

Alberta

4-H

MAGAZINE

VOLUME ONE • ISSUE THREE
WINTER 2005



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Submission Guidelines

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

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

Please submit:

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

Please avoid submitting:

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

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

Alberta 4-H Magazine

Editor:

Mark Muchka

4-H Specialist – Communication and Marketing

Administrative Assistant:

Cathrine Schriber

Design & Layout:

Perpetual Notion Inc. – www.perpetualnotion.ca

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

4-H Branch

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

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

Deadlines for submissions:

March 1, August 1 & November 1

Distribution to public:

April 1, September 1 & December 1

Advertising Inquiries

Please contact the 4-H Foundation of Alberta at 780.682.2153 or foundation@4hab.com

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

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

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Editorial

Often times, I am asked what is 4-H?

Well, the simple response is that it's a youth program aimed at creating community leaders with marketable skills to succeed in life. But in actuality, this statement doesn't even begin to scratch the true meaning of what 4-H is all about.

4-H is fun, friendships, learning and life skills, and it is an organization that has an unrivalled reputation for creating some of the most outstanding youth. And why's this? Well the reason is simple; 4-H has some of the most outstanding volunteers.

I have heard many past 4-H members comment that the older they get, the more they realize the true benefits of the 4-H program and the importance of their 4-H leaders. As I look back at the lessons that I learned in 4-H, not only as a member but also as a 4-H staff person, I can honestly say that I am a better person because of my involvement. 4-H does an excellent job of teaching values, a good work ethic, and the importance of helping others. And no matter where the road in front of you may lead, there will always be other 4-H'ers along the way.

As we venture into a new club year, I hope that all of you, members and leaders alike, share the spirit of 4-H and what makes our program so special. I hope that you have the opportunity to take an active role in 4-H activities, whether it is club meetings, district fun days, or regional or provincial programs. But most importantly, I hope that your 4-H experience provides you with many memorable and fun experiences to learn and grow.

All the best in your upcoming 4-H year!



Mark Muchka

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

Contact List

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

| | |
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4-H Art Contest

Contest Deadline: July 1, 2006

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

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

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

NAME _____ AGE _____

MAILING ADDRESS _____

CLUB NAME _____

PHONE _____

BRIEF DESCRIPTION OF THE ARTWORK _____

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

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

SIGNATURE OF PARENT OR GUARDIAN _____

Send submissions by July 1, 2006 to:

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

iPod Winner

Ory Butterwick, a 10-year-old member of the Brownfield 4-H Beef Club is this issue's winner of the iPod contest. Although the contest has come to a close, we encourage all members to enter in future contests.

You never know, you may just be the next winner!

Photo Contest Winners

4-H would like to thank everyone who submitted entries to the photo contest. The winning photo was selected by a group of Alberta Agriculture employees, with the second and third entries being chosen randomly from a draw of the photos submitted.



1st Place – Sue Crest, Moos on the Moove



2nd Place – Lauren Hennig, Hoofbeats Lighthouse



3rd Place – Taylor MacMillan, 881 Outriders 4-H

For their entries, these three 4-H members will receive \$50, \$25, and \$25 respectively in Future Shop Gift Certificates.

Provincial Events



Leaders' Conference: Be a Survivor

BY TERRI POTTER

4-H SPECIALIST

Teamwork is the key at the 64th Annual 4-H Leaders' Conference in Alberta. From January 13-15, 2006, delegates will be challenged to keep the fun in 4-H along with the rest of their 4-H club's leadership team after spending the weekend in the tropical setting of the Red Deer Lodge.

We shouldn't get ahead of ourselves though. The conference experience starts with the bus ride to the conference with your region's fellow leaders. The volunteers from the sunny south will meet and greet delegates at the Red Deer Lodge in survivor style. Costumes and decorations from a tropical island somewhere warmer will set the mood for the weekend. Are you ready?

Friday will kick off with a trade show featuring resources, sponsors, programs and projects that are available to 4-H clubs in Al-

berta. Organizations and clubs are encouraged to contact us to bring displays and activities to showcase as delegates arrive and register at the conference.

The official opening of the Survivor weekend, hosted by volunteers from Alberta's Southern Region, will include food, music, lights, drama and a lively introduction to what is to come. The hosts will have all of the delegates participating in team challenges, where they have to buy their supplies for a loonie, the final result being a large bag of money being donated to one of Red Deer's charitable organizations.

27 different sessions will run throughout the day. Some of the highlights will include Laughter, Learning, Leisure and Love with Bill Gordon, Meyers-Briggs Personality Profiling with Fern Richardson, Resiliency in Youth with Troy Payne, and

Being Childlike not Childish with Joni Pitzel.

Saturday lunch will be a great opportunity to see the benefit of 4-H, where Kristen Hedley, the 2005 Premier's Award Recipient will address the audience.

To top off the day, we always enjoy the elegant occasion of the *Hall of Fame and Sponsor Banquet and Dance*, where our most honoured volunteers of the year are recognized and inducted into the Alberta 4-H Volunteer Hall of Fame. Family and friends join us as we toast and celebrate these fine people and look at the highlights of their 4-H careers. This year 4-H will be honouring, Carol Arntzen of Sedgewick and Carole Tkach of Coronation.

Throughout the weekend, our conference hosts will be raising dollars for our provincial Leader and Member Travel Fund through live and silent auctions. Two tickets for two anywhere in Canada will be raffled off as well.

On Sunday, some morning antics will start your day off right with active sessions demonstrating games and activities you can use with your 4-H club. Sessions will be offered in which activities from the 4-H Fun Pack, 4-H Speak Pack and 4-H Quality Equation Club Pack will be explored. There will also be the option to prob-

FUN FACT

Like cows, snakes cannot activate their vitamin D without the presence of sunlight.

lem solve with other leaders at the Swashbucklers of the Round Tables.

Just when you thought that it would be enough to go home and feel fully trained and ready to take on the world, you will be entertained by our Keynote address, *the Idol Canadian* with Todd Butler.

This is a training event you don't want to miss! 4-H leaders say, "I have been to a lot of professional conferences but none have been this good!" "I will never miss the Leaders Conference as long as I am a volunteer with 4-H," and "I can't wait to get back to my club and try some of this stuff out!"

Please see the program booklet in the centre of this magazine for more information on the 2006 Leader's Conference. 🌿

4-H Summer Employment

BY MARK SHAND

4-H SPECIALIST

Looking for a summer job?

The Alberta 4-H Branch and the 4-H Foundation of Alberta have a number of summer staff positions available for university students. Job descriptions and application procedures will be available on the 4-H website, from your key leaders, and at some Alberta University and college employment offices by early December.

Up to seven Summer Program Assistants are required to assist the 4-H Specialist - Programs in Airdrie. These assistants help plan and implement all junior and intermediate camping programs, PDP programs, LTCS and Club Week. NLS certification is mandatory for at least three positions and all positions require First Aid certification and skills in leadership, teamwork, planning, evalua-

tion and 4-H or equivalent programs. Applicants should also have skills in writing, editing, public relations and other office related tasks.

Two Outdoor Adventure/Program Assistants are required to assist the 4-H Foundation of Alberta and 4-H Specialist – Programs at the Alberta 4-H Centre on Battle Lake. These assistants will help implement the 4-H Foundation Outdoor Adventure program during May and June and then will assist in implementing 4-H summer programs at the Alberta 4-H Centre during July and August. NLS certification is mandatory for at least one position and both positions require First Aid certification, along with the skills listed above for the summer program assistant positions.

One Media Release Coordinator is required to work out

of the Edmonton office. This position will mainly work with the 4-H Specialist - Communication and Marketing to promote 4-H programs, prepare press releases, and assist with special projects. Excellent skills in computer programs, writing and teamwork are required.

For further information, contact Mark Shand at (403) 948-8508 or mark.shand@gov.ab.ca. 🌿

A Huge Thank You

BY MARK SHAND

4-H SPECIALIST

All of us at the 4-H Branch would like to give a huge thank you to all of the individuals who made our summer programs a success. This

FUN FACT

The koala is one of the few land animals that does not need water to supplement its food.

summer we put over 1,100 delegates through our Leadership Through Counseling Seminar, Summer Provincial and Regional Camping programs, People Developing People programs, and Provincial 4-H Club Week. All of the programs experienced an increase or maintenance in achieving program objectives.

Thank you to over 125 volunteers who committed their time as counselors, junior and senior program staff and camp parents. The 4-H members and staff appreciate your time and commitment, and

we would not be able to run the programs without you!

Thanks also to the facility staff and cooks at each program site. All of the sites provided the food and atmosphere to create a strong foundation for successful summer programs. We would like to give a special thanks to the staff at the Alberta 4-H Centre. The site has never looked more amazing and the food was fantastic.

A final thank you goes out to the nine summer program assistants. Alison, Chris, Jayme, Jocelyn, John, Matt, Roberta, Sami and Shelley put their hearts and souls into planning and implementing programs that would be fun, and developmental, for all of the delegates. Your efforts did not go unnoticed.

We look forward to another great summer of 4-H programs in 2006! 🌿

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CALGARY



EAST CENTRAL



NORTHEAST



SOUTH



NORTHWEST



PEACE

Key Members

BY VANESSA GOODMAN
4-H SPECIALIST

Alberta 4-H's newest initiative is well on its way to becoming a success! The Key Member Program officially began on October 1, with 42 motivated and energetic Key Members ready to take on the challenge of being a part of this program during its first year. In order to prepare them for their jobs, the Key Members attended a training weekend at the Alberta 4-H Centre on October 14 – 16. In between team building activities that produced lots of animal noises, and a bungee run challenge that redefined the term “elasticity”, the group of Key Members present at the 4-H Centre helped establish their roles and goals for the up-

coming year, and the program in general.

What are Key Members?

Key Members are senior members chosen by each district to provide extra assistance from a member's perspective. They can help in a variety of ways at the club and district level, including delivering workshops, promoting 4-H camps and programs, attending district meetings, helping on district committees, liaising with 4-H members and communicating news and updates. The term is for one year, and runs from October 1 – September 30, which follows the 4-H club year.

Getting in Touch With a Key Member

If you have an activity that could benefit from inviting a

Key Member, it is best to call the Key Member directly AT LEAST two weeks in advance. Ensure that you give them complete details and expectations for the event. Keep in mind that they have busy schedules with school, 4-H and other extracurricular activities. Therefore, there may be times they are unavailable, but if you give them enough notice, they will do their best at fulfilling your request. Names of District Key Members are available from your Regional Specialist or Key Leader.

Questions or Concerns?

With the introduction of any new program, there may be a few kinks to work out in the first year. If you have any suggestions or comments about the Key Member Program, don't hesitate to contact Vanessa

Goodman (Key Member Coordinator) at vanessa.goodman@gov.ab.ca or (780) 422-1834. 🍀

Summer Camp Lost and Found

If you did not bring everything home from camp, please call us as we have over 150 items to be claimed.

If you lost an item at a regional camp (Artaban, Mackinicolea, Moose Lake, or Elk Water), please call your Regional Specialist.

If you lost an item at Battle Lake camps, LTCS, PDP or Club Week, please call Karren Griffiths in the Airdrie 4-H Office at (403) 948-8509.

Any items not identified as belonging to someone by December 31, 2005 will be donated to charity.

