the Standard 4-H Sheep Club stand with their 100 pounds of collected items.

## 4-H Fights Hunger

BY: CARMEN STONE, 4-H Foundation of Alberta

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

Throughout each campaign, 4-H members used their marketing, community service and public speaking skills to support the initiative. Encana Corporation matched every donation dollar for dollar or two dollars per pound of food collected as well as provided each participating 4-H club with a \$500 honorarium. 🍀

### Food and Dollars Raised (as of July 31, 2012)

#### Grande Prairie 4-H Fights Hunger

Valhalla Multi Club - 342 lbs of food

Valhalla Beef Club - 80 lbs of food

#### Ponoka 4-H Fights Hunger

Ponoka 4-H Renegade Riders – \$2112.75

West Central 4-H Rebel Riders – 20 lbs of food

#### Strathmore 4-H Fights Hunger

Standard Sheep 4-H Club - 100 lbs of food

Cheadle 4-H Club - \$7300.00

Arrowwood River Wranglers - \$1391.10



Steve MacEachern (r) presents scholarships to Ty Dietrich, Alexandra Buchholz and Sara Brown.

## S.G. Walker Night

BY: VAL VINCETT

Hastings Coulee 4-H Beef Club hosted the 31st annual S.G. Walker Night on Tuesday, May 22nd. This is the Flagstaff 4-H District's turn to recognize their own members with scholarships for future education.

Special guests were introduced then scholarship recipient, Ty Dietrich gave his speech on his trip to Denver. "As far as I am concerned it was an experience of a lifetime." Next up was scholarship recipient Alexandra Buchholz who spoke about how achievement day was the highlight of her 4-H career because of the memories made. Last up was scholarship recipient Sara Brown, who expressed that public speaking was the most valuable thing that she learned while in 4-H because of the confidence it gave her.

Next Battle River Beef talked about the last S.G. Walker trip. They went to Highland Feeders, swimming and finally to Rexall Place to watch a game. Fun was had by all.

Following the stand-up comedian's entertaining act, was the Community Press Award for the best columnist of the year. Kristine Sapieha was this year's recipient for her excellent reporting on club activities.

Then it was time for Steve MacEachern to present this year's S.G. Walker scholarships. They went to Tyler Dietrich, Alexandra Buchholz and Sara Brown. "This is my 31st year presenting scholarships" said MacEachern, who then gave Morey Handford the floor to speak about the 100th Anniversary of 4-H Canada happening in 2013. 🍀



Warner District members pose in front of the rock wall they just climbed!

## Warner District Hits Some Heights!

BY: KERSTIN SWANSON, District Key Member & South Ambassador

On Friday, May 4th members of the Warner District in the South region attended their spring Fun Day and went to the University of Lethbridge to go rock climbing! With two different age groups the fun day went through the afternoon.

The younger aged group had the help of a parent or older sibling to help belay and let them reach the top whereas the older group of 4-Hers put their teamwork skills to work and belayed each other. The 55 ft. high wall was a challenge for some members but an easy task for others! This is was the second year of doing the rock climbing fun day and the kids had a blast! 🍀

# THE 4-H STEWARDSHIP CONNECTION

BY ROB PETKAU, *Agrium*

Caring for Our Watersheds and 4-H go hand in hand – and heart, health and head – in Milk River, Alberta.

Looking back through the previous winners of Agrium's Caring for Our Watersheds (CFW) youth environmental program, you'll notice that 'Milk River' and 4-H come up remarkably often. And that's no coincidence.

CFW is an annual essay and speech competition hosted in 11 regions in North and South America. It challenges teens to answer the question, 'What can you do to improve your watershed?' Students compete for over \$15,000 in cash rewards for themselves and their schools – and participants who implement their ideas are eligible for additional \$10,000 in funding.

Kelsey Garber was a Grade 8 teacher and 4-H volunteer in 2008, and she saw CFW as a great fit with the science curriculum. "CFW takes environmental stewardship principles and asks students to apply them at the local level, and in very tangible ways," explains Kelsey.

Student Sierra Harty did just that, and ended up winning first place in the Southern Alberta CFW Grade 7-9 Division, with her Green Is Great pathways project. "A lot of people use the Milk River for tubing and canoeing, but they trample the plants on the bank to get to

the water. Those plants help stabilize the bank, so I thought if we built trails and posted signs asking people to stay on the paths, we could save some of the plants and help stop bank erosion," she explains.