Thank you

2006 Program Dates Schedule

| Dates | Deadlines | Event | Location | Specialist | Phone |
|------------------|-----------|--|---------------|--------------------------|----------------|
| Jan 13-15 | Nov 27/05 | Leaders' Conference | Red Deer | Terri Potter | (780) 427-4466 |
| Jan 27-29 | Jan 12/06 | Senior Members' Conference | 4-H Centre | Mark Muchka | (780) 427-0753 |
| Feb 24-26 | Feb 7 | Provincial Equine Leaders' Forum | 4-H Centre | Henry Wiegman/Janet Kerr | (780) 427-4532 |
| April 1 | | Provincial Public Speaking/Demonstration Competition | TBA | Mark Muchka | (780) 427-0753 |
| April 28 - May 1 | Jan 14 | Selections | Olds College | Marguerite Stark | (403) 948-8510 |
| May 6 | | Highway Clean Up | Alberta | Mark Muchka | (780) 427-0753 |
| May 6-8 | Apr 15 | Ambassador Training | 4-H Centre | Mark Muchka | (780) 427-0753 |
| July 3-7 | May 15 | Leadership Through Counselling Seminar | 4-H Centre | Mark Shand | (403) 948-8508 |
| July 10-14 | May 15 | Combined Camp #1 (10-13 years old) | 4-H Centre | Mark Shand | (403) 948-8508 |
| July 12-15 | May 15 | Elkwater Jr Camp (South) | Elkwater | Rob Smith | (403) 381-5815 |
| July 16-20 | May 15 | Elkwater Int Camp (South) | Elkwater | Rob Smith | (403) 381-5815 |
| July 16 - 21 | May 15 | PDP #1 (13-15 years old – North bus) | 4-H Centre | Mark Shand | (403) 948-8508 |
| July 17 - 19 | June 15 | Beef Heifer Show | Olds | Rob Smith | (403) 381-5815 |
| July 18 - 22 | May 15 | Artaban Jr Camp (Peace) | Artaban | Stacy Murray | (780) 835-7537 |
| July 18 - 20 | June 30 | Dairy Show | Red Deer | Leila Hickman | (780) 853-8115 |
| July 18 - 23 | May 15 | Club Week | Olds College | Mark Shand | (403) 948-8508 |
| July 23 - 28 | May 15 | PDP #2 (13-15 years old – South and Northeast buses) | 4-H Centre | Mark Shand | (403) 948-8508 |
| July 24 - 28 | May 15 | Artaban Int Camp (Peace) | Artaban | Stacy Murray | (780) 835-7537 |
| July 31 - Aug 5 | May 15 | Intermediate 6 day camp (12-14 years old) | 4-H Centre | Mark Shand | (403) 948-8508 |
| Aug 2 - 4 | June 1 | Horse Classic | Olds | Janet Kerr | (403) 742-7547 |
| Aug 5-9 | May 15 | Combined Camp #2 (10-13 years old) | 4-H Centre | Mark Shand | (403) 948-8508 |
| Aug 7-11 | May 15 | Moose Lake Jr Camp (Northeast) | Moose Lake | Leila Hickman | (780) 853-8115 |
| Aug 8-12 | May 15 | Mackinicholea Junior Camp (Northwest) | Mackinicholea | Jocelyn McKinnon | (780) 674-8250 |
| Aug 9-13 | May 15 | Junior Camp #1 (9-11 years old) | 4-H Centre | Mark Shand | (403) 948-8508 |
| Aug 11 - 13 | July 15 | Judging Competition | Olds | Stacy Murray | (780) 835-7537 |
| Aug 14-18 | May 15 | Moose Lake Int Camp (Northeast) | Moose Lake | Leila Hickman | (780) 853-8115 |
| Aug 14 - 18 | May 15 | Combined Camp #3 (10-13 years old) | 4-H Centre | Mark Shand | (403) 948-8508 |
| Aug 15-19 | May 15 | Mackinicholea Camp (Northwest) | Mackinicholea | Jocelyn McKinnon | (780) 674-8250 |
| Aug 20-25 | May 15 | PDP Plus (14-16 years old) | 4-H Centre | Mark Shand | (403) 948-8508 |
| Aug 20-26 | May 15 | Youth Entrepreneur Camp | Cypress Hills | Mark Shand | (403) 948-8508 |
| Oct 13-15 | Sept 21 | Key Member Training | 4-H Centre | Vanessa Goodman | (780) 422-1834 |
| Oct 20-22 | Oct 15 | SALTT Small Animals, Technology and Trade 4-H Leaders' Forum | 4-H Centre | Terri Potter | (780) 427-4466 |
| Oct 27 - 29 | Oct 15 | Key Leader Training | 4-H Centre | Jocelyn McKinnon | (780) 674-8250 |
| Nov 17-19 | Oct 27 | BUD | 4-H Centre | Henry Wiegman/Rob Smith | (780) 427-4532 |
| Jan 12-14/07 | Nov 24 | Leaders' Conference 2007 | Red Deer | Terri Potter | (780) 427-4466 |

Alberta Equestrian Games

BY JANET KERR
4-H SPECIALIST

The Alberta Equestrian Games were held August 13 – 15 at the Millarville Agricultural Grounds. 4-H was invited to participate in these games in Western riding disciplines. Each of the seven 4-H regions sent teams of five members to compete in Western Pleasure, Western Horsemanship, Trail, Jeopardy Trail, Barrel Racing and Pole Bending. Once the scores were totalled, the Calgary Region Team of Katie Ford, Kaylynn Malmberg, Randi Ashbacher, Beverly Parker and Breanne Porter came out on top. Reserve champion honours went to the East Central team of Erica Lee, Amanda Nyuli, Kelsey Nyuli, Ashley Patterson and Michelle Kelly.

In addition to the Horse Events, members had some fun participating in an Amazing Race competition. Thanks to Linda Gooch and Sandy Fagnan from the Calgary Region who did a fabulous job organizing the event. 🌻

FUN FACT

Dinosaurs were among the most sophisticated animals that ever lived on Earth. They survived for nearly 150 million years—75 times longer than humans have now lived on Earth.



South Region Light Horse Show

BY GINNY SMITH

No one can change a plan faster than Mother Nature. The South Regional 4-H Light Horse Show was well underway with a new strategy for utilizing both indoor and outdoor arenas as a time-saver when Mother Nature decided that all riders would have to play indoors. The good spirits and sportsmanship of 151 4-H horse project members from across the South Region couldn't be dampened however.

Classes were held over three days, August 8 through 10, in Claresholm with classes covering Western and English rail events, trail, showmanship, reining, jumping, dressage, gymkhana, fun classes, and cattle events.

To encourage the success of every rider as they proudly demonstrated their abilities, most classes were broken into levels and age groups. By the end of the show, every member had had the opportunity to receive a ribbon in at least one event. More important than winning, members had

the chance to meet new equine-lovers from other clubs. Each member provided one small prize and was assigned to be part of one of six teams, competing for points throughout the show. The members of the team with the highest number of points was allowed to select their prizes first, followed by other teams ensuring that all competitors won something.

The 'Barn Proficiency Award' was presented, for the second consecutive year, to the Westwind 4-H Horse Club (Foremost area), and Harold Seymour presented the Sportsmanship Award to Chantelle Rivard from the Midnight Riders (Fort Macleod area). Mr. Seymour has been making this presentation personally for the past 22 years, since his own family was highly involved with the Regional Horse Show.

Based on comments and suggestions submitted by riders, parents and leaders, plans are already in the works for the 2006 Southern

Region Horse Show to ensure that it is fun and successful for all. And the committee is working on a deal with Mother Nature. Can you say "sunshine please"?

It was a great show, and we are already planning for next year. These are great kids - they kept their spirits up, even through the torrential rain and late nights (as all classes had to move indoors, and midnight finishes were common). We are very proud of our members, and very happy to have some awesome volunteers and parents. 🌻

Scholarships

The Southern 4-H Region is very proud of the scholarship program it has built since working its first casino in 2001. Now, more than 30 4-H members from across the region receive over \$10,000 in funding support for college and university study, as well as trades and technology apprenticeships and training.

East Central Region

Winter Camp

BY JANET KERR

4-H SPECIALIST

East Central Winter Camp will be held at Circle Square Ranch near Halkirk on February 24 – 26, 2006. The camp is for East Central 4-H members 9 – 12 years of age. Application forms were sent to clubs with their start-up packages in the fall, but can also be found on the 4-H website (www.4h.ab.ca) by clicking the 'East Central' heading found under 'Regional Info'.

The deadline for applications is January 23, 2006.

There is also an opportunity for senior 4-H members to counsel at this camp. Counselors should apply by December 9, with preference being given to those who have attended LTCS. Counselor applications were also sent out to clubs in the start up packages or the can be found on the Alberta 4-H website (www.4h.ab.ca). ❁

Regional Public Speaking and Presentations

The East Central Regional Public Speaking Competition, hosted by the Drumheller District, will be held on Saturday, March 25. Regional

Presentations will be held on Sunday, March 26, with the Flagstaff District hosting. ❁

East Central Horse Show

The East Central Horse Show was held in Stettler on July 16 and 17, 2005 and was hosted by the Big Valley Outriders. This year one of the rodeos on the circuit was held in conjunction with the final day of the Horse show. ❁

4-H Rodeo Circuit

The East Central 4-H Rodeo circuit concluded on Sunday, July 17, in Stettler with the rodeo hosted by the Big Valley Outriders. There were five rodeos on the circuit and

the others were hosted by Neutral Hills 4-H Rodeo Wranglers, Castor 4-H Rodeo (two rodeos), and Berry Creek Light Horse. This year many of the dates were changed due to bad weather or wet grounds.

At the last rodeo of the year, buckles were presented to high point winners in each of the events and age divisions. Winners for the 2005 circuit are:

Junior

Barrel Racing - Ashton Ziefle, Neutral Hills 4-H Rodeo Wranglers; Pole Bending - Kelsey Simpson, Neutral Hills 4-H Rodeo Wranglers; Keyhole Race - Luke Nibourg, Castor Rodeo; Steer Riding - Billy West, Neutral Hills 4-H Rodeo Wranglers; Goat Tying, Breakaway Roping, Team Roping and High Point - Dana Oram, Castor Rodeo.



This season start off right with 10% discounts on Nutrena products. With Nutrena product purchases, 4-H Beef members are eligible to win FREE feed for the 2006-2007 4-H season! (\$600 prize value)

This Season Show in Style

Rewarding success at a District and Provincial Level

4-H Beef members purchasing Nutrena products can reap the benefits of this program!

4-H members who win Grand and/or Reserve Champion Steer/female at District or Provincial shows will receive Nutrena show gear.

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Intermediate

Barrel Racing - Erin Mailer, Castor Rodeo; Pole Bending - Kelsey Nyuli, Big Valley Outriders; Keyhole - Cassie Hilmer, Castor Rodeo; Steer Riding - Scott Guenther, Neutral Hills 4-H Rodeo Wranglers; Goat Tying, Breakaway Roping, Team Roping and High Point - Keith Oram, Castor Rodeo.

Senior

Barrel Racing and Pole Bending - Monica Lee, Big Valley Outriders; Keyhole - Brian Kelly, Big Valley Outriders; Goat Tying, Steer Riding and High Point - Laurie Guenther, Neutral Hills 4-H Rodeo Wranglers. 🌿

West Central Region

Winter Camp

BY JANET KERR
4-H SPECIALIST

West Central Winter Camp will be held at the Alberta 4-H Centre near Battle Lake on March 3 - 5, 2006. The camp is for West Central 4-H members 9 - 12 years of age. Application forms were sent to clubs with their start-up packages in the fall, can also be found on the 4-H website (www.4h.ab.ca) by clicking the 'West Central' heading found under 'Regional Info'. The deadline for applications is January 23, 2006.

There is also an opportunity for senior 4-H members to counsel at camp. Counselors should apply by December 9, with preference being given to those who have attended LTCS. Counselor applications were also sent out to clubs in the start up packag-

FUN FACT

Llamas are reported to be inquisitive, friendly animals. A llama greeting is marked by softly blowing on each other. According to animal experts, a soft blow to a person is the llama's way of saying hello.

es or the can be found on the Alberta 4-H website (www.4h.ab.ca).

Regional Public Speaking and Presentations

The Red Deer District will host the West Central Regional Senior Public Speaking on Saturday, March 25. The Wetaskiwin District will host the intermediate competition on Sunday, March 26. Regional Presentations will be held on Saturday, March 18, with the Rocky Mountain House District hosting. 🌿

North East Region

Key Members and Key Leaders

BY LEILA HICKMAN
4-H SPECIALIST

In 2005, the Northeast added seven fantastic new individuals to the 4-H team of resource people to be of service to districts in this region.

Key Members

Northeast Key Members are happy to provide assistance and guidance for clubs by doing workshops, assisting in the organization of club and district events, promoting programs within Alberta 4-H, and keep members informed of possible opportunities. This year's Northeast Key Members are: Brianne Bergerud, Vermilion River; Karly Bourbeau, Bonnyville; Kelli Burdek, Lac La Biche; TJ Fenton, Lamont; Steven Litwin, Minburn; Adria Paquette, Two Hills; Chelsea Schnurer, St. Paul. For more information on how you can contact the Key Member in your district please call the regional 4-H office in Vermilion at (780) 853-8115.

Key Leaders

Key Leaders will continue to play a very important role over the upcoming year. We have a strong set of key leaders that can offer clubs in your district an invaluable service.

Visit the 4-H website (www.4h.ab.ca) to learn more about both the Key Member and Key Leaders in the Northeast region. There could be chance to win prizes, so keep your contest skills sharpened! 🌿

4-H Forum

The Smoky Lake District hosted the 2005 Northeast Regional 4-H Forum, November 19, at the Waskatenau Community Hall. This annual event, sponsored by ATCO Electric, provided an opportunity for leaders and members to share information and experiences during a number of morning sessions. Topics such as personality profiles, farm safety, public speaking, presentations, and fun and games kept all those attending interested.

During the recognition banquet, the Northeast regional council recognized the outstanding contributions made by several individuals throughout this past year:

- Nine senior members received the Platinum Award of Excellence, the highest member award granted in the Alberta 4-H program.
- Leadership pins were presented to 31 leaders for three years of service, 29 leaders received the pin and certificate for 5 years of service, 7 leaders were recognized for 10 years, and 2 long time leaders were presented with pins and certificates for 15 years of service.
- Project Book winners were recognized for their thorough and accurate record keeping skills.

In addition, one special person, Ms. Debbie McMann of Innisfree, was presented with the 2005 Award of Distinction for her contributions at a local, district and regional level. Supported by her nominators of the Minburn District, along with her family and friends, Debbie was acknowledged for her outstanding devotion and dedication to the 4-H program.

A huge note of thanks to the organizing committee from the Smoky Lake District, the enthusiasm and 4-H spirit from such a small group produced fantastic results. 🌿

Fall Fling – Young and Alive in 2005!

Enthusiasm was high and excitement filled the air when over 100 junior members from across the Northeast region gather in Vegreville for the annual Fall Fling junior camp on December 2 - 3. This was the first taste of

Word Search

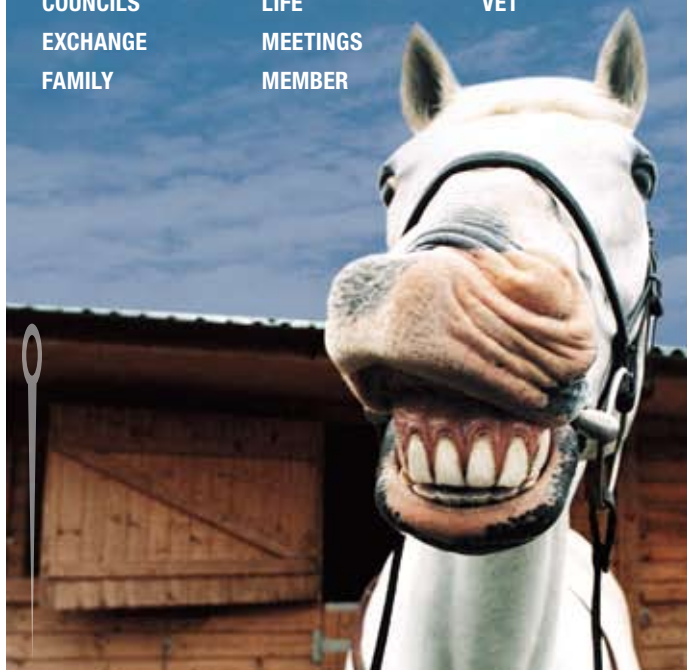
See if you can find the 4-H words hidden below!

C A E G E R F C C S W S G S R
U O O C E E O A G C C Q N P E
T K M B N U V N M H B C I E D
R R M P N E I I O I L A H A A
L E A C U T I L T O L M T K E
M I I E E T A C V O V Y O I L
R L F E H R E E S E M O L N D
S F M E S S R R T I A O C G Z
P U M H N A M S R O O D T U O
F N I E X C H A N G E P N U S
C P S D N E I R F S N L R Y A
S H S D N A H J P W T E A Q C
O S K I L L S M F S T D E G J
C A T S Y I A B N Z D G L C F
Q A Y P E C S K V O L E V Y I

AUTOMOTIVE
CAMPS
CATS
CLOTHING
CLOVER
COMPUTER
COUNCILS
EXCHANGE
FAMILY

FRIENDS
FUN
HANDS
HEART
LEADER
LEARN
LIFE
MEETINGS
MEMBER

OUTDOORSMAN
PLEDGE
SCHOLARSHIPS
SCIENCE
SKILLS
SPEAKING
VET



camp for many 4-H members, and being just overnight provided the opportunity to meet friends and take part in fun activities and not be away from home for too long. Highlights of this year's program included an exploring 4-H session, a variety of creative sessions, and recreational activities. Thank you to the fabulous junior staff that volunteered their time, and of course the Minburn District Committee Members that put tireless hours of planning into the program. 🌿

4-H Website Updates

Alberta 4-H is very fortunate to have access to a terrific website (www.4h.ab.ca) that provides leaders, members and interested persons fabulous information and resources. Next time you visit the 4-H website be sure to look up what is happening in the Northeast region, by clicking on 'Northeast' listed under the 'Regional Info' heading. This will give you access to regional applications, contests, upcoming deadlines, 4-H email reminders, newsletters, contact information and much more. Be sure to keep in touch! 🌿

Upcoming Deadlines

You be the judge (February 11, 2006) – The Mannville 4-H Multi Club will host this one-day event to prepare members for judging multi-species. For more information contact your 4-H leader, or call the 4-H office in Vermilion.

Regional Communications Competition (March 11, 2006) – The Bonnyville District will host this year's competition. All first place district speakers in both the public speak-

ing and presentations categories will be eligible to advance to this competition.

Western Canadian Judging Competition (March 17, 2006) – Held at the Lakeland College Vermilion Campus, this annual judging competition is a great opportunity for both training and competition.

Spring Fling (March 31 – April 11, 2006) – Calling all intermediate members looking for fun, friendship and a night away from home! This terrific spring event will be hosted by the Wainwright District. Keep your eyes open for more information, or obtain a copy of the application from the 4-H website (www.4h.ab.ca) sometime in the New Year. 🌿

North West Region

4-H Key Members

BY JOCELYN MCKINNON
4-H SPECIALIST

Six senior members have stepped forward as the first key members in the Northwest Region. They are eager to meet members in their district, share their 4-H experiences, participate in district events and visit 4-H clubs. Key Members are: Jessica Rempel, Lac Ste Anne; Becky Zadunayski, Westlock; Lauren Hennig, Strathcona; Marcy Belva, Drayton Valley; and Andrea Becker, Yellowhead. 🌿

4-H Key Leaders

4-H Key Leaders are selected by their district councils to act as resources to leaders and district committees in their district. New club leaders can also call upon them with club related questions, and are encouraged to attend the Level One Leader Workshops, presented by Key Leaders, at district events.

This year's Northwest 4-H Key Leaders are: Bert Botten, Athabasca; Judy and George Andrews, Barrhead; Deanne Young, Drayton Valley; Olga Beniuk, Evansburg; Trisha French, Lac Ste Anne; Elsie Fehlauer and Judith Leitch, Leduc; Kristine Hansen and Geraldine Hoffman, Parkland; Helen Andrews and Flossie Bodell, Strathcona; Leona Petherbridge, Sturgeon; Linda Halun, Thorhild; Bertha Kasbohm, Westlock; and Diane Wigley, Yellowhead. If you need assistance, please give them a call, as they are more than happy to help. 🌱

Frosty Fun Weekend

Northwest and Northeast 4-H members 14 years of age and older are invited to register for the Frosty Fun Weekend, held February 17 to 19, 2006 at Camp Encounter. Members will experience outdoor fun, learn some more about 4-H opportunities, and meet new friends.

FUN FACT

A hippopotamus has a stomach 10 feet long, capable of holding 6 bushels of grass.

The Northwest 4-H Alumni organizes a great program each year and would like to see a full camp. Registration forms will be sent to clubs in December. Members can also get the form on the website (www.4h.ab.ca) by clicking on 'Northwest' found under the heading 'Regional Info'. 🌱

Northwest Grants

The Northwest Region offers clubs and councils money to be put towards activities related to safety. Whether your club needs a first aid kit, is planning a safety workshop, or is developing information on a safety related topic, apply for some support funding.

Applications are due twice per year, November 1 and February 15.

Some of the Safety Fund money goes towards three scholarships awarded annually to Northwest 4-H members in their second year or beyond of post secondary study. Applications are available through the Provincial Scholarship Program with the addition of an original short essay on a safety topic. 🌱

Regional Public Speaking and Presentations Competitions

The Evansburg District will host the west half presentations competition, and the Athabasca District will host the east half. A few weeks later on March 11, the Yellowhead District will host the west half regional public speaking competition,

and the Westlock District will host the east half. Plan to attend these entertaining contests. 🌱

Focus on 4-H

Approximately 30 members and leaders met October 20 to discuss ideas for the Focus on 4-H Program. The committee felt after seven years of running the program, it was time to review the direction as participation was decreasing in some areas of the program.

The group discussed what could bring people to Focus on 4-H. One idea was to introduce a general event that would involve all the members from all projects, so everyone could meet others. The 2006 Focus on 4-H event is yet to be organized. Members and leaders will be asked for their input in planning, organizing and attending this event. Programs will be distributed in early February. 🌱

Peace Region

Fall 4-H Leader's Forum

BY STACY MURRAY

The 8th Annual Fall 4-H Leader's Forum was held September 10. Attended by 30+ leaders from around the region, it was an excellent opportunity for leaders to meet, discuss, share ideas, ask questions and take part in some training. Club start-up packages were also distributed at this time. Thanks to all those who attended, and a special thanks to ATCO Electric who sponsors this event each year. 🌱

Livestock Handling Workshops

The region held two workshops this year. Initial reports indicate that both were well attended and that they were well received once again. We look forward to this partnership continuing.

Programs

Planning is underway for our three major winter programs: Frosty Fest (Nov 26), Regional Multi-Species Judging (Jan 28 tent), and the regional Winter Camp (Feb 3-5). These programs are generally well attended and enjoyed by all. If you are interested in helping out with any of the programs, please contact the Peace 4-H Office.

For a list of all regional and provincial programs, check out the program booklet (in the center of this magazine, or visit the 4-H website (www.4h.ab.ca). If you can't find what you're looking for, call the office in Fairview and we'll try to get one to you. 🌱

Scholarship Winners

Congratulations to the 13 members from our region who won provincial 4-H scholarships: Jarrett Batt, Lindsay Garberg, Greg Hearn, Fritz Hostettler, Christa Hostettler, Jilynn Kamieniecki, Keith King, Jenna Mitchell, Laura Polasek, Caitlin Ridley, Leah Sallis, Jana Ungarian, and Candace Yanishewski. All the best with your studies!

In addition, four regional scholarships and 10 bursaries will be awarded at the end of November. 🌱

FOR WORK OR PLAY



Lammle's Western Wear is pleased to offer 4-H members a discount of 10% off sale and regular priced items, including saddles (excluding advertised sale items).

If your club needs shirts, jeans, hats, boots, or tack we can help you. Bulk buy special prices available for 4-H clubs! Contact your local store manager for details.

Special Shopping Nights for 4-H

Lammle's would be proud to hold a special shopping night for you and your local clubs...

*Special one time discounts available...
Contact your local Lammle's store for details.*

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4-H Foundation of Alberta

EnCana, WPCA and 4-H Partnership

BY BRUCE BANKS

4-H FOUNDATION OF ALBERTA

This past summer, 4-H groups from across the province took part in an excellent fundraising opportunity offered by EnCana. EnCana sponsored the World Professional Chuckwagon Association (WPCA) Benevolent Souvenir Trailer, which appeared at each of the WPCA shows. 4-H members provided assistance each day selling souvenirs, and passing out information about 4-H, EnCana and the WPCA to individuals in attendance.

4-H groups also had the opportunity to host an EnCana BBQ. The BBQ's were held the opening night of each of the selected WPCA shows, where members assisted with venue setup, hosting and cleanup. EnCana purchased Focus on 4-H cookbooks, and 4-H photo albums for the BBQ's as prizes for their guests in attendance. EnCana and WPCA also provided hoodies and t-shirts to all 4-H members that assisted with the Souvenir Trailer and BBQ's.

In addition, 4-H Ambassadors raised funds for the WPCA Benevolent Fund and Ambassador activities. They operated the 50/50 draw each day of the World Professional Chuckwagon Association Finals held in Red Deer. Ambassadors did a super job for 4-H and the WPCA Benevolent Fund.

In total, 15 4-H groups from Grande Prairie, Medicine Hat, Lethbridge, High River, Ponoka, Edmonton, Strathmore, Drumheller, Dawson Creek and Red Deer took part in these events.