Her project has been implemented, and as a result well-marked trails at two high-traffic spots are helping to contribute to the overall health of the watershed. "It feels good. It makes me feel like I've accomplished something," she says, noting that her 4-H experience helped pave the way for her Watersheds success. "You do public speaking with 4-H, and that really helped when I had to do my presentation in Calgary. I felt confident when I was up there."

Classmate Jalen Hulit says 4-H helped give him the right mindset to succeed in CFW. "Through 4-H I have learned how important the sustainability of watersheds is to agricultural production," says Jalen, who is president of Milk River's 4-H Club.

Jalen's idea was to wrap cottonwood seedlings with wire to protect them from being trampled or eaten by livestock. The root systems of mature cottonwood trees help prevent bank erosion, so they form a vital part of the ecosystem. His proposal came third in 2010, and about 30 cottonwood trees were wrapped last spring.

Kelsey is proud of Jalen, Sierra and all of her students who participated in CFW. She's also grateful that 4-H was such an integral part of their success. "You could really tell when we went to the finals that my students were 4-H members who had been public speaking for years. It was really encouraging." ❀

CARING FOR OUR  
**Watersheds™**



The Green is Great sign that will go up next to the well-marked trails created because of Sierra's proposal.

Visit [www.CaringforourWatersheds.com](http://www.CaringforourWatersheds.com) for additional information on the program or contact Lindsey Metheral, Agrium Program Advisor, at 1-403-225-7782.

**Agrium**

## 4-H ALBERTA VOLUNTEER RECEIVES ACCOLADE

BY: ERIN BROPHY,  
*Manager - Communications and Marketing, 4-H Canada*

The Co-operators 4-H Volunteer Leader of the Year Award recognizes the efforts of 4-H volunteers across Canada. This year, Joyce Kelly of Edson, Alberta was one of the seven recipients of the award.

As part of the award, Kelly received a \$100 gift and a 4-H certificate of recognition. She was nominated by her club, the Edson 4-H Multi Club, for her 17 years of 4-H leader experience.

"Our community is a better place because of a beautiful woman who is an exceptional leader in our 4-H Club," said Sarah-Jayne Ferguson, Edison 4-H Multi Club member.

For several years, Kelly has been organizing an annual youth

horse show open to 4-H members as well as youth in the community. A dedicated and energetic leader, Kelly can be found reaching out to those in need, helping at 4-H and other community events, and working as a farrier in the area.

Said Ferguson of her 4-H leader that "We are all better people because of her". With a comment like that, it is clear what positive effects a 4-H leader has on youth, their club, their community and their country.

"This is an opportunity for 4-H Canada to honour the people that make 4-H possible", said Rob Black, President of the Canadian 4-H Council, adding that "our youth will go on to become active leaders in all parts of their life thanks to the time and energy of people like Joyce, who is an active example of what leadership really means".

The Canadian 4-H Council would like to thank all 4-H volunteers across Canada for their time and dedication to the 4-H program. More than 8,000 volunteers help more than 26,000 youth "Learn to Do by Doing."

More information about 4-H in Canada can be found at [www.4-h-canada.ca](http://www.4-h-canada.ca). ❀





Winfield 4-H Gait Riders Club hard at it!

## Community Cares Contest Makes Big Impact

BY: CARMEN STONE, 4-H Foundation of Alberta

FortisAlberta developed the Community Cares Contest to recognize 4-H Alberta clubs that did community clean-up and improvement projects. Three local communities received benefits from the inaugural contest, with these dollars likely being used to service the local community, as many of the clubs are already deciding what project they will complete next with their money!

Congratulations go to the following clubs for winning \$1,000 each for their FortisAlberta Community Cares Contest entries!

The Golden Prairie 4-H Club (East Central) completed 10 community improvement projects including, but not limited to: Potato picking for the Camrose and Killam Food Bank; Forestburg Communities in Bloom Town Clean-up; Hardisty Lake United Church Camp Clean-up and the Forestburg Golden Age Club gardening project.

Winfield 4-H Gait Riders Club (West Central) wanted to help out their community with an aging population. In June, members, leaders and parents of the 4-H club completed a makeover of the historical Bluffton Rock by redoing the bedding, planting flowers and putting down rocks.

North 40 Mile 4-H Beef Club (Southern Region) worked together to clean and rebuild the bleachers owned by the Burdett Community. Each year the Burdett community had allowed North 40 Mile 4-H Beef Club to use the bleachers for their 4-H Achievement Day.