Through this project, 4-H received over \$50,000 of fundraising opportunities, an opportunity to improve communication skills, and provide a four-month summer job for one of our former 4-H'ers. Carmen Stone, operated the WPCA merchandise trailer as her summer job, coordinated 4-H groups for the trailer and BBQ's, and assisted in enhancing the partnership between EnCana, WPCA and Alberta 4-H.

We would like to thank Florence Murphy, Mary Ann Steen and their team from EnCana Corporation; Rosemarie Enslin and Peter Murphy from the Enslin Group; and Steve Fountain, WPCA directors and staff who went out of their way to insure we

felt part of the team. We would also like to thank Chad Harden and Rick Fraser, two chuckwagon drivers that assisted with the trail 4-H mentorship program in which 4-H members spent a day with their respective chuckwagon families in Medicine Hat, Dawson Creek and Red Deer.

On behalf of Alberta and British Columbia 4-H, we would like to extend our thanks to EnCana Corporation and the World Professional Chuckwagon Association. We look forward to working with both organizations again in 2006. 🌱



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

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New 2006 items are available for viewing on the 4-H website (www.4h.ab.ca)

PHONE: (780) 682.2153 FAX: (780) 682.3784 E-MAIL: FOUNDATION@4HAB.COM

| | | |
|------------|------|---------------|
| Club Name: | | Club Contact: |
| Address: | | Postal Code: |
| Phone: | Fax: | E-mail: |

| CODE | ITEMS (AS OF JANUARY 1, 2005) | PRICE | QTY. | \$ AMOUNT |
|--------|---|---------|------|-----------|
| 05-001 | Sports Bag | \$40.00 | | |
| 01-009 | Soft Sided Brief Case with Shoulder Strap (Green) | \$37.00 | | |
| 01-008 | Large 4-H Hard Cover Zipper Portfolio (11" x 14") | \$30.00 | | |
| 99-003 | 4-H Zipper Organizer – 5" x 7" | \$15.00 | | |
| 98-022 | Judging Bi-Fold Clipboard (green only) | \$7.00 | | |
| 04-001 | 14 oz. Thermal Mug (Green) | \$7.00 | | |
| 02-002 | Stainless Steel Thermal Mug | \$15.00 | | |
| 01-002 | 10 oz. Clear Glass Coffee Mug | \$6.00 | | |
| 01-003 | Set of 6 – 10 oz. Glass Coffee Mugs (not shown) | \$30.00 | | |
| 04-002 | 34 oz. Green Water Bottle | \$10.00 | | |
| 02-004 | 2 Tone Satin/Nickel Picture Frame 5" x 7" Qty. Each [] Portrait [] Landscape | \$28.00 | | |
| 05-002 | Photo Frame/ Album (holds 100 photos) | \$28.00 | | |
| 02-007 | Alberta 4-H Council Pin | \$3.00 | | |
| 03-004 | PVC Cleaver the Beaver Key tag | \$5.00 | | |
| 03-005 | Key Chain with Plastic Tag (Cleaver the Beaver) | \$3.00 | | |
| 02-005 | Green Pen & Pencil set with Gift Box | \$12.00 | | |
| 01-005 | Thank-You Pen Qty. Each (Green only) | \$10.00 | | |
| 01-007 | Pen Gift Box (For Thank-You Pens) | \$2.00 | | |
| 05-001 | Cleaver the Beaver Beanie Baby | \$10.00 | | |
| 05-003 | Ariel Ball Point Pen | \$1.00 | | |
| 05-003 | Wood Pencils | \$1.00 | | |
| 05-004 | Rubber Eraser (White) | \$1.00 | | |
| 02-001 | Calculator | \$8.00 | | |
| 03-001 | Clip Stop Watch | \$12.00 | | |
| 03-002 | Travel Alarm Clock with Calendar and Calculator | \$18.00 | | |
| 05-005 | Pocket Tool | \$8.00 | | |
| 01-011 | Reprint of 4-H Favorites Cookbook (Limited Quantities) | \$18.00 | | |
| 03-003 | Family Treasures A Century of 4-H NEW cookbook | \$22.00 | | |
| 01-012 | Hormel Calculators | \$25.00 | | |
| 02-008 | Spur of the Moment - Ben Crane Western Artist book | \$22.00 | | |
| | Please enclose Cheque, Money Order or Visa/Mastercard with order. Please add a shipping cost of \$10.00 for orders that require mail delivery. (Does not apply to pick up orders) | \$10.00 | | |

RECEIPT

| | | |
|--|---|------------------|
| Date Ordered: | Date Required: | GST # 108238130 |
| | | AMOUNT \$ |
| <input type="radio"/> Cash <input type="radio"/> Debit Card <input type="radio"/> Cheque <input type="radio"/> Money order <input type="radio"/> Charge Card | | |
| Cheque number: | | |
| Name on card: | <input type="radio"/> Visa <input type="radio"/> Mastercard | |
| Card number: | Expiry: | |
| Customer Signature: | | |

FUN AND GAMES

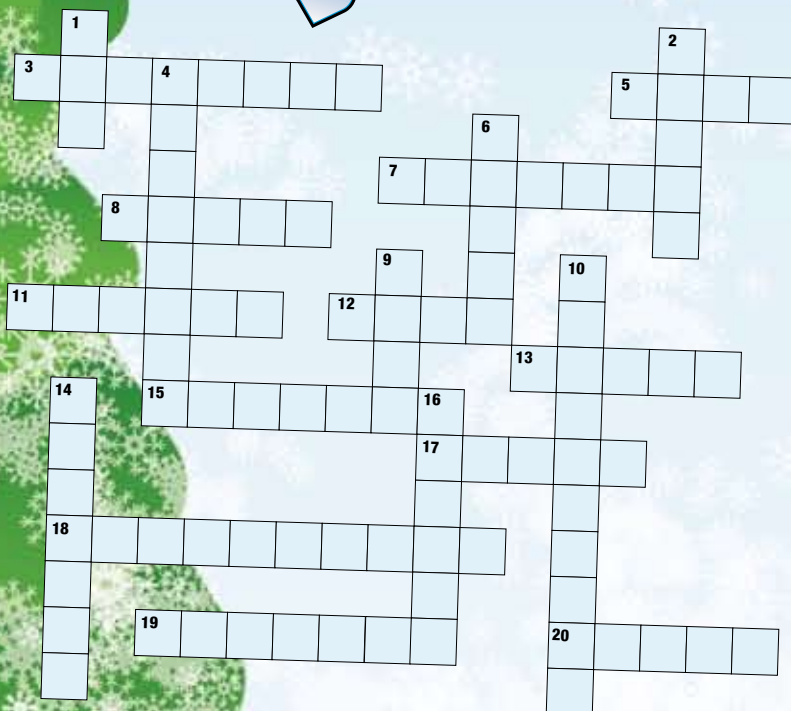
BEGINNER SNOW MAZE

start



finish

VALENTINES CROSSWORD



ACROSS

3. Love month
5. A Valentines color
7. Arrangement of flowers
8. Sweet Confection
11. Vivid and emotional rhyming compositions
12. State of mind
13. Most popular symbol for love
15. Pairs
17. Color of purity and innocence
18. Sweet cocoa candies
19. Colorful blossoms
20. Love flowers, usually come in a dozen

DOWN

1. Colour of love
2. Presents
4. Displaying or expressing love
6. Guys with a bow and love arrows
9. Deep feeling of affection
10. Term of endearment meaning "one who is loved"
14. Moving rhythmically to music
16. Sugary treats

WORD BANK: BOUQUET, CANDY, CHOCOLATES, COUPLES, CUPID, DANCING, FEBRUARY, FLOWERS, GIFT, HEART, LOVE, MOOD, PINK, POETRY, RED, ROMANTIC, ROSES, SWEETHEART, SWEETS, WHITE.

Jokes

What clothing does a house wear?
A dress

What kind of ties can't you wear?
Railroad ties

What kind of driver doesn't have a license?
A screwdriver

What kind of can never needs a can opener?
A pelican

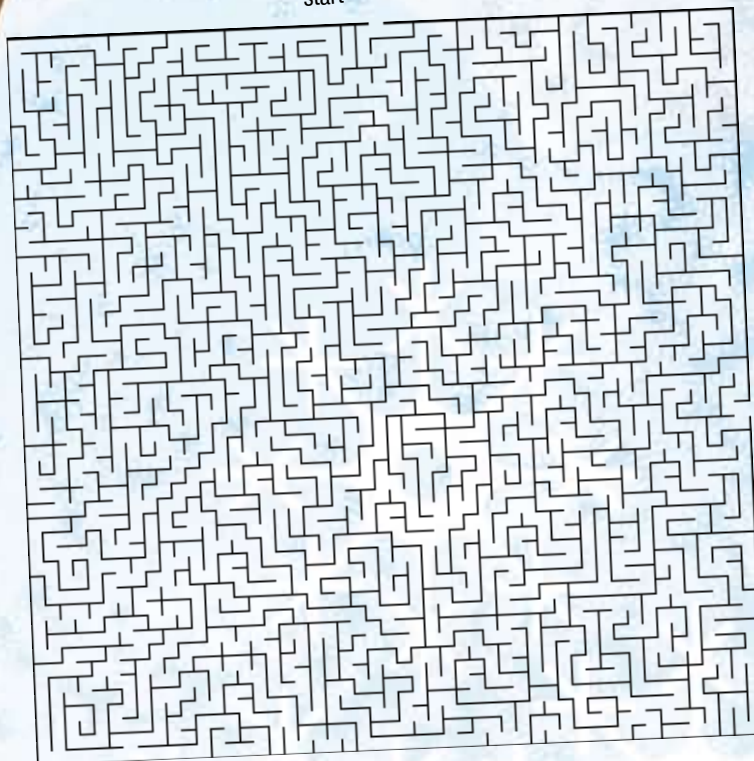
What do mechanics charge to fix tires?
A flat rate

What gets wetter and wetter the more it dries?
A towel

What can you catch but not throw?
A cold

ADVANCED SNOW MAZE

start



finish

FIND THE NEEDLE

Can find all 5 needles in the magazine?

Look for them in photos and articles!

DECODE THE MESSAGE

| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
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Travel & Exchange

My Trip to Nova Scotia

BY JOCELYN BENIUK

4-H MEMBER

Hi my name is Jocelyn Beniuk, I recently participated in the Royal Bank Inter-Provincial Exchange this summer with my new friend Melissa Yorke from Nova Scotia. We had a wonderful time together and it was all thanks to 4-H and the Royal Bank.

During Melissa's stay here in Alberta, I showed her the many lakes that surround my hometown. We swam in at least five different lakes when she was here and she couldn't believe how different each one was or how much warmer it was than the ocean. We also took a trip down to Jasper to see the hot springs, the Rockies and the Columbia Ice fields. Let's just say Melissa was in a state of awe. We also enjoyed some traditional Ukrainian food and toured the Lac La Biche Mission, Sir Winston Churchill Park and the Lebanese Mosque. In addition, we went to a Roller Rink, Jubilations Dinner theatre and West Edmonton Mall.

One thing that shocked me about Melissa was that she had never gone fishing before. I guess it was just one of those stereotypes. I always thought that if you're from the Atlantic Provinces you must have gone fishing. But seeing as how she never been I took her out and she ended up catching an average sized walleye.

Then it was my turn to venture east. In Nova Scotia we toured the Halifax Citadel, the provincial building and the Halifax Harbor. I even got to see the famous Theo-

dore the Tug Boat from a kid's show I use to watch back when I was little. Melissa's family and I also went whale watching at Peggy's Cove, but the whales wouldn't come out and play. We did however see a school of dolphins, harbor seals and a cutie seabird called a Puffin. I also was able to swim in the Atlantic Ocean, lay on some gorgeous beaches, see the Bay of Fundy at high tide and at low tide. It's just breathtaking to see the difference between the tides. We also enjoyed a lobster supper with additional seafood like mussels and scallops in PEI. Furthermore, I was interested to learn Tug-of-War is an intense sport and most clubs have a team. They compete with clubs at their local Exhibitions and the winner goes onto what's called Pro Show. I attend Melissa's clubs tug-of-war practice and I was amazed by the rules and the different strategies that go into the sport.

As you can see I had a wonderful time on this Exchange. I learned more about my fellow Canadians and about myself as well. I hope next year the delegate who's lucky enough to go to Nova Scotia has as much fun as I did. 🍀

FUN FACT

Sea otters inhabit water but never get wet because they have two coats of fur.



NILE 2005 Team (L to R) Aaron Birch, Lucas Grover, Kelly Dawn Clarahan, Kristin Miller

NILE Judging Trip

BY NILE TRIP RECIPIENTS

Hello, this is Kristin Miller, Kelly-Dawn Clarahan, Lucas Grover and Aaron Birch and we represented Alberta at the Northern International Livestock Exposition Judging Seminar in Billings Montana, October 9-13. To qualify for this trip we competed in the Provincial Judging Competition held in Olds this past August.

We all began this adventure on a sunny Sunday morning. We headed by van for Montana with our chaperones Janet Kerr and Daphne Schnurer. Our first stop was at customs, where Daphne and Janet assured us that it would be a breeze to get across as probably only Janet, our driver, would have to show ID before we would be on our way. It was a sur-

prise when all of us had to hand over our ID. As if that wasn't enough, our van had to be pulled around to the side and our papers and Janet had to be taken inside and questioned. After a few minutes of wondering what had happened to Janet, she reappeared and we were back on our way.

The first night was spent in Great Falls and in the morning we were on our way to Billings, Montana. This seemed to take ages. As we were really in no hurry, we all decided to take the scenic route. The first half an hour was nice and looking at new scenery was interesting, but the landscape didn't seem to change much overall. So this was the perfect time to catch up on sleep.

Later that day we visited the historic Custer's Last Stand Battlefield at Little Bighorn. It was very educational and interesting, but there were hazards of which many of us were unaware of until there was rustling in the tall grass. Apparently Montana has rattlesnakes, and when a rustling started not far from the trail we were on, some of us got a little worried (Kelly). Luckily it was just a helpless bunny.

We were all bright eyed and bushy tailed at 7:30 in the morning on the day that judging began. We were split into groups to judge three classes of sheep, three classes of swine and four beef classes. Much to the dismay of Lucas and Kelly, there were no horse classes. Judging was finished at 1:00 pm with awards beginning at 4:00. There were 400 competitors, which made up three divisions. We finished 8th in beef and overall oral reasons, and 15th overall as a team. Aaron was 24th in overall beef and Kelly-Dawn was 13th overall in oral reasons.

On the way home, we stopped at Great Falls. It was Kristin's 19th birthday, so to celebrate Janet tracked down some cookies and water and we all joined in to sing Kristin an off tune Happy Birthday. It was a great way to end an awesome trip. The last night we stayed in Shelby and were off in the morning for an early arrival home.

All of us would like to thank our sponsor ATB Financial for covering the costs of the trip and our chaperones Janet and Daphne for taking such good care of us. It wouldn't have been as fun without you two. We all had a great time and would recommend this trip to anyone who is interested in judging. 🍀



Provost District 4-H Exchange

On June 30, 2005, Bailey Almberg, Breanne Barnes, Shelby Froland, Josie Hahn, Rachel Hobbs, T.J. Holte, Megan Read, Tevis Shirtliffe, Davy Smith, Tommy Turner along with our chaperone, Allen Hobbs started our exchange trip to Ontario. We were introduced to our host group when we arrived in Toronto and continued from there to Barrie, about one and a half hours northwest of Toronto. Most of us stayed at Dairy farms between Lake Simcoe and Georgian Bay.

We learned how to milk cows, and grow corn and soybeans. One evening we met many 4-H members and families at an area dairy twilight meeting where we participated in a dairy cow judging competition with Jersey cows. Some of our group even won prizes! One of the highlights was a trip to Ottawa where we toured the Diefenbunker (built in 1960 to house Canadian leaders in case of an attack), Parliament buildings, Rideau Canal and Lockes, Ottawa River, Aviation Museum, Ottawa

University, Hershey Chocolate Factory, and Wheelers Maple Syrup Museum. We also visited the CN tower in Toronto and Niagara Falls.

Our host families put a lot of time and money into entertaining our group and it was most appreciated. After 10 days, it was time to depart for home where we prepared for Ontario's trip to Alberta.

There were many happy faces when the Ontario group arrived in Amisk to meet their host families on July 21. Activities that we planned for them included trips to the Royal Tyrell Museum, Banff Cave and Basin, Bow Falls, Downtown Banff, Lake Louise, Columbia Icefields, Jasper Tramway, Miette Hot-springs and West Edmonton Mall. We also organized day activities in our area including branding calves at the Smiths, touring the Veteran Hutterite Colony, touring the Ranchers Beef Feedlot north of Czar, and a trail ride complete with two teams and wagons at Czar Lake. Our 4-H Dis-

trict gathered for a potluck supper and games to complete the day. In addition, we took in the Castor Rodeo, and some families attended the Vermillion fair, while others went to Strathmore Heritage Days for the Pro Rodeo and Wagon Races.

On July 31, we said our good-byes, and drove the Ontario delegates back to the airport. Our 4-H members made many new friends, experienced many new things, and gained memories to last a lifetime.

We took part in this great opportunity through Connections Canada. It is a wonderful way for young people to have a fun learning experience. We would like to thank our sponsors: Ag Societies, Private Businesses and individuals who made this exchange possible, and all who supported our fundraising activities. Without financial assistance, these trips wouldn't be possible. Thank you to all who donated time, money, and advice to make this adventure successful. 🍀

Awards, Scholarships & Grants

Alberta 4-H Award of Excellence

BY HENRY WIEGMAN

4-H SPECIALIST & SPONSOR LIAISON

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

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

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

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



Math on the Ranch: 2x2 = 4-H

Kyle Schole, a 4-H member from Pickardville, was the individual entry winner for the Crazy for Math Contest. Kyle used his 4-H experience (relating to the math required in beef record books) to enter an on-line contest (www.crazyformath.com) that his teacher told him about.

In his entry, Kyle identifies filling out 4-H record books as a great way to practice math. "I have to measure my steer's heart girth with a tape, fill in charts, tables and graphs with the weight and cost of his feed each day, and total those amounts before using division to figure out things like his rate of gain per day and if I've made any profit after I sell him," he comments. "In this way, I get practice on charts, diagrams, graphs, and all kinds of math operations (adding, subtraction, multiplication and division)."

Congratulations Kyle. We hope that you enjoy the prizes you received as a result. ♣

Scholarships

Provincial 4-H Scholarship Program

107 past and present senior 4-H members have started or returned to their college or University with a little bit thicker pockets. Thanks to the generous support of 50 sponsors, members received scholarships (ranging from \$200 to \$1,500) totaling \$71,065 through the Alberta 4-H Scholarship Program. In 2005, 52 percent of applicants received a scholarship.

Regional breakdown of recipients is as follows:

South - 12 out of 35 (34%) applicants were awarded scholarships totaling \$8,675.

Calgary - 9 out of 30 (30%) applicants were awarded scholarships totaling \$6,100.

West Central - 19 out of 36 (53%) applicants were awarded scholarships totaling \$13,620.

East Central - 7 out of 16 (44%) applicants were awarded scholarships totaling \$5,150.

Northeast - 16 out of 28 (57%) applicants were awarded scholarships totaling \$9,775.

Northwest - 31 out of 45 (69%) applicants were awarded scholarships totaling \$19,595.

Peace - 13 out of 16 (81%) applicants were awarded scholarships totaling \$8,150.

For a complete list of scholarship winners, visit the Alberta 4-H website (www.4h.ab.ca). 2006 application forms will be available on-line in mid February. Application deadline is May 5.

New Scholarships

Alberta 4-H is pleased to welcome Tronix Systems Ltd. on board with the Alberta 4-H Scholarship program. Tronix Systems will be contributing two \$500 scholarships annually starting in 2006.

Students enrolled in an Agri-Business or Ag related field (Ag retail preferred) are eligible for the Tronix Systems Ltd. 4-H Scholarship. Recipients must show leadership, community involvement and outstanding 4-H and extracurricular achievements, have an academic average of 80% or higher in their last year of high school, college or university, and have a minimum of three years 4-H experience.

ATB Financial®



Tronia Systems Ltd. has specialized in technology solutions for the Ag-Retail industry since 1986. Their product has established itself as the leading custom software solution preferred by independent Ag retail outlets across Canada. Their solution is flexible in that it is used by all sizes of companies, as a full system or as a front end to corporate database, both in Canada and in the United States. To learn more about Tronia Systems, visit www.tronia.com 🌱

4-H Members Receive Spirit of the Future Awards

Brianne Bergerud of Edgerton, Chris Lindeman of Milk River, and Ashley Pearson of Calmar, were three of 30 recipients to receive Shell's Spirit of the Future Awards.

Each Spirit of the Future Award winner will receive a \$5,000 scholarship from Shell towards their post-secondary education. Shell will also contribute \$5,000 to the not-for-profit organization

with which each winner volunteers. Winners also appeared in their own television vignette that broadcasted across Alberta on Global Television. Shell Canada teamed up with Global Television to present the awards.

"These exceptional young men and women not only represent all corners of Alberta and everywhere in between, they also represent the future of our province," says Premier Ralph Klein. "Each has an individual story, a personal reason for volunteering and a strong idea of how they want to contribute to Alberta's success as the province moves into its next 100 years."

Shell's Spirit of the Future Awards is an Alberta-wide program that recognizes

FUN FACT

The aardvark has such a well-developed sense of hearing, it can detect and locate distant ants on a night time march.

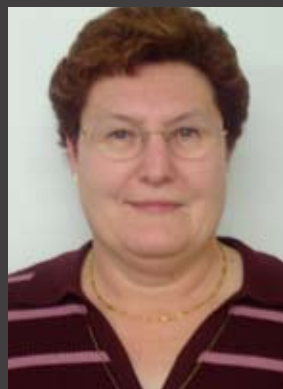
young Albertans, ages 16 to 25, who are contributing to the province's future through their education and volunteer pursuits. The 30 winners, each exemplifying

the province's volunteer spirit, were selected by a committee of representatives from Alberta's business, government and not-for-profit sectors. 🌱

Hall of Fame Inductees

Alberta 4-H is pleased to announce the induction of Carol Arntzen of Sedgewick and Carole Tkach of Coronation into the Alberta 4-H Volunteer Hall of Fame.

Both Arntzen and Tkach are Key Leaders in their districts and have been actively involved at the local and provincial level of 4-H.



Carol Arntzen has been a leader with 4-H since 1972 and was a member of the Provincial 4-H Council from 1974 to 1982. Her family received the Farm Family Award in 1977, and she received the 4-H East Central Award of Distinction in 1989. She is currently the 4-H Key Leader for the Flagstaff District. Both of her children were also 4-H members.



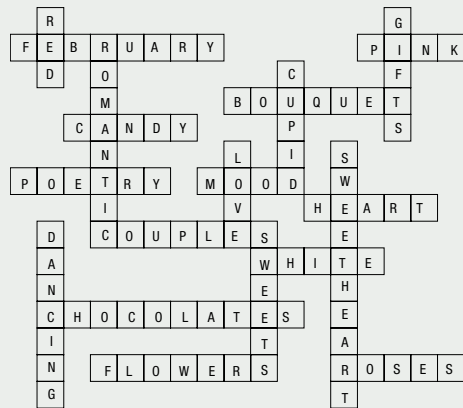
Carole Tkach has been involved with 4-H for more than 20 years and has been leader of the Coronation Beef Club since 1981. She has been active on the local and provincial front and was awarded the East Central Award of Distinction in 2000 for her 4-H involvement. In 1992, Tkach was also honoured as the Coronation Citizen of the Year for her community service. All three of her children were also active in the 4-H program.

Arntzen and Tkach join the ranks of 61 Alberta volunteers inducted to the Alberta 4-H Hall of Fame since it began in 1971. Each inductee made outstanding contributions to the 4-H program development and/or its members and leadership. They will be officially honoured at the annual 4-H Leaders' Conference in Red Deer, January 14, 2006.

The deadline for Hall of Fame applications is June 15 of each year. For more information on the nomination process, look under the 'Applications/Forms' section of the Alberta 4-H website (www.4h.ab.ca).

FUN AND GAMES ANSWERS

VALENTINES CROSSWORD PUZZLE



DECODE THE MESSAGE

Answer: Get involved. It is the best way to learn and grow.

Sponsors

Camp-In at the Royal Tyrrell Museum!

The Royal Tyrrell Museum in Drumheller invites you to come “Snore with a Dinosaur” this spring. With exclusive nights available for 4-H members, this overnight package features ‘Learn to Do by Doing’ activities including digging for dinosaur fossils, hands-on casting of a Museum fossil, interacting with Britney the boa constrictor from Reptile World, and much more.