FortisAlberta and 4-H Alberta will launch the second annual Community Cares Contest in September. Community improvement projects from 4-H clubs in the South, East Central, West Central and Northeast Regions, completed in September 1, 2012 – June 1, 2013 will be eligible. Clubs are required to document and compile their progress it into a final presentation which can then be submitted directly to the 4-H Foundation of Alberta or posted on the contest Facebook event page. Four \$1,000 prizes will be awarded, with one winner from each of the regions. ✿

## Self-Improvement Through Dale Carnegie Training

BY: AMY MALMBERG

This spring I was given an amazing opportunity from Dale Carnegie Training through the Calgary Regional 4-H Council to attend the Dale Carnegie Teen Course.

Dale Carnegie training was started in 1912 and it is amazing how the principles around self-improvement are still so relevant today. The Dale Carnegie training has evolved and focuses on building leaders, thinking on your feet, remembering names and reducing stress and worry in addition to improving public speaking skills.

During the course that ran every Saturday for twelve weeks, we worked on building our confidence in public speaking through presenting a short prepared speech each class. We would also split into groups and be given topics to practice impromptu. This training will help me immensely with my 4-H public speaking.

We also gained a variety of leadership skills such as how to make everyone feel important and get people involved in discussions and decision making. Each week we would learn another one of Dale Carnegie's principles, and then set goals for ourselves to keep improving.

The Dale Carnegie program will open many doors for me in the future, as I know the skills I have learned will benefit me throughout my life. I have already put many of the principles to use as the president of my 4-H club, at school and in the way I deal with friends and family. I feel a lot more comfortable standing up and speaking in front of a group. I would recommend this training not only for teens but for everyone! ✿



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# Secrets to a Successful Club

**Congratulations to all 4-H clubs celebrating milestone anniversaries!**

St. Lina 4-H Beef Club 1936-1937



"Our members know what is expected of them, but as parents and leaders we keep our minds open to new ways of doing things."

Martin Corbiere, St. Lina Beef 4-H Club ~ Celebrating their 75th Anniversary

Group celebrating Grande Prairie Multi Club's 50th Anniversary.



"Many of the old 4-H principles and values apply today just like fifty years ago. If the 4-H family stays strong, works hard together, looks out for one another and learns through each other – you'll have a successful club."

Leader, Grand Prairie Multi Club ~ Celebrating their 50th Anniversary

## 75 YEARS STRONG!

BY: SARAH MCCRAE

Despite St. Lina's small size, their amazing 4-H club just celebrated its 75th anniversary. Backed by strong leaders and supportive families, the St. Lina 4-H Beef Club continues to thrive, as it draws members from the surrounding area.

The club was founded on community and family involvement when it started in 1937. Belonging to the club is so great, that five families now have 3rd generation members in the club.

General leader, Martin Corbiere said "The secret to the club's success is the support of the community." 4-H is a major part of what St. Lina is about. The community strongly supports the St. Lina 4-H Beef Club at achievement day and the annual barbeque, and the 4-H Club helps out St. Lina by doing volunteer projects, such as highway cleanup.

This close partnership between the club and the community was showcased at St. Lina's 100th community anniversary celebration which was held in conjunction with the St. Lina 4-H Club's 75th anniversary. This event was a huge success as the community hosted over 500 people throughout the weekend for activities and displaying mementos from over the years.

The St. Lina 4-H Beef Club is definitely going 75 years strong. Congratulations St. Lina! 🍀

## 50, AND THRIVING

BY: ALLY BOTTEN-MIZZARO, Club Reporter

Fifty years, five decades, half of a century - that's a long time no matter how you put it! The Grande Prairie 4-H Beef Club was created in 1962, and today it is a thriving multi-club with a range of projects.

This July, the Grande Prairie 4-H Multi-Club hosted its fiftieth anniversary. New and old members all came together to celebrate, with past leaders such as Neal Moon speaking about their memories while others sent letters or emails to share their stories. Classic ceremonies such as 4-H candle lighting were performed as well as a 4-H sing-along.

For the Grande Prairie Multi Club, they've come a long way but everyone would agree that "Learn to do by doing" is the motto that forms the roots of the club. Current 4-H leader Cathy Botten states "4-H remains an excellent youth development program," and that the anniversary weekend "helped bring together members and leaders of five different decades, to celebrate a huge accomplishment for the club."

Everyone was happy to see how the club continues to be active and vibrant and how 4-H Alberta has grown and adapted with its members and volunteers. There is no doubt that the club will continue on into many more successful years. Here's to another fifty years of learning and caring through 4-H! 🍀



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