One of the true highlights of this overnight adventure is camping in the world-renowned Dinosaur Hall, with 40 dinosaur skeletons just a few feet away! This is your chance to sleep under Albertosaurus, Triceratops, or one of the biggest meat-eaters of them all, T. rex! After breakfast the next day, you're free to explore the wonders of ancient life in the Museum's galleries. A true prehistoric adventure for 4-H members



and their families – package includes supper, all activities, program materials, evening snack, breakfast, and admission to the Museum.

For more information on this special Camp-In Program, including costs and dates, click on the ‘Special Offers’ page, located under the heading ‘News/Events’ of the Alberta 4-H website (www.4h.ab.ca). 🌿



AMA Insurance Believes in 4-H

Here's why!

“Thanks so much for sponsoring Club Week. AMA's support allows 4-H youth to turn into amazing leaders.” – Jessica

“As I gain 4-H experience, I am beginning to realize the huge part AMA plays in Alberta youth. Thank you for being a part of the 4-H program.” – Mark

“By attending the Leaders Conference, I gained new ideas, shared experiences and have renewed enthusiasm and energy for my community. Thank you AMA for making this week possible.” – Gail

We've been partners for seven years in a row now, supporting programs such as the 4-H Annual Leaders Conference, the Provincial Beef Heifer Show, Club Week and People Developing People. And this year the Alberta Motor Association Insurance Company is again proud to be a major 4-H program sponsor. Really that's no surprise, since AMA Insurance shares the same core values as 4-H: encouraging the personal growth and development of rural youth through community service.

AMA's sponsorship of programs such as 4-H is our way of giving something back to the communities we have been part of since 1926. In AMA's earliest days, our members often relied on the goodwill and heavy equipment of farmers to help pull their stranded vehicles from ditches. Today, AMA returns the favor by pulling for Alberta's farmers with specialized support. For example, at our rural members' request, AMA began to offer farm insurance services in 1997, to protect their livestock, farm vehicles, outbuildings and homes.

Today AMA remains members helping members, Albertans helping Albertans. It's our roots, our ongoing commitment and our future. And it's why we believe in and are proud to support the 8,000-plus members of 4-H. Let's keep “learning by doing” together. 🌿



Club & District Articles



Bow River Riders 4-H Light Horse Club

BY JESSE BARON
4-H MEMBER

The Bow River Riders 4-H Light Horse Club kept busy during the 2004-2005 4-H year. Activities we participated in included Regional All Species Judging, public speaking, Achievement Day, and the club wind-up, at the home of Dick and Ronnie Vossepoel, where we had a year end trail ride and awards banquet. Some members of our club also attended the 11th Annual Horse Classic where they learned valuable and important skills needed when working in the horse industry.

Our club also helped at the Newell District Jr. Council Auction in which club and district members worked extremely hard to pull off the event. In the end it was well worth it as we used the money raised to send all members from the Newell District

to the Calgary Stampede to participate in a full day of learning, fun and cheering on fellow 4-H members.

This year we received leather embroidered jackets with our names and club name. The Bow River Riders 4-H Light Horse club would like to thank the parents and leaders that helped this year go smoothly and for making 4-H so much fun to belong to! 🌿

Readymade 4-H Beef Club

BY JOANNA KROKOSH
4-H MEMBER

October 4, 2005 began our new year for the Readymade 4-H Beef Club. With more new members again this year, we offer a new learning opportunity: the Parliamentary position, will be added to our executive. The responsibilities of this position will be to know the proper parliamentary procedures to run a meeting, and to ensure these are followed.

Along with the pleasure of welcoming new members comes the sad job of saying

goodbye to old ones. Roberta Templeton completed her final year and is now taking animal science at the University of Saskatchewan. We wish her all the best.

After a lively round of democratic voting at our meeting, our club executive for the upcoming year were elected as follows: Leader - Carolyn Templeton; Junior Leader - Brent Nicol; President - Shane Jarosky; Vice President - Renae Laturnus; Secretary - Colton Bodie; Treasurer - Chelsey Penner; Club Reporter - Joanna Krokosh; Historian - Jillian Krokosh; Parliamentary - Blaine Klassen; and District Reps - Shane Jarosky and Brent Nicol.

We also heard reports from members who enjoyed a fun filled summer at 4-H camps and trips. Brent Nicol enjoyed the North West Territories Trip, Colton Bodie and Jocelyn Templeton attended PDP, Shane Jarosky and Renae Laturnus enjoyed Club Week, and

Rosie Templeton, Ty Jarosky, Justin Sugimoto, Joanna Krokosh and Jillian Krokosh all had a great time at Elkwater 4-H camp.

Good luck to all my fellow members in finding that perfect calf! 🌿

Lone Butte 4-H Club

We have started another year and held elections. Our new executive are: President - Jesse Trout; Vice President - Darren Blake; Secretary - Lorissa Blake; and Treasurer - Leanne Crowle.

On November 11, some of our members attended the 4-H Rally in Oyen, and our weigh-in was held on November 16. This year, we are planning to raise funds by collecting used oil filters, tires, and cultivator shovels. We will be putting up posters to let people know who to call for pickup. We are also putting a float in the Hanna Lite-up Parade.

Have a great year in 4-H and remember to 'Learn to do by Doing'. 🌿

FUN FACT

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(L to R) Jack Rehill, Mason Earle and Bruce Banks

Vermilion 4-H Sheep Club Achievement Day

SARAH MCCRAE

4-H MEMBER

The Vermilion 4-H Sheep Club held their annual 4-H Achievement Day on July 26, 2005. We had perfect weather for the day and were honored to have Bruce Banks from the 4-H Foundation of Alberta, and our new Northeast Regional 4-H Specialist, Leila Hickman in attendance. Global TV was also on hand to tape some pieces of our Achievement Day to acknowledge Brianne Bergerud for receiving the Shell Spirit of the Future Scholarship.

The Vermilion 4-H Sheep Club was the recipient of a special award sponsored by UFA. Jack Rehill, the manager of our local UFA store, presented Mason Earle, our club President, with a \$200 cheque for the promotion of our Achievement Day. We applied for this grant through the 4-H Foundation of Alberta and were fortunate to receive a special bonus of \$100 for our creative promotion of our club's Achievement Day. We held a challenge in which Myles Fullmer was the winner of our "Guess the Weight of the Ewe" contest with an exact guess of 175 pounds.

The Vermilion show started at about 3:30 p.m. Grand Champion Market Lamb went to Matthew McCrae, and Reserve Champion Market Lamb went to Mason Earle. The most exciting part of our Achievement Day this year was the "Lead a Lamb" class. 11 very enthusiastic young people waited patiently until 6:00 p.m. to lead 4-H members' sheep around the ring. Each participant received a certificate, an Alberta pin, and a participant ribbon.

We appreciate the support of all who made our Achievement Day a success, especially our parents. 🌻



Taber New Ewe 4-H Sheep Club: Helping People in Need

BY LOUISE VEENSTRA

4-H MEMBER

The Taber New Ewe 4-H Sheep Club has been active this past year raising money for different events. An abundance of money was raised for Multiple Sclerosis and Hurricane Katrina.

On Saturday, April 23, 2005, our club walked in the Super Cities Walk for MS at Indian Battle Park in Lethbridge. Members and leaders walked 10 kilometers along paths in the park, stopping to take a drink of water every so often. Our club raised \$1,735 for research to find a cure for MS.

In addition, we had a bake sale in the Taber Agri-plex on Thursday, September 22, 2005. Each member baked cakes or cookies. We sold almost everything and raised \$505.91 to donate to the Hurricane Katrina Relief Fund. With the club's money, we doubled that amount and sent \$1,011.82.

We all liked the feeling of trying to help people in need. 🌻



Cactus Country Rodeo

BY CHERYL STENGER

4-H LEADER

The 10th Annual Cactus Country District Rodeo was held Saturday September 10, 2005 at the Medicine Hat Exhibition & Stampede Grounds. The day was clouded over with drizzle to pouring rain at times, but that didn't dampen any 4-H members determination to compete and have fun. All 10 events went as scheduled in true "Rodeo Spirit". Thank-you to all the volunteers, parents and 4-H members for their time and commitment. 🌻

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Features

Ambassadors

BY MONIKA ROSS

4-H AMBASSADOR

With the beginning of a busy 4-H season upon us, the Ambassador group is gearing up for another great year. Throughout the province, Ambassadors are engaged in many activities, including new member orientation, and the planning and organizing of workshops and provincial events.

The third annual Provincial Senior Member's Conference is an event that no senior 4-H member (ages 15 or older) will want to miss. A group of Ambassadors is currently developing the conference, which takes place Friday, January 27 to Sunday, January 29, 2006. It is designed for those aspiring to attend post-secondary education or soon entering the workforce.

Ambassador and organizer Kim Pearson comments, "It is going to be like no other senior 4-H provincial program. This year we are hop-

ing to provide opportunities for senior members to enhance, gain and practice important skills that will help them in the real world." This is your chance to enjoy a spectacular program filled with guest speakers, a beach party, casino, banquet and dance, and new memories and friends. Registration deadline is January 5, 2006.

If your club, district, or region is in need of assistance, let your regional Ambassadors know. Ambassadors are a wonderful resource and are always willing to help make your 4-H experience the best it can be. You can reach us by contacting your nearest Regional 4-H Office, or by emailing ambassadors@4h.ab.ca.

We can't wait to help you out at your next event and we look forward to seeing you at Senior Member's Conference in January! 🌿

4-H is Good for Your Career

Hi Rob!

Wanted to relay a nice 4-H story that you can perhaps use to inspire other teens. My son Cody recently graduated high school. He had been searching for a full time job. On Tuesday we faxed off several resumes, one to a job he didn't think he was really qualified for. It took about 5 minutes for the phone to ring. It was an ex 4-H member. He saw on my sons resume that he had been in 4-H for several years. His only reason for interviewing and hiring my son was his 4-H involvement and his firm confident handshake!

Sandra Fagnan

What Makes a Great 4-H Presentation?

BY JOCELYN MCKINNON

4-H SPECIALIST

Demonstrations and illustrated talks rely on visual information in addition to the spoken word. Ask members who have done a few presentations and they will say, pick the right topic, use good visuals and practice.

Topic Choice

Some topics lend themselves to showing how to make an item or to do an activity. Look at the different parts of your presentation. Can you demonstrate how to do each step, make an item or illustrate a process? Some topics are best left as wonderful speeches if you cannot find ways to effectively illustrate the majority of the information except by a few words on a poster. If there is more than one presenter, is there enough for each to do?

Use Visuals

Think about what needs to be and what can be illustrated. Use real objects before models and models before pictures or diagrams. Be creative.

Make the most of the opportunity to show your audience what you are talking about in your presentation. The people throughout the room should be able to see what you are doing. Raise the table height, hold small objects high, and in handling any items work so that the audience can best see what you are doing. Remember the main purpose is for the audience to have the best view so they can learn by observing your actions.

Posters and computer prepared images can serve to summarize, focus attention and get points across that words alone won't accom-

plish. Keep this written information simple, brief and large enough to be seen by the whole audience, not just the first row.

If you have an illustration or brought an item as part of your presentation, use it. At the same time, don't get lost in your props. When you are finished with an item, put it to the side or behind you. By the end of the demonstration your completed item should be front and center and the rest of the tools and items are out of sight.

Practice

In an illustrated talk and a demonstration you not only need to talk about your subject but also at the same time handle different props. Practice enables you to do this smoothly, to move about, adding and taking away objects. Add a partner and it becomes especially important to practice and share the speaking and showing. Know your subject and the competition rules. Anticipate questions and work to have them answered in your presentation.

Demonstrations and illustrated talks are a great way to learn communication skills. Take advantage of their unique characteristics enhance your presentation skills.

For information on preparing a demonstration or speech, impromptu topics, competition rules, judges information, please visit the resources section of the Alberta 4-H website (www.4h.ab.ca), and follow the communications link. The username to access the resources section is **alberta4h, and the password is **cleaver**. 🌿**

Being An Effective District Council Representative

BY KIERSTIN HEIBERG

4-H INTERN

As with many things in life (so they say), the key to being an effective Club Representative to the District 4-H Council is communication. As a representative to the District Council you are an important link for your club to the events and opportunities that the District Council is responsible for. These include various events, such as public speaking, judging, record book competitions and member retreats.

Communicate the topics under discussion at the district meetings to your club. As your club rep, you are responsible for ensuring that your club knows about district events and competi-

tions. You are in a unique position to push your club members to become involved in opportunities beyond the club level by bringing them the information from District Council meetings.

Communicate with your District Council the activities that your club is up to. You have the opportunity to bring the concerns of your club to the District Council and have your voice heard. If your club has a great idea for a social event or training workshop, that you could use the cooperation of other clubs on, the District Council is the place to raise such ideas. Remember that as a representative, you have voting power on the District Council. Do you know how your club would vote on cer-

tain issues? Is your club aware of the issues that you are voting on?

Be prepared. Review the meeting agenda before going to the meeting and think of ways the topics might affect your club. Ask the members of your club if they have anything to share on a specific issue. You may want to prepare a list of questions or points that you would like clarified. Also, have your club report ready. What are some key activities your club does that you want to highlight? Identify points that your club wants to communicate to the District Council. Is there a spot in your club meeting agenda for reports from the District Council? And what will you say when your turn comes up? What news can you bring

them from the District Council? Are there any items that require feedback from the club? The more your club is informed, the greater voice they will have in District Council, through you.

Ask yourself some basic questions about your role as club representative to assess your effectiveness: Is your club aware of District activities? Are members involved? Do you want/need more member participation? Does the District Council know what's going on in your club?

Your club is counting on you to bring forward their voice to the District Council, and the Council is counting on you to communicate with your club. Be the best representative that you can be for your club and your district!



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New 4-H Resources Have Arrived

BY TERRI POTTER

4-H SPECIALIST

The 4-H Branch is continually adding new resources and revising current ones to ensure that clubs have some of the most relevant and up-to-date resources at their fingertips.

New on the shelf this year:

- Speak Pack (similar content, new package)
- Conquering the Scene Stealers: Running Effective Meetings VHS and DVD
- Beef Breeding Record Book (worked out glitches)
- Beef Market Record Book (worked out glitches)
- Beef Leader Activity Guide (new and innovative ideas)
- Canine Leader Manual (new)
- Canine Member Guide (new)
- Canine Handling, Achievement Day and Show Guidelines (new)
- Market Lamb Record Book (new – specific to market lamb)
- Prospect Lamb, Breeding Ewe or Flock Record Book (new-specific to female projects)
- Rodeo Member Guide (new – was sent to rodeo clubs near the end of last year)
- Young Horse Incentive Program (YHIP)
- Horse Winter Projects (new – some similar projects to old manual we used to have)
- Creative Options Project Member Guide (added group project)
- Creative Options Project Record Book (revised to accommodate group project)

- Judging Manual - Binder and CD (new – one stop shopping)

US project material we have brought in:

- Outdoor Adventure Series (3 levels and leader resource)
- Visual Arts Series (2 levels: fairly advanced projects and good for craft projects)

In the works and will be available soon:

- Generic Record Book Inserts for web support (interactive PDFs for inserting in record books) ETA - Dec 2005
- External High School Credits Web and Print Support (contract with Fred Fehlauer this will help teachers, leaders and members to get something started in their community) ETA – Dec 2005 and ongoing
- Exploring 4-H Project Manual (over 100 project days divided into three general project areas – club choice on how to blend projects) ETA – Sept 2006
- Exploring 4-H Project Record Book (suits a variety of project work days and planning the year) ETA – Sept 2006
- Communications Training Video (to help learn what to do and what not to do to be your best at public speaking, presentations, emceeing, introducing a speaker, and more) ETA - Sept 2007
- Trade and Technology Project Upgrades (TBA) (upgrades to and additions to the trade projects in order to grow with the need for trades in Alberta) ETA Sept 2007
- New Judging Software – ETA Sept 2006
- Canadian Outdoor Adventure Series – NRN (Manitoba has been

funded by the Canadian 4-H Council's NRN to build current Canadian material for 4-H clubs in the outdoor project area – ETA is 2006 for 100 modules and 2007 for actual project material)

- Foods Project Upgrade – NRN (Saskatchewan has been approved to head up the redevelopment of some foods project material – ETA – Sept 2007)

We are always looking for input. Please forward any suggestions for upcoming 4-H project development to Terri Potter at (780) 427-4466 or terri.potter@gov.ab.ca. ☘

Key Leaders

BY MARK MUCHKA

4-H SPECIALIST

Key Leaders are experienced 4-H volunteers who are selected by their district councils to provide support to districts and committees. They help new clubs and club leaders become familiar with 4-H operations, and provide training on 4-H procedures, meeting management and other 4-H related programs.

From October 28 to 30, 2005 Key Leaders met at the Alberta 4-H Centre to discuss the 4-H program and specifically working within their respective districts. This

year's theme was "It's About Teamwork", and through various sessions and social activities, Key Leaders are returning to their districts with some new ideas for the upcoming 4-H year. Topics included Level II Leader Training, Being an Effective District Council Representative, Yearly Diaries, and of course, Teamwork. Key Leaders also reviewed 4-H Policies and Procedures so they are familiar of where to look incase an issue arises.

And, what would any leader event be without a few friendly games of spoons! Leaders spent the evenings socializing and participating in leisure activities in the relaxing setting of Battle Lake.

4-H is very lucky to have a group of such dedicated volunteers, who act as a resource to leaders and clubs within their districts. For more information on the Key Leader Program, contact Jocelyn McKinnon at (780) 674 8250 (toll free by first dialing 310-0000).

Rick Stone of Kitscoty was the winner of the airline tickets raffle. Rick received two airline tickets for anywhere in Canada courtesy of ITS Travel and Cruise in Innisfail. If you look closely, you can see that Rick is also modelling the new Key Leader vest. ☘



(L to R) Jocelyn McKinnon, Rick Stone and Marguerite Stark

Membership Fees – What does your money go towards?

Every year, each member is required to pay a \$30 provincial registration fee. This fee is used exclusively to cover the costs of: developing and printing educational and club reference materials; developing and delivering provincial member and leader programs; and running provincial competitions and events.

Each region may also charge an additional fee for insurance for members, leaders and other registered volunteers; and programs and events they provide.

In total, about 12 percent of Alberta 4-H program and project development funding comes from member fees, 10 percent from program fees (fees associated with attending a regional or provincial program), and 78 percent from sponsor support.

If you have any questions regarding membership fees, please contact your nearest 4-H office. 🌿

4-H Annual Report

The 2004-2005 4-H Annual Report is now available online. If you're interested in learning everything 4-H was up to in the past club year, then feel free to check it out. It is found under the heading 'About 4-H' on the 4-H website (www.4h.ab.ca).

www.4h.ab.ca

BY: MARK MUCHKA

4-H SPECIALIST



The 4-H website (www.4h.ab.ca) is proving to be one of the most useful tools for members, leaders, and families to access 4-H information and resources. Application forms, project resources, program information, and 4-H news can all be found whenever you need them, 24 hours a day.

Below are a few tips to help you utilize the website to its full potential.

- 1 Read the right hand side of the main page. This will ensure that you don't miss out on a terrific 4-H opportunity. The most current and important information for the specific time of year will be highlighted here. For example, public speaking and presentations resources will be located on the main page from January to April, the time frame of when com-

munications activities take place (this information, as well as all other information can also be found year round under one of the main topic headings or in the resources section of the website).

- 2 Read your region's webpage (located under the main heading called 'regions'). Here you can learn about offers and events taking place specifically within your region.
- 3 Visit the resources section to download club resources, project books and leader information. To access this section, click on resources on the left hand side of the page. The username is **alberta4h** and the password is **cleaver**.
- 4 Check back regularly. Updates are continuously being made.

To give easier access to applications, a new heading called 'Applications and Forms' has been created. Look under this heading for information and application forms for scholarships, award opportunities, programs and club grants, as well as project related forms. In addition, the online Leader's Quiz can be found under this heading. 🌿

The resources section of the 4-H website (www.4h.ab.ca) is password protected and is for the use of 4-H members and leaders only.

The username for the resources section is **alberta4h and the password is **cleaver**.**

HINT: Designate a member from your club (typically the club reporter) to visit the links on the main page as well as the club's respective region's page before each club meeting. This person can then provide this information to club member's to ensure that they all know of the opportunities available.

Making Your 4-H Meetings Fun

BY TERRI POTTER

4-H SPECIALIST

Would you ever conduct your 4-H meetings standing up? Start with the adjournment and work backwards through the agenda? Serve popcorn during the meeting? While the business you are conducting is serious, you can still make your meetings interesting and fun.

Planning

Planning well balanced meetings is a challenge to leaders and the executive. Remember that the brain can absorb only as much as the bottom can endure! Too often clubs get “bogged down” with the business aspects of the meeting and forget that the project and recreation or social activities are just as important. Clubs should only spend about 1/3 of their time on the business meeting. Here’s how to “get the most” from that time.

- Have an agenda and stick to it.
- Understand parliamentary procedure and how and when to use it.
- Control dominant members by saying “that’s interesting but let’s hear from someone we have not heard from yet”.
- Use committees effectively to avoid long, drawn-out discussions at meetings.
- Break up long meetings with refreshment breaks, short games, socializing time.
- Encourage everyone to participate at meetings. Try giving everyone three pennies at each meeting. They must “spend one” every time they talk. No borrowing...
- Use small group discussions when too many people want to speak on an item. That way everyone can have more “air time”.

- Plan meetings that start with a pot-luck supper or end with a snack. Everyone likes to eat!

Set Up

Do you always set the chairs up in rows for your meeting? Or do you sit around long, skinny tables? Creative thinking doesn’t always happen in straight lines! Have some fun! Allow people to be comfortable, to spread out. If appropriate, sit on the floor, sit in small groups, or play some music quietly in the background.

Social Time

Make sure each meeting has lots of time for members to socialize. This is an important part of 4-H and often one that is overlooked or not deemed to be important. Have a variety of social and recreational activities that encourage members to participate, talk to others, to mix with all age groups and to feel comfortable in the group. Often senior members can take responsibility for planning these activities.

Project Time

Teaching the project information does not have to be dry and uninteresting. Try to: make it “hands on” (Learn to do by doing) incorporate games, team challenges, guest speakers, videos, field trips, skits, demonstrations, debates. Variety is the key! 🍀

FUN FACT

Mice, whales, elephants, giraffes, and humans all have seven neck vertebra.

Checklist for an Effective 4-H Meeting

- has a good balance between business, social and project
- offers a chance for everyone to participate
- has creative ways to get business done
- offers new learning and opportunities for members
- recognizes members for ideas, accomplishments and so on
- offers challenging and interesting project programs for all ages that allows for “hands-on” participation
- members are enthusiastic, interested and attentive
- members work well together
- business starts and ends on time
- an agenda is prepared ahead of time
- committees are used for planning
- reports are complete but brief
- uses a “workable” form of parliamentary procedure
- members seem excited about their involvement in 4-H
- all business gets completed
- several members have the opportunity to lead social activities
- social time is something other than a traditional sport (like basketball)
- no one is put on the spot or embarrassed
- encourages involvement and communication

If you can incorporate most of these topics, chances are your club has well organized, fun meetings. A good balance of project, business, and social time with lots of member involvement brings satisfaction to members, leaders, and parents.

For more information on effective meetings or other Leading the Way documents, visit the resources section of the 4-H website (www.4h.ab.ca). The username to access the resources section is alberta4h, and the password is cleaver.



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August 22nd 1980

As we prepare an envelope for the time capsule at Battle Lake 4-H Centre, I would like to mention a few thoughts & impressions of my work with this most noteworthy movement.

I have been involved with 4-H work for fifteen years, first as a parent then assistant leader & the last three years a club leader, & I must say at this time that this work has helped me become a better person, it has taught me patience & perseverance, & how to work with young people & enjoy it.

I also have many good memories from all club activities, one of my greatest satisfaction is to see former members who succeed well in life through the training that started in 4-H, many times we can pick out young people who have been members by the way they communicate & work in different community organizations.

One of our fifteen year old member worked her way up to participate at Provincial level in public speaking, he/she me this is quite an achievement. Another thing that comes to mind is that our club had members who had Grand Champion steer for the district in 1976 & 1979 and

there are many other things I could mention.

I saw some changes in all these years with 4-H, the change that impress me the most is, in the early years of 4-H the emphasis seemed to be more on the project, in later years the emphasis is on personal development, which is very good, because as I see it the member is more important than the project.

If a member can develop Confidence, Communication, work organization through 4-H training by following our motto (Learn to do by doing) he or she will have the benefits of these tools the rest of their lives.

I want to thank the 4-H Branch for keeping this splendid movement alive & active & also the local people for giving me the opportunity to contribute a little bit to the movement.

My only wish is that we will see a very active & successful 4-H movement in the year 2005 & beyond.

Sincerely,
Leonard Blanchett.



The 4-H Time Capsule: An event that will not soon be forgotten

BY MARK MUCHKA

4-H SPECIALIST

4-H members and leaders, past and present, unearthed one of the largest Alberta 4-H timepieces ever created. From September 2 to 5, 2005, over 500 4-H enthusiasts, including government officials and special guests, gathered at the Alberta 4-H Centre near Battle Lake for the unearthing of the 4-H Time Capsule, buried 25 years ago in 1980.

The burial of the Time Capsule marked the official opening of the Alberta 4-H Centre as well as the celebration of Alberta's 75th anniversary. Although much has changed in the 4-H program over the past 25 years, the Time Capsule Celebration is proof positive that the 4-H spirit is as vibrant as ever. "It was very exciting to share the past and look forward to the future as friends gathered together to reminisce and share stories," says Marguerite Stark, 4-H Branch Head of Alberta



Jerrid Driedger, of Calgary, displayed his 4-H talents by putting on one entertaining magic show on Saturday evening. This 15 year-old has such a great stage presence that you would think he had been doing magic shows for more years than he is old. In addition, the Heisler Hemmers 4-H Club also put on an entertaining busking display before more than 20 4-H'ers put themselves in the hands of Hypnotist William James from Lethbridge. For more than three hours, guests in attendance were wildly entertained.

Agriculture, Food & Rural Development. "4-H supporters, families and friends celebrated the continuing success of the 4-H program, and are excited about the upcoming 25 years."

The unearthing of the Time Capsule involved a lot of digging and some creative manoeuvring with the site tractor, but it was well worth the wait. The Honourable Dallas Schmidt, 1980 Minister of Agriculture, Shirley Cripps, 1980 MLA of Drayton Valley, and Karen Weigum, 1980 4-H Premier's Award Recipient broke the ground to mark the official opening of the Time Capsule as 4-H members and leaders of all ages eagerly waited in anticipation.

The Honourable Doug Horner, Minister of Agriculture, was also in attendance to bring greetings and enjoy rediscovering 4-H as it was 25 years ago. Mr. Horner, a former 4-H member himself, discussed the importance of 4-H in Alberta, and the positive benefits it brings to those who are a part of it.

In total, more than 100 envelopes containing news clippings, photos and videos from 1980, personal and club artefacts, and letters were removed from the Time Capsule. A few of the items returned to a new Time Capsule that will be opened in 2030 while the rest were put on display for the remainder of the weekend.

Although the opening of the Time Capsule was the main event of the weekend, there was no shortage of events and activities to attend. Participants took part in the Lakedell Fair, the largest one day fair in Alberta, traditional camp activities, magic, hypnosis and busking shows, a headlining concert, with 4-H talent and the Canadian Country Artist Award Winning Artist Gil Grand, and a professional fireworks display.

"The entire weekend was an incredible opportunity to learn about 4-H's rich history, and commemorate Alberta's centennial birthday. It was great to see that throughout the fun-filled weekend, 4-H'ers and their families found time to enjoy visiting with past 4-H acquaintances, while creating new and lasting 4-H friendships," comments Kristen Hedley, 2005 4-H Premier's Award Recipient. "Overall, the event was a huge success and 4-H'ers left the Alberta 4-H Centre with 4-H pride - eagerly awaiting 2030!"

The Time Capsule Celebration was the largest Provincial 4-H event in over 10 years. The event theme: "Yesterday, Today, Forever" signifies the vast history of 4-H in this province as well as the positive direction the program is heading. It was a family event in every aspect, as young and old alike shared laughter, a glimpse of the past, and memories that will last a lifetime. 🍀



A new Time Capsule was dedicated and will be unearthed in 2030. Those in attendance signed the Time Capsule and placed 4-H memorabilia inside it. In this photo, 4-H Ambassadors place a signed time capsule T-shirt into the new Time Capsule.



The Gil Grand Concert Series culminated in front of more than 500 4-H'ers in attendance. The Kesley 4-H Stars also showcased their talent by putting on a drama performance. The evening proved to be a little cold, but all things considered, it could have been a lot worse. After the concert, a professional fire works show lit up the skies of Battle Lake to conclude the festivities of the Time Capsule Celebration.



Bonar Hanson of Airdrie raised over \$500 for the Alberta 4-H Legacy Fund by shaving off his beard that he had grown for more than two and a half years! Bonar began growing his beard in October 2001, and when the US borders closed to Canadian Beef in 2002, instead of shaving it off when spring came, he said he wouldn't shave it until the borders reopened.



On Saturday, September 3, 2005, The Amphitheatre at the 4-H Centre was renamed the Darcy Jackson Memorial Amphitheatre in memory of Darcy Jackson, an outstanding former 4-H member. Darcy's family stands beside the dedication plaque.

U of A Judging Competition

BY CAYLEY CUNNINGHAM

PAST 4-H MEMBER

Are you ready for a new learning experience, and a chance to create new 4-H friendships and a chance to win free stuff? Then don't miss this!!



Fundraising

4-H is pleased to offer a variety of new fundraisers (listed below) for your club to participate in. Don't forget the ongoing 4-H approved fundraisers. A complete list of all provincially sanctioned fundraisers can be found on the Alberta 4-H website (www.4h.ab.ca).

4-H Tire Recycling

This program runs from May 1 to June 30, and October 1 - November 30. Clubs collect used tires from their local area and return them to a nearby designated disposal site. Amounts paid per tires are: \$0.75 for passenger and light truck tires (Rim diameter up to 19.5"), \$3.00 for medium truck/highway transport tires (rim diameter more than 19.5"), and \$ 7.50 for agricultural tires (rear tractor tires). Clubs receive their funds at the time of delivery. Please note that 10 percent of the tires collected will be contributed to the Alberta 4-H Legacy Fund. For more information, contact the 4-H Foundation of Alberta at (780) 682-2153 or foundation@4hab.com. Also visit www.albertarecycling.ca.

Krazy 4 Korn

Krazy 4 Korn offers 30 delicious flavours of premium quality popcorn that's "naturally fresh". Each group has the ability to customize their own campaign flavors, allowing the opportunity for repeated campaigns to offer different flavors each time. Krazy 4 Korn is the ultimate gourmet popcorn snack and a tasty fundraiser for your club. For more information, contact Krazy 4 Korn at (306) 446-0843 or krazy4korn@sasktel.net. Also visit www.krazy4korn.ca.

Horse Savvy Publications

The Horse Savvy Day Planner is a 52 week-at-glance followed by one of a kind equine information tracking system this is a must have for horse owners. This planner can be used as a day planner as well as a complete filing system for all your equine information such as vaccinations, worming, vet and farrier, breeding, show results and future planning. The cost to clubs is \$13.00 (minimum order of 30) and retails for \$19.95. Volume discounts start with orders of 150 or more with a cost of \$12.50. All orders are pre-paid shipping.

U of A Multi-Species Judging Club

Eleventh Annual Intercollegiate & 4-H Judging Competition

- No experience necessary
- Individual or Team (4) Competitions
- Great prizes!
- Banquet to follow the competition

WHEN: March 4, 2006

WHERE: Thorsby Haymaker Center, Thorsby, AB

COST: Team - \$40, Individual - \$15

DEADLINE: February 20, 2006

For more information contact: Cayley Cunningham at (780) 435-9124, or uajudges@ualberta.ca

Registration Form

All members compete as individuals, and team categories are determined by the oldest team member. Please use your age as of Jan. 1/06**

CLUB NAME

MEMBER NAME

AGE

TEAM

IND

MEMBER NAME

AGE

TEAM

IND

MEMBER NAME

AGE

TEAM

IND

MEMBER NAME

AGE

TEAM

IND

MEMBER NAME

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TEAM

IND

MEMBER NAME

AGE

TEAM

IND

CONTACT NAME

MAILING ADDRESS

PHONE NUMBER

EMAIL

Registration Fees

| | | |
|----------------------|--------------------------|--|
| | Team @ \$40 | |
| | Individuals @ \$15 | |
| | Banquet ticket(s) @ \$12 | |
| TOTAL PAYMENT | | |

(Please make cheques payable to University of Alberta Multi-Species Judging Club)

Mail entries to:

U of A Multi-Species Judging Club
c/o Cayley Cunningham
#211, 8510-111 St.
Edmonton, AB T6G 1H7

Contact the 4-H Foundation at (780) 682-2153 or foundation@4hab.com for a sample of the day planner. For more information contact Shelley Lupul with Horse Savvy Publications at (780) 922-5660 or shelly@iamhorsesavvy.com. Also visit www.iamhorsesavvy.com.

Books by Dave Perrin

Author of Don't Turn Your Back in the Barn, Stallside Manner and Where does it Hurt?

Dave Perrin practiced as a veterinarian from the summer of 1973 until the fall of 1998 in the rural community of Creston, British Columbia. His series of books takes the reader through the adventures of being a country vet. The books are easy to read

and suitable for all ages. 4-H clubs can purchase the books for 60 percent of the retail price (\$14.37). The distributor will pay shipping and handling for quantities of more than 10 books. If the books have been pre-sold by 4-H members, the books could be signed by the author and dedicated to whom-ever the book was sold. For more information, contact Dr. David Perrin at 1-877-428-0701 or dave@davespress.com. Also visit www.davespress.com.

Fastbagger

The Fastbagger is an easy to use garbage or recycle container holder. The product is made from recycled plastics and is used to help organize and dispose or recycle your wastes. It is a time and labor saving device with many uses in and around every home,

farm or business. Fastbagger was test marketed in two major Edmonton hardware stores with excellent results.

Product cost to 4-H clubs is \$15.00, with a resale retail value of \$25.00. There is no minimum order quantity. For more information, contact Pascal at (403) 932-1911 or pascald@telus.net.

Northern Horse Review Subscription Sales

The Northern Horse Review is published 12 times a year. This magazine is a Canadian western horse sport and breed source. The coverage in this magazine is of all western performance horse sports, training advice from

the professionals, health care and grooming reports geared to the northern climate, in to depth articles about industry issues, and inspiring people and horses. Alberta 4-H clubs can sell subscriptions for \$32.00. \$6.00 of this will go back to the 4-H Club, and \$1.00 will go to the Alberta 4-H Legacy Fund. The top selling 4-H Club will also receive a bonus. For a promotional package for subscription sales, contact 1-800-566-1722 or visit www.northernhorsereview.com.

Cookie Crumbles

Your 4-H club can sell Cookie Crumbles, Cookie Dough that comes in 2kg pail and will keep in the refrigerator for 3 months. This dough may also be frozen. All of the

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dough is made from scratch in a health inspected and approved facility. Each pail of dough will bring you a profit of \$4.00. For more information, contact Kim Heddon (306) 236-4026 or kim@cookiecrumbles.ca. Products can be viewed at www.cookiecrumbles.ca.

SW Seed Ltd.

Do you use SW Seed? If yes your 4-H club can receive a 5% rebate on the product that is purchased. The program runs from January through June. Collect receipts for SW Seed and send a copy of the receipts to SW Seed prior to July 15th to receive your rebate. Include your club contact information and all club receipts together. When seed is purchased, be sure to indicate that you are involved with 4-H to record on the invoice.

For more information, contact Trish Speirs at trish.speirs@swseed.com. More information about their products can be viewed at www.swseedcanada.com.

Don't forget the ongoing 4-H approved Fundraisers

For more information on the following fundraisers, contact the 4-H Foundation of Alberta at 780-682-2153 or visit the Alberta 4-H website (www.4h.ab.ca).

- Alberta Beverage Container Recycling
- Battery collection
- Dectomax Container Collection (Everyone must register by March 1, 2006)
- Used Oil filters (Must Register)

- Slippery Moon Calendars and Journals
- Meadowbrook Greenhouses Hanging Baskets
- Spur of the Moment- Western cartoon books
- Lorraine Mack Liboiron Western Art
- Canadian Cowboy Country Magazine Subscription sales

4-H Friendly Companies

These companies contribute to the Alberta 4-H Legacy Fund annually.

ITS Travel – for your holiday needs

- Contact 1-877-227-4348 and ask for the 4-H desk

Handcuff Hoodies – club sweaters

- Contact Bob Wingrowich at 403-252-CUFF or email info@handcuffs.ca

Olson Silver – personalized belt buckles:

- Contact (403) 652-2744 or email info@olsonsilver.com

Roper Apparel – club jackets, shirts and vests. Roper can embroider your 4-H clubs name or logo on great quality, stylish roper apparel.

- Contact the 4-H Foundation of Alberta at (780) 682-2153 or email foundation@4hab.com

FUN FACT

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